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Subjective quality of life among people with psychiatric disabilities attending community-based day centres or Clubhouses

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Introduction: People with psychiatric disability have been found to have a poorer quality of life (QOL) compared to the general population, and QOL is an important outcome from psychosocial rehabilitation.

Objectives: The present study aimed at comparing users of two approaches to psychosocial rehabilitation in Sweden, community-based mental health day centres (DCs) and clubhouses, regarding QOL. A further aim was to investigate predictors of QOL.

Method: People regularly attending DCs (n=128) or clubhouses (n=57) completed questionnaires at baseline and a nine-month follow-up about socio-demographics, QOL, self-esteem, social network, satisfaction with daily occupations, satisfaction with services, and the unit's organization.

Results: QOL remained stable over time in both groups. SQOL at follow-up was associated with baseline self-esteem, social network, satisfaction with daily occupations and QOL at baseline. The strongest indicator of belonging to the group with a higher SQOL at follow-up was attending a clubhouse programme followed by having scored high on and on self-esteem and SQOL, at baseline.

Conclusions: Both approaches were suited for supporting their users in maintaining SQOL. Visiting clubhouses seems, however, advantageous for QOL in a longer-term perspective. Although this study contributed some new knowledge, research should further address which circumstances are associated with maintaining stability in QOL.