

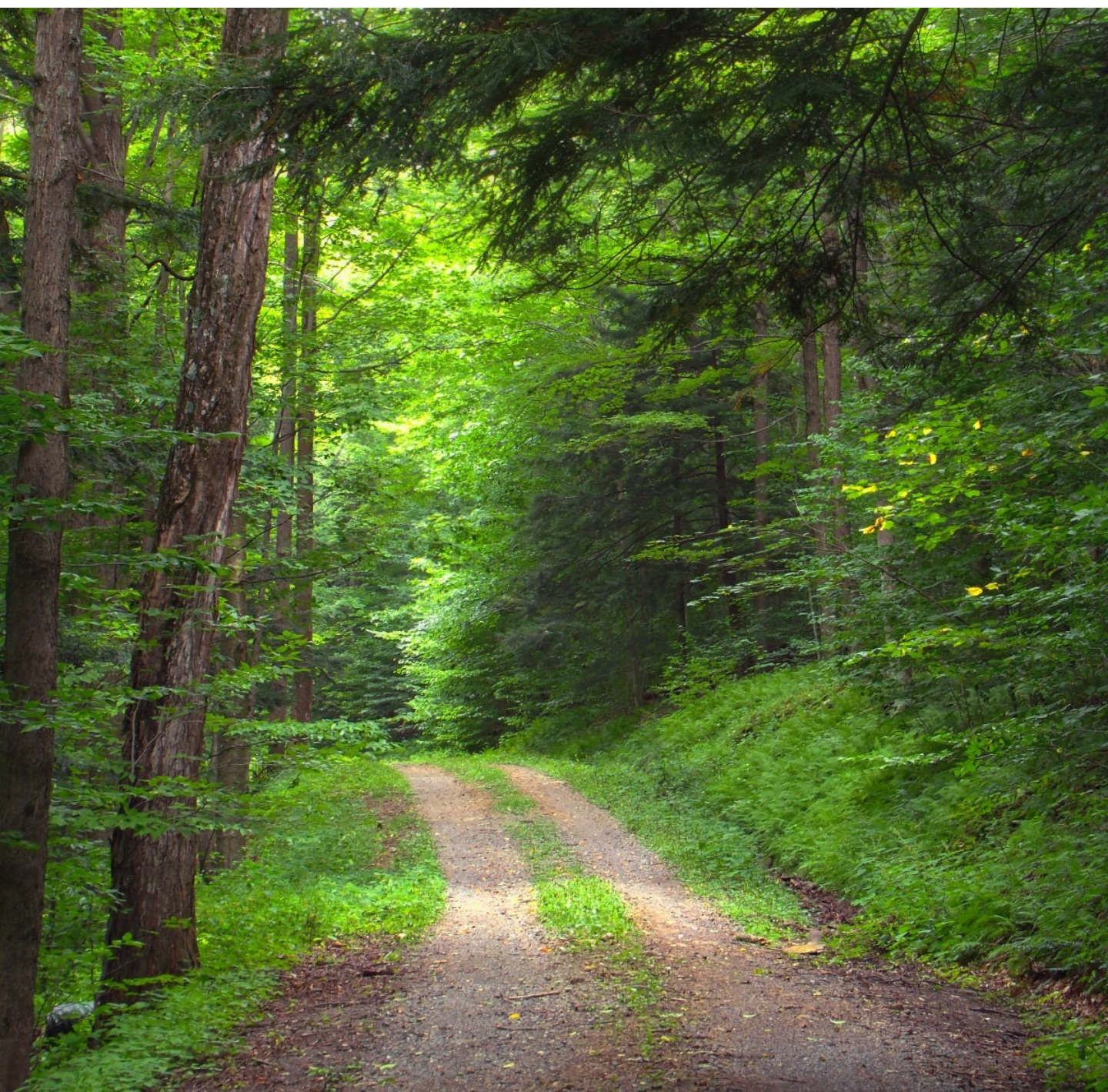
# Recovery experiences among mental health service users going through the Balancing Everyday Life <sup>TM</sup> intervention – A deductive qualitative study

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# Background and aim

- The occupational therapy intervention Balancing Everyday Life (BEL) aims to support mental health service users towards improved occupational balance and personal recovery.
- Yet, no research has specifically addressed recovery experiences among BEL participants.
- Aim: *To investigate how the recovery process was experienced by mental health services users who had participated in the BEL.*
- A deductive content analysis - based on the CHIME framework, a research-based tool for characterising the recovery process - was performed on 11 interviews with BEL participants



# Results

- All categories and most subcategories described in the CHIME framework could be found in the participants' experiences.
- The most prominent categories were *Sense of connectedness* and *Empowerment*.
- Most subcategories were identified as well.
- Additionally, two subcategories not covered in CHIME were distinguished – occupational balance, and self-esteem and self-confidence – which may be specific to an occupational therapy intervention like BEL.

Table 1. The matrix of categories and subcategories based on CHIME [11].

Subcategories	Categories				
	Connectedness	Hope and optimism	Identity	Meaning and purpose	Empowerment
<b>Peer support and support groups</b> Support from group members.	Hope-inspired relationships Relationships that contribute to hope, e.g. role models, family etc.	<b>Dimensions of identity</b> See yourself as more than your diagnosis.	Meaningful life and social roles	<b>Personal responsibility</b> Have a voice and take responsibility in your own care.	
<b>Relationships</b> Support and collaboration with professionals.	<b>Motivation to change</b>	<b>Rebuilding / redefining a positive sense of identity.</b>	<b>Rebuilding of life</b> Find/have a purpose to get up every morning, give back to the community and achieve daily goals.	<b>Control over life</b> Find strategies, tools and seek help to have a functioning everyday life.	
<b>Support from others</b> Support from e.g. family members, friends etc. as well as being part of society	<b>Belief in the possibility of recovery</b>	<b>Overcoming stigma</b>	Meaning of mental illness experience Find meaning in your mental illness and learn from your experiences.	<b>Focusing on strengths</b> Focus on what the individual can do.	
	<b>Positive thinking</b> <b>Having dreams and aspirations</b>	<i>Self-esteem and self-confidence</i>		<i>Occupational balance</i>	

Note. Grey text denotes subcategories not identified in the current study and italics that additional subcategories were identified.

# Conclusion

- The study showed that CHIME was relevant for characterising the recovery process among BEL participants and identifying the features shaping that process.
- The findings support CHIME, while also indicating that BEL offers some additional avenues for personal recovery.



*Thank you for listening and  
time for questions!*

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