



# The Research on Self Care of Schizophrenia Patients at Halfway Home

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## Background and Purpose

The capability of self care is an important index of whether a psychiatric patient's social life is successful or not. The research took the schizophrenia patients that were doing community-based psychiatric rehabilitation at a psychiatric hospital in Taiwan as the subjects, and adopted survey research method to explore the related factors of influencing the case's self care. The research findings can be provided as reference of promoting the case's self care and for employment ability intervention measures, and it examined the influence of halfway home on psychiatric patients' stepping forward toward an independent life.

## Methods

Thirty subjects of schizophrenia were evaluated their self-care abilities by using self-care assessment tool

1. It is a instrument with 14 items
2. Each question is evaluated with four possible responses from 4 to 1

1. S-SCVI/UA : 0.93

S-CVI/Ave : 0.9

Convergent validity with the self-care is 0.9

2. Internal consistency Cronbach'  $\alpha$  is 0.932

Subjects :

1. Diagnosed of having schizophrenia based on DSM-IV
2. Age between 15-65 years old.
3. Under vocational training or work at present.

Sixty- eight subjects were evaluated their self-care abilities by using self-care assessment tool

## Results

This survey research collected 68 subjects , there are 34 residents from the community house, and there are 34 residents from the halfway home . The characteristics of subjects as following:

Gender:

