

# DEVELOPING A METHODOLOGY FOR MEASURING READINESS IN MENTAL ILLNESS RECOVERY

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## 1. Introduction

Psychiatric rehabilitation is designed to help people with serious psychiatric disability choose, get, and keep a particular role in the setting that they prefer (Anthony et al., 2002). Determining which persons with psychiatric disabilities are committed to change and then promoting clients' willingness to engage in a change process is arguably one of the most difficult tasks facing rehabilitation practitioners. In the psychiatric rehabilitation field, the issue of rehabilitation readiness emerges frequently because active client involvement in the rehabilitation is central to the process. This stage is important to help consumers feel more confident, aware, and committed to their rehabilitation.

**Key words:** Readiness, Psychiatric disabilities, Recovery, Assessment methodology.

## 2. Aims

To develop a methodology to assess readiness for the recovery process of people with psychiatric disabilities.

## 3. Methods

**Procedures:** An initial version of the methodology was developed based on nuclear instruments revealed by specialized literature and on the results of an exploratory thematic focus group. This preliminary version was submitted to a Delphi panel in order to assess the concordance level by specialists in terms of its structure and content.

**Focus Group Participants:** 6 females, occupational therapist or psychologist; aged between 25-41 years (M= 30.8); 50% with master degree; average 7.5 years of professional experience in rehabilitation, working in psychiatric hospital departments and non-governmental organizations.

**Delphi Panel Participants:** 25 professionals, 80% female; mainly occupational therapist, psychologist, nurses and social workers; aged between 25-52 years (M=34.7); 32% with master degree; average 7.2 years professional experience in rehabilitation

**Data analysis:** Focus group - content analysis; Delphi panel - frequency and content analysis.

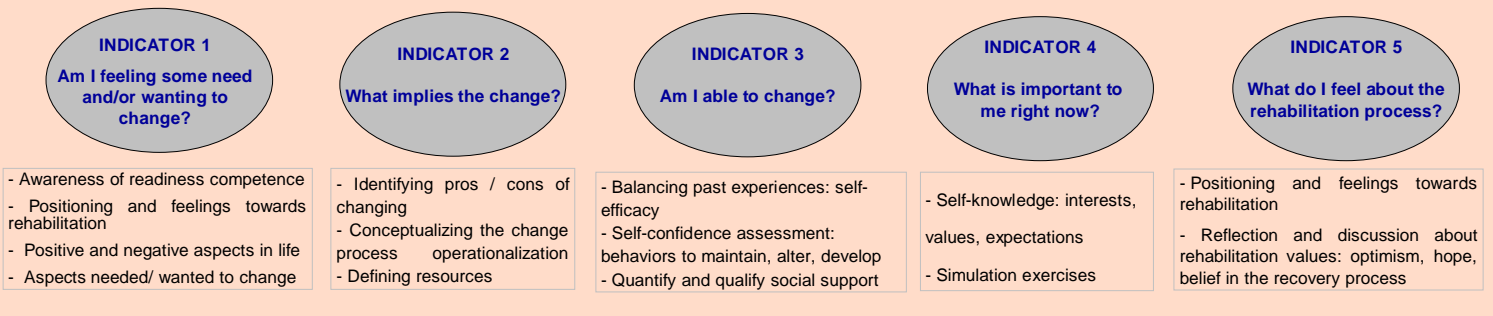
## 4. Results

Focus group results permitted validate the existing evidence and theoretical constructs, while Delphi panel revealed an agreement rate exceeding 90% in all contents and its structure.

Table 1. Program Description

<ul style="list-style-type: none"><li>- Target population - people with psychiatric disabilities</li><li>- Application stage – Diagnostic rehabilitation</li><li>- Collaborative model</li><li>- Enhancement of empowerment, active involvement, responsibility, self-determination</li><li>- Flexible and personalised process</li><li>- Attitude of empathy and reflective listening</li></ul>	<ul style="list-style-type: none"><li>- More persuasive than coercive strategies</li><li>- More supportive than argumentative process</li><li>- Qualitative Methodology process ⇒ translation into quantitative indicators ⇒ Identification of a global level of Readiness</li><li>- Individual Sessions / Small Group</li><li>- Guided Discussion</li><li>- Qualitative exploration + Quantitative Evaluation</li></ul>
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Table 2. Program Structure



## 5. Conclusions

Considering the higher level of concordance in terms of structure and contents of the program by the specialists, this methodology seems to be useful to assess readiness. It seems as well to provide a more deep understanding of individual differences linked to the process of recovery. It seems as well to represent a very practical tool to support the definition of rehabilitation projects. This program will now be applied on persons with psychiatric disabilities in order to validate it.

## 6. Bibliography

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