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A study of the struggle to recover from Schizophrenia from persons with schizophrenia in Hong Kong

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Introduction

Schizophrenia sufferers have the potential to recover. In Hong Kong, over 60,000 people (1%) of the total population are estimated to suffer from schizophrenia and other psychotic disorders. About 45% of them recover after one or more episodes. However development and implementation of the concept of recovery from schizophrenia is still in its infancy in Hong Kong. Moreover, there is little attention has addressed to the subjective experience of people with schizophrenia in their road of recovery in Hong Kong. There is a need for mental health nurses to explore clients' personal view of recovery from schizophrenia.

Objectives

To explore the subjective experiences of struggle to recover from schizophrenia of a number of persons with schizophrenia in Hong Kong.

Methodology

A qualitative research method using semi-structured in-depth interviews was adopted in this study. Ten persons with schizophrenia from three halfway houses were recruited. The sample included respondents of various age groups, varying family backgrounds, different age at first onset and various lengths of history with schizophrenia. The general inductive approach was used to analyze the qualitative data.

Result

The result revealed that the participants' subjective experience of recovery from schizophrenia focused on being a normal person and control of mental illness. The process of recovery from schizophrenia involves the participants' self reconstruction and their regain the sense of self and identity. Moreover the participants' meaning of life had been influenced by three components (meaning of recovery from schizophrenia, process of recovery from schizophrenia, and living with schizophrenia). This study has implications for human practice and nursing education in Hong Kong.

Mental health professionals should incorporate the subjective experience of clients in the design of nursing intervention program in Hong Kong. Further research on recovery narratives of people who are recovering from schizophrenia in Hong Kong is suggested.