

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

Hiromi SUGAWARA, PhD, RN¹⁾, Chizuru MORI, PhD, RN²⁾

Total items are 24 items with 5-point likert (strongly disagree-strongly agree)

Goal and Success Orientation and Hope, Reliance on Others

Total items are 19 items with 5-point likert (strongly disagree-strongly agree)

Higher total scores are indicative of high standard of Psychological well-being.

The IS focus on patients' awareness and expression of subjective experience.

Higher total scores indicates patients aware toward their illness.

4 factors: Personal Growth, Self-Acceptance, Purpose in Life, Autonomy

5 factors: Personal Confidence, Willingness to ask for Help,

Higher total scores are indicative of the further process of recovery

No Domination by Symptoms,

Total items of the IS are 29 items (yes or no)

1)National Hospital Organization Shimofusa Psychiatric Medical Center, Chiba, Japan 2)University of Tsukuba Faculty of Medicine Division of Health Innovation and Nursing, Ibaraki, Japan

[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. (Deegan1998, Anthony 1993)

- ''' refers to the lived or real life experience of persons as they accept and overcome the challenge of the disability.
- -Strength model which is based on recovery model.
- >>>People should discover their strength and use their strength effectively to develop their new meaning and purpose of their lives. (Charles & Richard 2014)

However...

Most reports of nursing approach for the person with mental illness are about approaches to promote understanding their illness or symptom, e.g. cognitive behavioral therapy, psycho educational program.

New approach which includes perspective of "Recovery"

- *Aim of this new approach was that the people with mental illness can improves 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".



(Deegan1998)

[Aim]

The purpose of this sturdy was to clarify how the program which improves Self-Acceptance affects the person with mental illness.

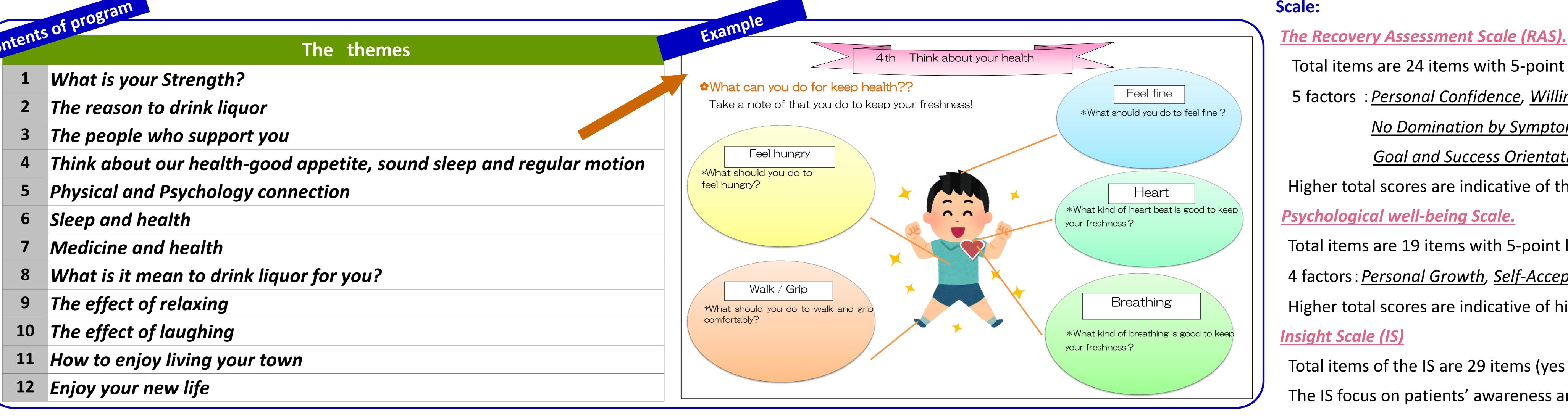
[Method]

Subject: Patients with mental illness in a psychiatry hospital.

Procedure:

recruited	consent	Investigation		Investigation
subjects	subjects	(3 scales)	program	(3 scales)

Xinvestigated demographic information from medical record (age, sex, diagnosis, and chlorpromazine equivalent)



*The number of participants in one group is 4-5.

*The program is performed once a week and consisted of 12 sessions.

* Each session is consisted lecture and worksheet.

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.

(Result)

19 patients participated in our study

Excluded: 4 female

XThe 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:808.61±388.69 mg/day 12 Schizophrenia, 1 Bipolar disorder, 1 Schizoaffective disorder, 1 Substance-related disorder

	Before		After		
	Mdn	IQR	Mdn	IQR	
RAS					
Personal Confidence	16.0	8.0	16.0	9.0	
Willingness to ask for Help	13.0	3.0	13.0	3.0	
No Domination by Symptoms	7.0	2.0	6.0	3.0	
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	*
Total IS	13.0	11.0	15.0	12.0	*

Note. N=15, Wilcoxon signed-rank test. *p < .05

[Discussion]

Our findings suggests that our new approach cloud 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 people. 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.

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