

How patients with stress-related illness describe participation in a new intervention in primary health care: photo-supported conversations about well-being (BeWell™).

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INTRODUCTION

- Stress-related illnesses
- Impacting people's abilities and well-being

In Sweden:

- Common group in primary health care
- On sick leave
- New treatments needed



Foto: Maria Segerström

BEWELL™

“Flipping the coin.”
Health-promoting and person-centred

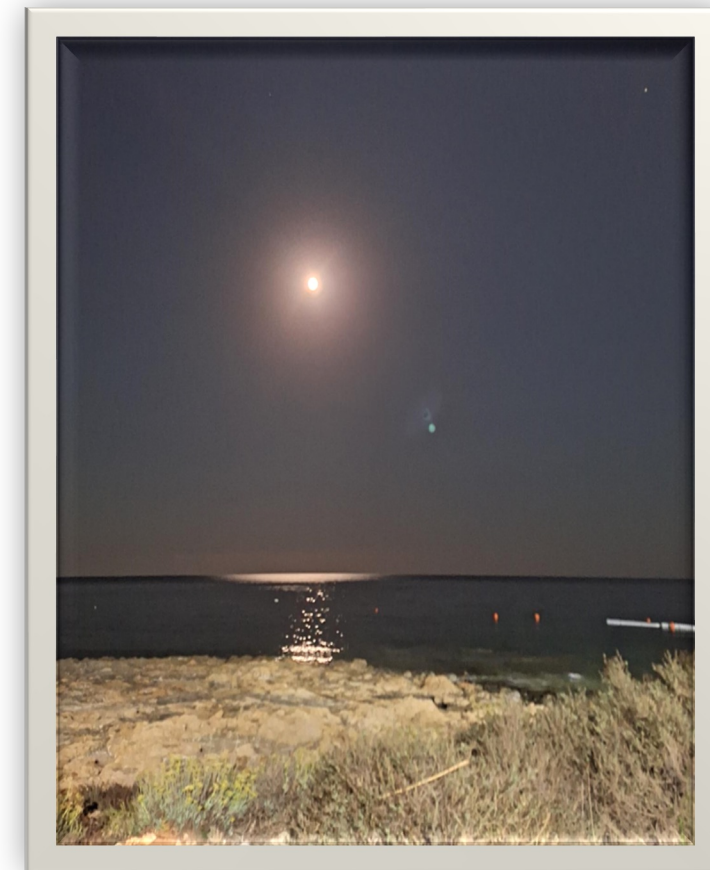


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BEWELL™

Individual 12 sessions; occupational therapist

Step 1: session 1 – 4 Introduction and reflection, photography and conversation based on the photographs

Step 2: session 5 – 10 Short digital

Step 3: session 11 – 12 Based on all photographs

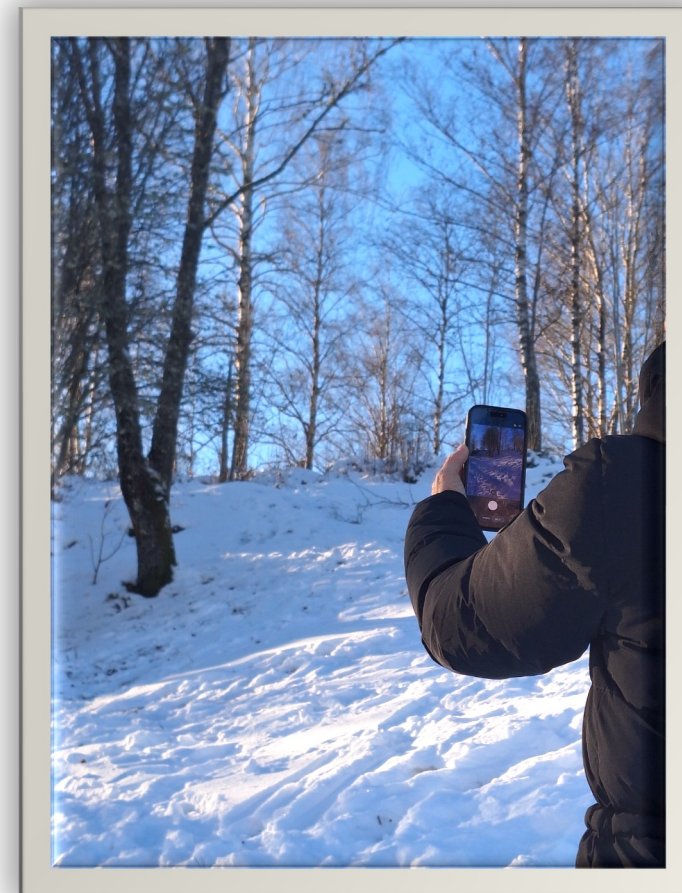


Foto: Maria Segerström

AIM

Describe participating patients' experiences of the new treatment, BeWell™.



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METHOD

- Participants: 29 women and 6 men (29–62 years) with stress-related diagnoses
- Interviews: focus on experiences with BeWell™-conducted after ended treatment
- Qualitative content analysis



Foto: Maria Segerström

RESULTS

Subcategories

Taking photographs as a way of gaining insight into well-being

Photographs and conversations intertwine

Reflections on what well-being means

Category

The combination of the core parts gives strength



Foto: Maria Segerström

RESULTS

Subcategories

Category

Perceptions of setup and structure

Influences on the experience

'I actually think this would help many people, it has really helped me, I mean it was really... a wake-up call, that's what I would call it' (P 15).

The therapist's engagement and approach

RESULTS

Subcategories

Changes in health and well-being

Gaining new perspectives

Continuing to use strategies and tools

Category

Contribution to enhanced everyday life



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SIGNIFICANCE TO THE OCCUPATIONAL THERAPY PROFESSION

- BeWell™: positive impact on participants' health, well-being, and everyday life
- Combinations: treatment components generated value beyond each part on its own



Foto: Maria Segerström

RESEARCH ARTICLE

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Patients' experiences of the treatment BeWell™, in a primary care context

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THANKS FOR LISTENING!

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