

ORIGINAL PAPER

Recovery in Mental Illnesses: a Concept Analysis

Xie Huiting, PhD, RN, RMN
Institute of Mental Health Singapore

This research was carried out at: Case Western Reserve University, 10900 Euclid Ave Cleveland Ohio 44106 and IMH, 10 Buangkok View, Singapore 539747

Corresponding author:

Dr Huiting Xie, Institute of Mental Health Singapore, huitingxie.kerlyn@gmail.com

Abstract

Background. When patients accept the diagnosis of an illness, the common reaction is to ask when they will recover. The same is true for patients with mental illnesses. Recovery to the lay person is generally taken to mean being restored to one's former state. However, with mental illnesses, the answer is usually one of uncertainty. Mental illnesses are often considered chronic with patients being plagued with the presence of residual symptoms. Health providers may not consider such a state as recovery. Health providers are in need of a clear definition of recovery to identify the goals of treating people with mental illnesses and to inform patients and public of the duration and steps to proceed towards recovery.

Aim. This paper is a report of an analysis of the concept of "recovery in mental illnesses".

Method. Using Walker and Avant's approach to concept analysis the concept of "recovery in mental illnesses" was defined and its essential attributes were discussed.

Findings. "Recovery in mental illnesses" is defined as an on-going, dynamic and individualized process that occurs after the development of mental illnesses. It involves an individual actively regaining his or her pre-morbid state in spite of the challenges of mental illnesses, over time.

Keywords. concept analysis, recovery, mental illnesses