Recovery Model among Chinese People with Schizophrenia

HO Wing Nan, Winnie

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Principal Supervisor: Dr. CHIU Yu Lung

Hong Kong Baptist University

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Abstract

This study addressed a gap in the research literature on the feasibility of Mental Health Recovery Model in Chinese Community. A sample of 207 Chinese outpatients diagnosed with Schizophrenia, Schizoaffective or schizophreniform disorder was recruited for this study. Participants were invited to complete a survey on health-related quality of life appraisal and the perceived outcome of twelve recovery components. The basic conceptual framework for this investigation was derived from the United States National Consensus Statement on Mental Health Recovery recently released in year 2006. To explore the relationship between multiple recovery components and quality of life domains measured by WHOQOL-BREF (HK), canonical correlation analysis (CCA) and structural equation modeling (SEM) analysis were used. A final canonical correlation score reflected the recovery progress of participants was analyzed by hierarchical regression using eighteen predictors representing the socio-demographic characteristics and clinical history of patients. The results suggested that all recovery components, except peer-support, were associated with the holistic appraisal in quality of life. The final structural model was able to predict 79.4% of variance in the WHOQOL construct, as well as 48% to 86% of variance in individual quality of life domains. As for prediction of recovery progress, only 31.5% of variance in recovery progress was accountable by the socio-demographic and clinical predictors. Recovery progress was significantly predicted by increasing age, being single, shorter duration of untreated psychosis, higher number of confidants, engaging in competitive job, self-identified home-maker, retiree or full time student, participation in vocational service and engagement in residential rehabilitation services. The results indicated that gender interacts with patients’ marital status to influence the trajectory of recovery in people with schizophrenia.
As the first empirical study of the recovery model in a Chinese population, this investigation not only provided preliminary evidence for feasibility of the use of recovery theories in Chinese community, but also validated a theoretical framework for further studies that aims to unfold the nature of mental health recovery in Chinese people with severe mental illness.

**Keywords:** Recovery, Chinese, Schizophrenia, Quality of life, Structural equation modeling
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