The Effect of the program which Improves Self-Acceptance in the Person with mental illness

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Learning Objectives

1. The learner will be able to understand new approach based on recovery models.
2. The learner will be able to understand how new approach based on recovery models affects the person with mental illness.

Background

In psychiatric rehabilitation, it is important that persons with mental illness understand themselves and rebuild their lives. (Deegan, 1998, Anthony 1993)

“Recovery” refers to the lived or real life experience of persons as they accept and overcome the challenge of their disability. (Deegan, 1998)

-Strength model

“Recovery” is based on recovery model.

-People should discover their strength and use it to develop their self. (Charles &Richard, 2014)

Our hypothesis is that participants can get sense of the self which have possibility, hope and desire. The results of this study will provide evidence for the ‘Smile program’.

New approach which includes perspective of “Recovery”

- Aim of this new approach was that the people with mental illness can improve self-acceptance.

- Thinking various topics about health and notice their strength.

- Participants can get sense of the self which have possibility, hope and desire.

This program is named “Smile program”.

Aim

The purpose of this study was to clarify how the program which improves self-acceptance affects the person with mental illness.

Subject

Subjects: Patients with mental illness in a psychiatry hospital.

Procedure

- Recruited subjects
- Consent subjects
- Investigation (5 scales)
- program
- Investigation (5 scales)

Note: Investigated demographic information from medical record (age, sex, diagnosis, and chlorpromazine equivalent)

Study Method

1. The program is performed once a week and consisted of 12 sessions.
2. Each session is consisted lecture and worksheet.

Contents of program

1. What is your Strength?
2. The reason to drink liquor
3. The people who support you
4. Think about our health-good appetite, sound sleep and regular motion
5. Physical and Psychology connection
6. Sleep and health
7. Medicine and health
8. What is it mean to drink liquor for you?
9. The effect of relaxing
10. The effect of laughing
11. How to enjoy your town
12. Enjoy your new life

Goal and Success Orientation and Hope

No Domination by Symptoms

Willingness to ask for Help

Reliance on Others

Acceptance affects

Acceptance (Deegan 1998, Anthony 1993)

(Deegan 1998)

Charles &Richard 2014)

Deegan (1998) insisted recovery is marked by an ever-deepening acceptance of their limitation. It means that it is important process that people with disability aware themselves deeply and notice “What I cannot do” and “What I can do” in their recovery. Our result as score of the IS was improved suggests that participants aware toward themselves through the program and it might help to accept the self beyond the limits of disability. But in our study we analyzed only the data of male. So, this is limit to generalize our result. And also, there were difference between male and female about how to enjoy their life.

Ethical considerations:

This study was approved by University of Tsukuba Faculty of Medicine Ethics Committee’s.

We explained the purpose and method of this study, the participation is free, keeping anonymous in document. Participants signed on Consent form.

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Introduction

Our findings suggest that our new approach could promote process of recovery in the people with mental illness. Especially, the factor as Reliance on Others will be improved. One of our program is thinking about “The people who support you”. In this session, participants might be conscious to their family and friends and awarded themselves as they live as being supported by many important peoples. Besides that the score of the IS was improved. Deegan (1998) insisted recovery is marked by an ever-deepening acceptance of their limitation. It means that it is important process that people with disability aware themselves deeply and notice “What I cannot do” and “What I can do” in their recovery. Our result as score of the IS was improved suggests that participants aware toward themselves through the program and it might help to accept the self beyond the limits of disability. But in our study we analyzed only the data of male. So, this is limit to generalize our result. And also, there were difference between male and female about how to answer the RAS. Therefore, next study need to increase the number of the participants.

References

Nishida, Yukiko (2000) Diverse Life

Total items are 24 items with 5-point Likert (strongly disagree-strongly agree)
5 factors: Personal Confidence, Willingness to ask for Help, Goal and Success Orientation and Hope, Reliance on Others
Higher total scores are indicative of the further process of recovery
Psychological well-being Scale
Total items are 19 items with 5-point Likert (strongly disagree-strongly agree) 4 factors: Personal Growth, Self-acceptance, Purpose in Life, Autonomy
Higher total scores are indicative of high standard of Psychological well-being.

Note. *p<.05

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Historically, the role of core self-esteem is played in the emotional and psychological well-being of people — the role of core self-esteem — being. The Recovery Assessment Scale (RAS). The scores of "Reliance on Others" and "Willingness to ask for Help" female answered were higher than the scores male answered. This program is named "Smile program".

The E

Investigation

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Participants can get sense of the self which have possibility, hope and desire.

The effect of laughing

The effect of relaxing

Medicine and health

Sleep and health

Think about your health

What is your Strength?

The scores of “Reliance on Others” and “Willingness to ask for Help” female answered were higher than the scores male answered.

Aim

The purpose of this study was to clarify how the program which improves self-acceptance affects the person with mental illness.

Data Collection

19 patients participated in our study

Excluded: 4 female

Higher total scores are indicative of the further process of recovery
Higher total scores indicates patients aware toward their illness.

The scores of “Reliance on Others” and “Willingness to ask for Help” female answered were higher than the scores male answered.

Analysis : 15 males

Average age: 41.13±9.59 years old

Average chlorpromazine equivalent: 0.08±0.1388 mg/day

Schizophrenia, 1 Bipolar disorder, 1 Schizoaffective disorder, 1 Substance-related disorder

Total IS

Mdn

IQR

Before

After

Personal Confidence
16.0
8.0
16.0
9.0

Willingness to ask for Help
13.0
3.0
13.0

0.0

No Domination by Symptoms
7.0
2.0
6.0

0.0

Goal and Success Orientation and Hope
33.0
16.0
32.0

8.0

Reliance on Others
13.0
4.0
15.0

3.0

* 6.0

Total IS

13.0
15.0
12.0

Note. *p<.05, Wilcoxon signed-rank test.