

Aspects of Recovery and Resilience – Factors enabling an independent and fulfilling life

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Introduction

The concept “recovery” takes the position that individuals with severe chronic psychiatric disorders can recover and establish a certain degree of mental stability which can enable an independent and fulfilling life. To sustain recovery different variables and interdependent factors are in play, f.e. psychological resilience and empowerment. However there are few studies focusing on the interdependency of recovery and resilience in patients with severe chronic psychiatric disorders, especially with an emphasis on overall psychiatric diagnosis and a longitudinal section.

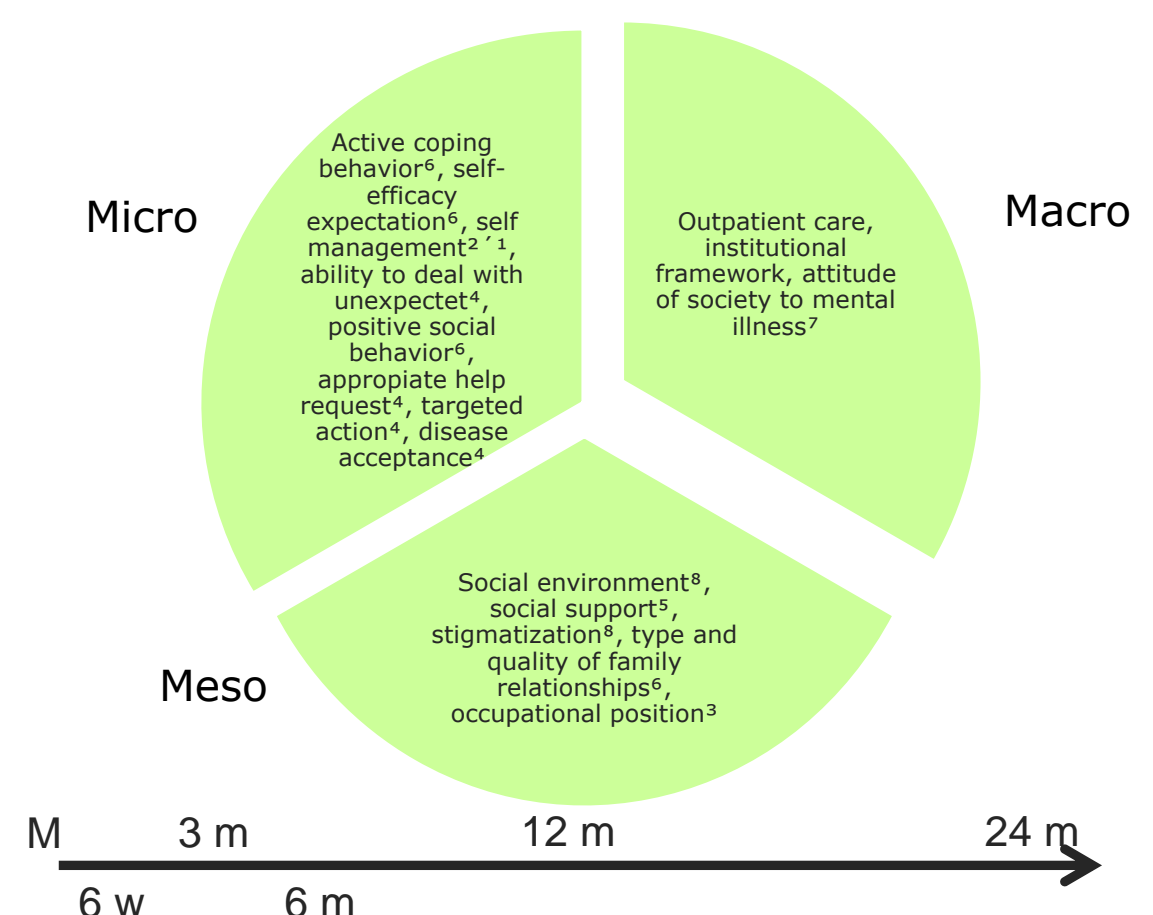
Objective

Residential patients with severe chronic psychiatric disorders who lived in a long-term care institution for psychiatric rehabilitation (SGB XII) in Germany and who were able to move out and live by themselves in 2016. Persons with mental retardation and patients who have spent more than 30 years in a long-term care institution will be excluded.

