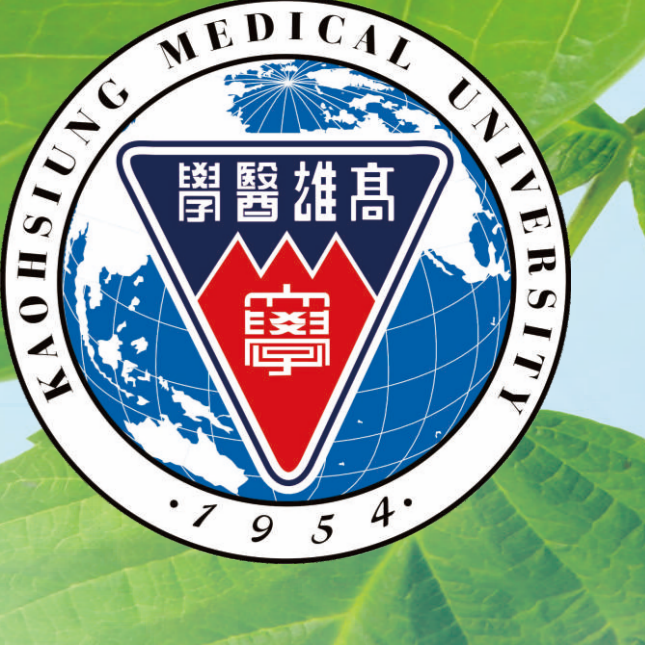




Using Field Theory to explore the resourcefulness of patients with depression



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Introduction

According to a report of World Health Organization (WHO), depression may become the first leading cause of global disability burden by the year 2030. Field theory proposed that human behaviors were influenced by environmental interaction. According to Resourcefulness theory, resourcefulness is ability with a set of behaviors that are learned via interaction with one's personal and social environment. It was known that resourceful individuals may functionally perform their daily activities, so that they would not feel depressed. Resourcefulness is important for an individual's physical and psychological health.

Purpose

The purposes of this study were to explore the resourcefulness in patients with depression and to understand the personal and social resourcefulness expected by them.

Methods

A qualitative research design based on Field Theory with the method of focus group interviewing was used. The participants were recruited via purposive sampling from outpatients department of a medical center in Southern Taiwan. Totally, seven adults with depression were invited and completed the full courses of focus group in this study. Closed groups with six interviews, two hours for each time, were implemented to collect data. Content analysis was used to analyze the findings of this study.

Results

Three themes and 8 subthemes in terms of resourcefulness in patients with depression were concluded as follows.

Personal resourcefulness			
Relieving emotional tension by self	Problem solving	Positive thinking	Self-efficacy
crying	avoiding the stressors	concrete metaphor of depression	inspiration from religious belief
writing diary	shifting attention	positive self-encouragement	believe that they can overcome the adversity
shouting	using relaxation skills	positive thinking to change their mind	
exercise	doing some things enjoyed		

Social resourcefulness	
Informal resources	Formal resources
conveying a help-seeking message	physicians
talking to others	psychologists
asking help from the right person	family education centers
being with people	community counseling services

The ways to get resourcefulness	
The way for personal resourcefulness	The way for social resourcefulness
a notice board to remind ones of their personal resources	to get involved in good social support systems
a well-planned daily schedule	

Implication

The findings of this study provide clinical staffs to have better understanding about depressed adults' skills of resourcefulness which they usually used. Knowing the gaps in successfully performing the ability of resourcefulness, the training programs constituting resourcefulness skills will be suggested to develop for patients with depression.