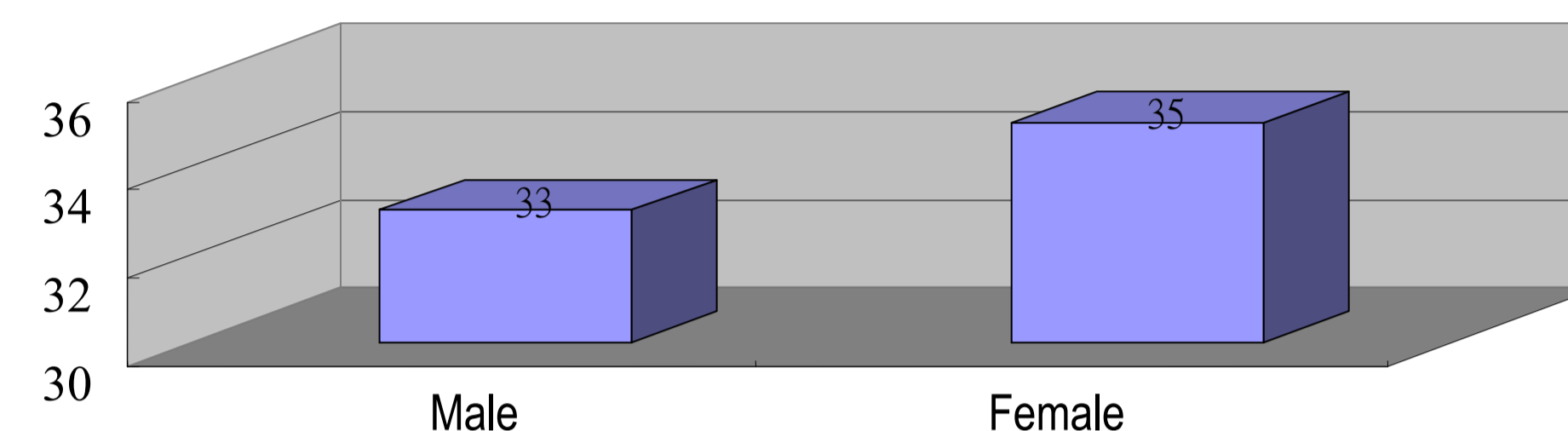


Figure 1. Gender characteristic of total subjects

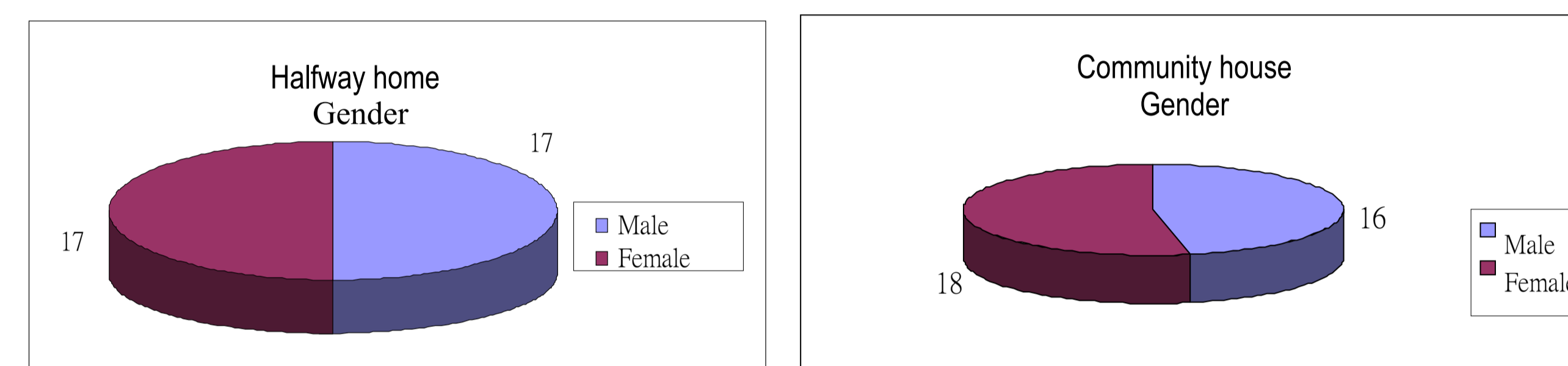


Figure 2. Gender characteristic of residents in halfway home and community house

Age:

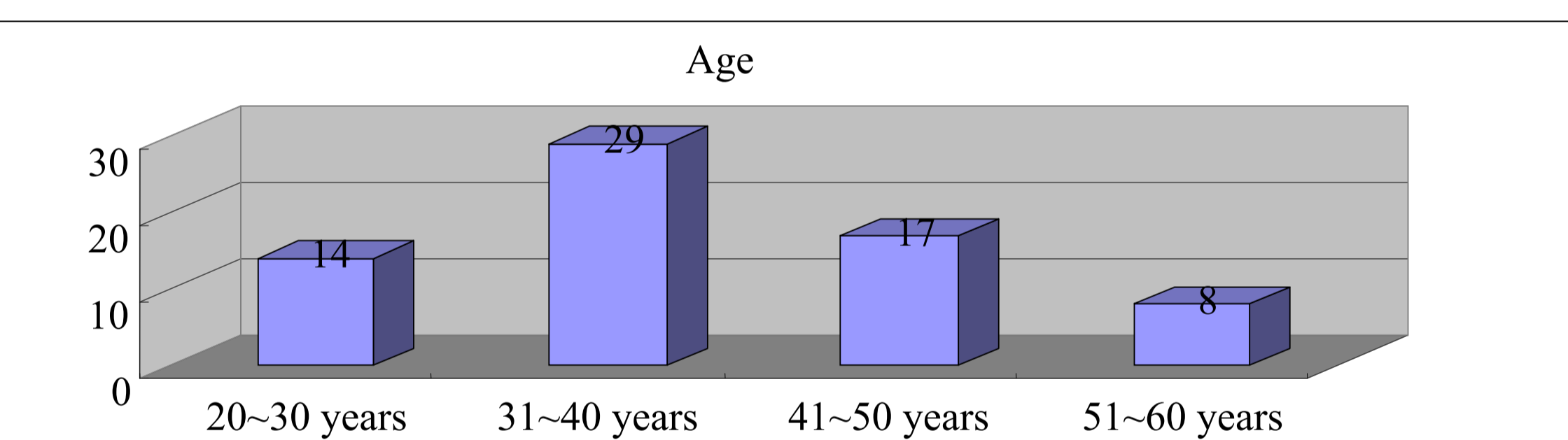


Figure 3. Age characteristic of total subjects

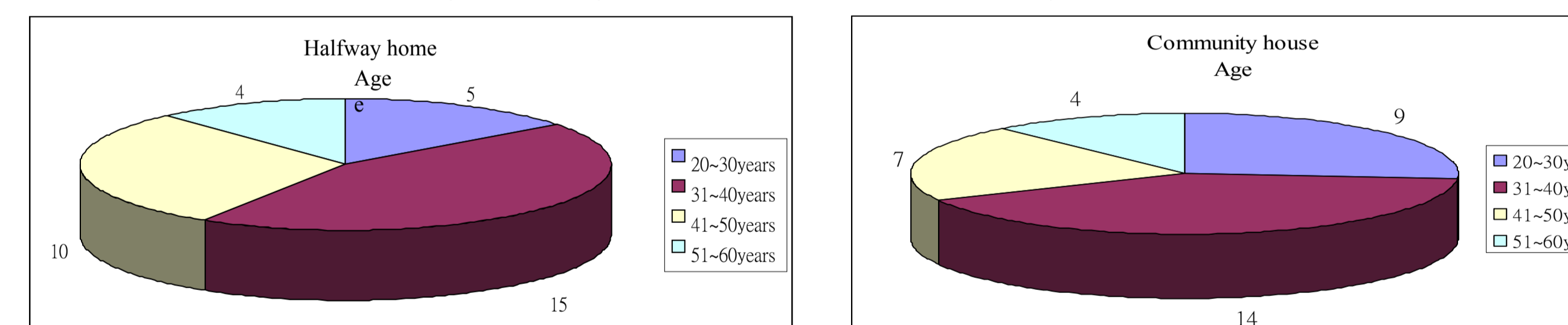


Figure 4. Age characteristic of residents in halfway home and community house

Education :