Phase 2 (Main Study)

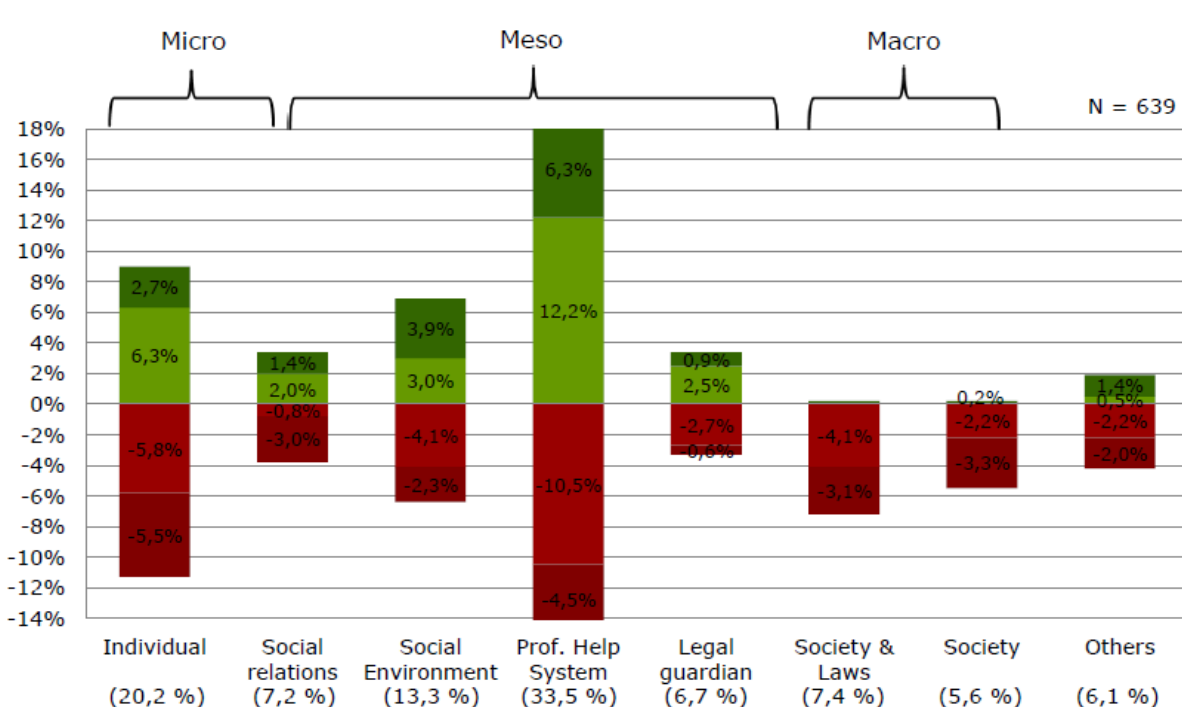
Methods

Naturalistic mixed-methods-matched-pair design and a longitudinal course (5 follow-ups within 24 months after the first interview).



Phase 1 (Focus Groups)

Results



Instruments

- Qualitative interviews at each measurement point
- Quantitative: Health related resources & self-management skills (*FERUS*), Social Competences (*ISK*), Symptom Checklist (*SCL-27*), Quality of Life (*MANSA*), Resilience (*RS-11*), Recovery (*RAS 24*)

Outlook

Results of investigation will help identify factors of enabling independent living and their interactions. Moreover the results of the study may contribute to the creation and implementation of effective therapeutic interventions and modified settings for patients with severe chronic psychiatric disorders who have lived in a long-term care institution.

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