STEPS TOWARD RECOVERY?

THE SELF-DESCRIBED BENEFITS OF PARTICIPATION IN A WALKING GROUP PROGRAM FOR PERSONS WITH SCHIZOPHRENIA SPECTRUM DISORDERS

Marian W. Roman, PhD, PMHCNS-BC
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Renee M. Burk, MSN, PhD(Cand.)

For
24th American Psychiatric Nurses Assoc. Conference
Louisville, KY
October, 2010

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Acknowledgments

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- Lora H Beebe, P.I.


- For this analysis
  - Renee Burk, MSN, PhD Cand., also R.A.
  - Kate Sullivan, MSN Cand.

- No conflicting interests to declare.
WALC-S study:

- Tested effect of the Walk, Address Sensations, Learn about Exercise, Cue Exercise Behavior for Schizophrenia Spectrum Disorders (WALC-S) intervention on exercise behavior in persons with SSDs.

- 97 outpatients, randomly assigned to the WALC-S or a time-and–attention control (TAC) group.

- Inclusion:
  1) a chart diagnosis of schizophrenia or schizoaffective disorder, according to the criteria described in the Diagnostic and Statistical Manual for Mental Disorders (DSM-IV, American Psychiatric Association, 2000),
  2) English speaking,
  3) No medication changes within the last month
  4) medical clearance for moderate exercise from primary care provider.

- Exclusion criteria included chart documentation of mental retardation, developmental delay, uncorrected visual/hearing impairments, or cardiac, neuromuscular or orthopedic limitations to normal, unassisted ambulation.

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Evolution of Idea

Brainstorming Session
Research Retreat
UTK College of Nursing 2008

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Our nature is to grow, seek, extend—we are motivated to do so.

Motivation: moved to do ...impetus to act

SDT aims to specify factors that nurture the innate human potentials entailed in growth, integration, and well-being, and explore the processes and conditions that foster the healthy development and effective functioning of individuals, groups, and communities.
Intrinsic Motivation and Self-Determination in Human Behavior

“Appears to be essential for facilitating optimal functioning of the natural propensities for growth and integration, as well as for constructive social development and personal well-being.”

Propose a continuum of motivation that is not linear but accounts for various degrees of internality.

- Social contexts catalyze differences in motivation and personal growth, resulting in people being more self-motivated, energized, and integrated in some situations, domains, and cultures than in others.

- Research has supported that 3 innate psychological needs competence, autonomy, and relatedness, when satisfied, yield enhanced self-motivation and mental health.
Open coding of content tends to be atheoretical,

In a directed approach, analysis starts with a theory or relevant research findings as guidance for initial codes. (p.1277).

I chose the 3 concepts that promote internalization of motivation: Autonomy, Competence, and Relatedness.
27 completed exit interviews
120+ entries
Hand coding->Excel
Pilot: 6 participants’ responses
Autonomy-Competence
“perceived locus of causality”
“I can/do have an effect” “I have the skill”
Also neither coder forced data into 1 of the 3. We met twice as well as emailed.

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Results of Analysis

- An animated graph of the frequency counts of the concepts--will be embedded in this slide at the conference.
Findings

**Autonomy**
- Plan to keep walking after group is over
- Walking at home and dieting
- Exercise tape at home
- Trying to stop smoking

**Competence**
- Built up my breath and endurance
- I learned how to do some exercises
- Told my doctor about how I am walking
- Able to stretch correctly

**Relatedness**
- Friendship
- Get to know more people
- Easy to make friends
- Will miss everyone *
Other Recurring Codes

- Joy, Enjoyment-
- Physical benefits
  - Symptom management/ diversion

----------

- Very Few Negatives:
  - One voiced some ideas of being watched by others
  - Complaints: transportation -
Meanwhile, back in the world
Question: How do findings fit into recovery model?

Competence?

Autonomy?

Relatedness?

Physical Health?

Enjoyment?
People moving toward higher functioning in their current state; self-propelled but supported.

Making a path by walking it..with others.
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chart documentation of mental retardation, developmental delay, uncorrected visual/hearing impairments, or cardiac, neuromuscular or orthopedic limitations to normal, unassisted ambulation.
Dr. Beebe asked a question: How might she analyze qualitative data gathered from her participants, both self-initiated statements during walking and exit interviews at completion.

Not exactly the back of a cocktail napkin…
Human potential; Organismic Metatheory

Motivation is inherent: moved to do
...impetus to act, as seekers from birth

(differs from S-E and behavioral change theories)

“Social contexts catalyze differences in motivation and personal growth, resulting in people being more self-motivated, energized, and integrated in some situations, domains, and cultures than in others.”

Research guided by/testing this since 1985
Our nature is to grow, seek, extend—we are motivated to do so.

Motivation: moved to do ... impetus to act

Research has supported that 3 innate psychological needs—competence, autonomy, and relatedness, when satisfied, yield enhanced self-motivation and mental health.

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Internal = inherently interesting or enjoyable 2000, p.68
- Not so cognitive; very different experiences

Appears to be essential for facilitating optimal functioning of the natural propensities for growth and integration, as well as for constructive social development and personal well-being.
Extrinsic (coercion to social pressure, etc) -> intrinsic inherently interesting or enjoyable
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Appears to be essential for facilitating optimal functioning of the natural propensities for growth and integration, as well as for constructive social development and personal well-being.
And, through research they have found that the innate psychological needs e.g., concepts of autonomy, competence and relatedness can aid in the move toward more intrinsic motivation.

Autonomy: Perceived locus of (some) causality
Competence: Ability / required skill
Relatedness: Connected not alone
Directed Content Analysis (Hsieh & Shannon, 2005)

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- Joy, Enjoyment-
- Physical benefits
- Symptom management / diversion
- Very Few Negatives:
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Frequency counts of 5 codes
Frequency Legend

1. Autonomy
2. Competence
3. Relatedness
4. Enjoyment
5. Health
Relatedness

A common denominator of recovery is the presence of people who believe in and stand by the person in need of recovery.

“Walking and talking with group was fun; gave you will power to walk “
Meanwhile, back in the world
Components of Recovery

- Self-Direction
- Individualized and Person-Centered
- Empowerment
- Holistic
- Non-Linear
- Strengths-Based
- Peer Support
- Respect
- Responsibility
- Hope

APNA / SAMHSA: Recovery to Practice Initiative

National Consensus Statement on Recovery, SAMHSA
Question: How do findings fit into recovery model?

- Competence?
- Autonomy?
- Relatedness?
- Physical Health?
- Enjoyment?
From the Pioneers in Recovery
...To the latest research

- Beatrice Wright
  "Learning to live again in the new state in which they found themselves, not necessarily without suffering, symptoms or limitations" (1983).

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  "Not simply coping, but finding--and sharing with each other--new ways to perceive, interact and negotiate with their environment" (1993).

- Ann-Marie Yamada et al

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