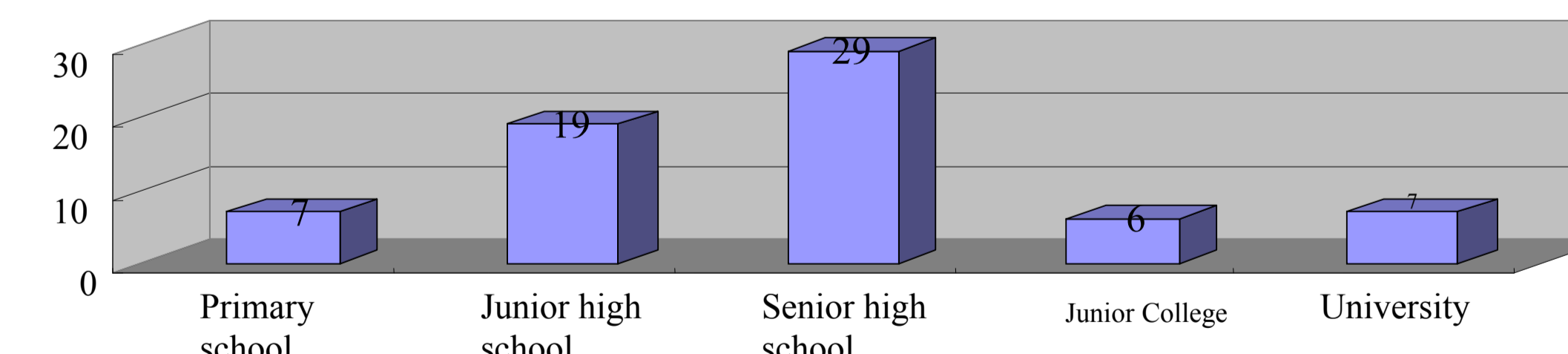


Figure 5. Education characteristic of total subjects

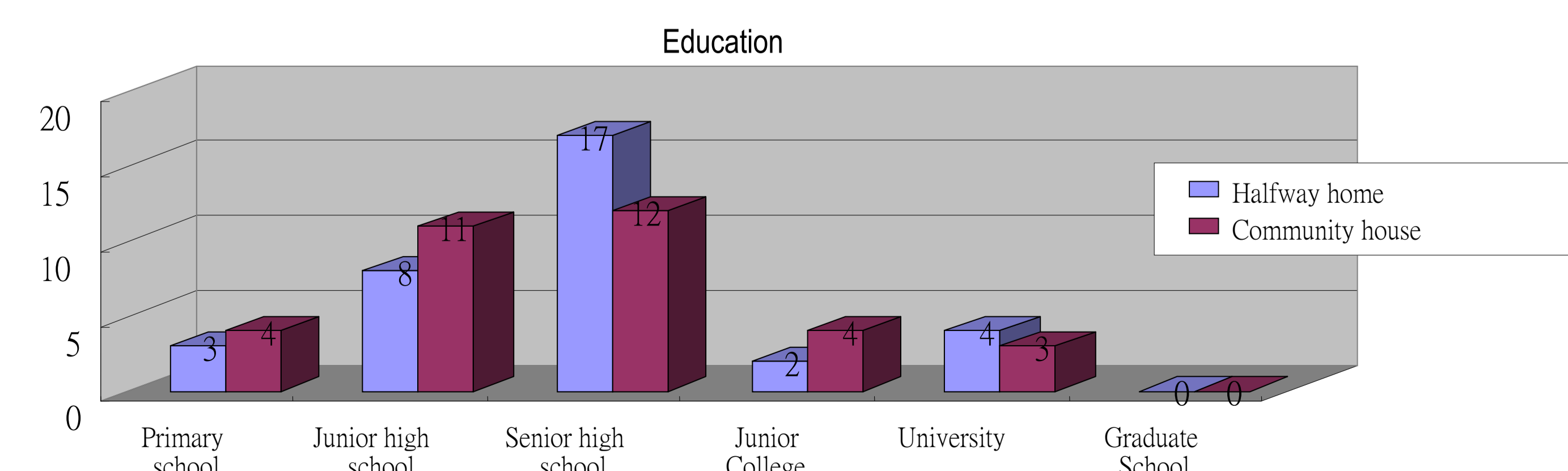


Figure 6. Education characteristic of residents in halfway home and community house

## Results

Table 1: The self care of residents in halfway home and community house

Self-care	halfway home n=34		community house n=34		t test t value	
	mean	SD	mean	SD		
1. nutrition and metabolism	3.56±0.70		2	3.82±0.39	1	-1.92*
2. elimination	3.56±0.70		2	3.71±0.52	2	-0.98
3. personal hygiene and appearance	3.53±0.75		4	3.53±0.61	5	0.00
4. activity and exercise	3.18±0.76		8	3.26±0.75	10	-0.48
5. sleep and rest	3.12±0.91		10	3.41±0.74	6	-1.46
6. sexual reproduction	3.62±0.55		1	3.62±0.49	4	0.00
7. cognition and perception	3.09±0.62		11	3.03±0.52	14	0.42
8. work	3.21±0.88		7	3.12±0.84	12	0.42
9. coping-stress tolerance	3.00±0.82		13	3.18±0.76	11	-0.92
10. socialized living issues management	3.38±0.74		5	3.68±0.59	3	-1.81*
11. role-relationship	3.32±0.77		6	3.29±0.63	9	0.17
12. self perception and self concept	3.15±0.82		9	3.35±0.65	7	-1.15
13. health-perception and health-management	3.00±0.78		14	3.12±0.69	12	-0.66
14. value and belief	3.03±0.83		12	3.32±0.68	8	-1.59

Table 2. Multiple stepwise regression analysis by gender, age, resident to find predictive factor for self care.

X	Y	B	R <sup>2</sup>	p
Gender	Self care mean	-0.089	0.047	0.467
Age		-0.085		0.495
Education		0.276		0.031*
Resident		0.124		0.310

n=68  
\*p<0.05

## Discussion and conclusion

The purpose of halfway home is to provide a pathway for clients to re-enter social life. This study would try to explore the rehabilitative function of halfway home. The research didn't find any significant difference between the residents of halfway home and community house in gender, and age, but education could predict the self care of total subjects( table 2). Residents in halfway home revealed lower health cognition, stress management, value and belief ..., etc( table 1). The residents in halfway home were worse in nutrition state and social skills at daily life than the residents in community house. Therefore, staffs in halfway home would pay attention to clients' nutrition and social skills at daily life. In general, residents in halfway home and community house had the same self-care abilities. Finally, the researchers suggested that: 1. Enhance residents' health cognition education. 2. Increase stress management via social skill training. 3. Encourage residents to join social-meaning activity in order to enhance life meaning and value.

Keywords: Halfway home, schizophrenia, self-care.