

Professor Winnie Mak
Department of Psychology
The Chinese University of Hong Kong

Tailoring mental health services to resist stigma and enable recovery: Results from a one-year prospective study in Hong Kong

Presentation Abstract

To identify which dimensions of recovery-oriented services (e.g., user involvement, diversity of treatment options, respect of clients' choice) are more impactful to self-stigma, recovery, and well-being of people in recovery of mental illness prospectively over the course of one year.

People in recovery of mental illness have the potential to flourish just as everyone else. Nonetheless, the environment in which they live, the service culture in which they receive mental health services can very often limit their opportunities to thrive in their course of recovery. Thus, unpackaging the ingredients that are conducive to their recovery and wellbeing is crucial to build an enabling environment.

A total of 181 individuals with schizophrenia spectrum disorders were recruited from five public specialty outpatient clinics and six mental health service organizations from various districts in Hong Kong. 105 (58.0%) of them completed the one-year follow-up assessment.

Among the six dimensions of recovery-oriented services examined, the results showed that life goals and individually-tailored services at baseline were positively and significantly predictive of stigma resistance and recovery among the service users at one-year follow-up.

The extent to which mental health services are recovery-oriented is pivotal in affecting service users' recovery over time. As suggested by findings of the present study, services should be tailored according to service users' individual needs, preferences, and cultural values and enable them autonomy to develop and pursue personally valued life goals.