

Participation in daily activities among persons with schizophrenia

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Introduction

Social relationships and friendships have been identified as central to recovery among persons with schizophrenia. And in occupational therapy we believe that taking part of activities together with other people is a way to create meaningful relationships. However there is limited research describing this group of persons way of interacting with others performing daily activities.

Objectives

The objective of this study was to identify person's with schizophrenia interaction with others while performing daily activities in an individual and contextual perspective.

Methods

Repeated participant observations were conducted with persons with schizophrenia in their environment. The observed activities and interactions were chosen out of the participant's daily routines. During the observations field notes were taken. Qualitative content analysis was used to analyse the data.

Results

The findings revealed complex and dynamic dimensions of interaction in activity performance of the participants described in the two themes found Contribution to co-operation in activity performance and Hindrance to co-operate in activity performance. This complexity was seen in all the participants at different occasions. The findings also showed that individual and contextual factors influenced the interactions identified as the meaning of the activity performed, the social attitudes, the environment, and the self-image of the participants.

Conclusion

If the individual and contextual factors are considered for each individual when everyday activities are performed together with others there is a possibility to improve social interaction skills and thereby participation.

Contribution to the practice/evidence base of occupational therapy

These results indicate several possibilities for supporting and promoting participation among persons with schizophrenia. To focus on the facilitating factors of social interaction and the social processes leading to participation in everyday life identified in this study could give health care professionals access to individual preferences and choices concerning meaningful activities, social environment and relationships, a knowledge that can be used to support the person with schizophrenia to gradually start or continue a process towards participation in everyday life.