

An Integrative Review of What Contributes to Personal Recovery in Psychiatric Disabilities

March 2013, Vol. 34, No. 3 , Pages 185-191 (doi:10.3109/01612840.2012.737892)

Issues in Mental Health Nursing

<http://informahealthcare.com/doi/abs/10.3109/01612840.2012.737892>

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The aim of this integrated literature review is to identify what people with psychiatric disabilities experience as contributing to their personal recovery. The study design is based on Whitemore and Knaf's integrative review and includes 14 qualitative peer-reviewed articles. The analysis reveals three main themes: recovery as an inner process; recovery as a contribution from others; and recovery as participating in social and meaningful activities. If mental health nurses adhere to the personal recovery perspective, nursing practice will focus on the patients' needs, conveying hope and supporting the patient in the recovery process.