



PULSAR Newsletter - CALD Substudy

FEBRUARY 2018

Welcome to the PULSAR cross-cultural mental health recovery questionnaire (QPR) project newsletter!

This newsletter is for everyone who took part in our research project to let you know about the results and to thank you for participating. This information is provided to you by the PULSAR research team. PULSAR is a research project that aims to develop better approaches to support the personal recovery of mental health consumers. For more information about the project, please visit:

www.med.monash.edu.au/scs/psychiatry/southern-synergy/health-services/pulsar-dev/

What was this research about?

Mental illness is a major public health problem globally and in Australia. In recent years, there has been a shift towards recovery-oriented mental health care, where people are supported to improve their health and wellness, live a self-directed life and strive to reach their full potential.

The goal of this research project, which was a sub-study of PULSAR, was to investigate whether a self-report measure of personal recovery called the "Questionnaire about the Process of Recovery" (QPR) is relevant to the needs of culturally and linguistically diverse (CALD) communities. The QPR consists of 22 personal statements to which participants state their level of agreement to determine how they have been over last 7 days (see boxes for sample questions).

In this pilot study, 9 participants from CALD backgrounds (4 Burmese, 5 Iranian) were invited to complete the QPR that had been translated into their local language. Participants were then interviewed about their understanding of mental health and recovery and their opinion on the importance and relevance of the QPR for themselves, and in their communities more broadly.

Two GPs were also interviewed about their views on using the QPR with their CALD patients.

	Disagree strongly အလွန် သဘောမတူ	Disagree သဘောမတူ	Neither agree nor disagree သဘောတူ လျှင်မဟုတ် သဘောမတူလည်း မဟုတ်	Agree သဘော တူ	Agree Strongly အလွန် သဘောတူ
1. I feel better about myself ကျွန်ုပ်သည် ကျွန်ုပ်ကိုယ်တိုင်နှင့်နှိုင်းယှဉ်သော်လည်း ဝမ်းသာစရာကောင်းသည်					
2. I feel able to take chances in life ကျွန်ုပ်သည် ဘဝ၌ အခွင့်အလမ်းများကို ရယူနိုင်ကြောင်း ခံစားရသည်					
3. I am able to develop positive relationships with other people ကျွန်ုပ်သည် အခြားသူများနှင့် အပြုသဘောကောင်းသည့် ဆက်ဆံရေးများကို တည်ဆောက်နိုင်ပါသည်။					
4. I feel part of society rather than isolated ကျွန်ုပ်သည် အစီအစဉ်မရှိသည့်အစား အသိုင်းအဝိုင်း၏ အစိတ်အပိုင်းတစ်ခုအဖြစ် ခံစားရပါသည်။					
5. I am able to assert myself ကျွန်ုပ်သည် မိမိကိုယ်ကိုမိမိ အပိုင်အစာ ရပ်တည်နိုင်ပါသည်။					
6. I feel that my life has a purpose ကျွန်ုပ်သည် ကျွန်ုပ်၏ဘဝ၌ ရည်ရွယ်ချက် တစ်ခုရှိသည်ဟု ခံစားရပါသည်။					
7. My experiences have changed me for the better ကျွန်ုပ်၏ အတွေ့အကြုံများသည် ကျွန်ုပ်အား ပိုမိုကောင်းမွန်အောင် ပြောင်းလဲပေးခဲ့ပါသည်။					
8. I have been able to come to terms with things that have happened to me in the past and move on with my life ကျွန်ုပ်သည် အတိတ်က ကျွန်ုပ်အား ခြိမ်းခြောက်ခဲ့သည့် အရာများကို ကိုင်တွယ် ရေတွက်နိုင်ခဲ့ပြီး ကျွန်ုပ်၏ ဘဝကို ဝေ့ဆက်ခဲ့ပါသည်။					

Translated Burmese QPR – example items

ကမ္ဘာ မတူ	မတူ	မတူ	မတူ	မတူ	မတူ
					1. အဆင်မပြေမှုကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။
					2. အဆင်မပြေမှုကို ပိုမိုကောင်းမွန်စေရန် အခွင့်အလမ်းကို ရယူပါ။
					3. မိမိတို့၏ အခြေအနေအထားကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။
					4. အဆင်မပြေမှုကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။
					5. မိမိတို့၏ ဘဝကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။
					6. အဆင်မပြေမှုကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။
					7. အဆင်မပြေမှုကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။
					8. အဆင်မပြေမှုကို ပိုမိုကောင်းမွန်စေရန် ကြိုးပမ်းပါ။

Translated Persian QPR – example items

WHAT WERE THE OUTCOMES?

Participant interviews

Most participants found the questionnaire culturally acceptable and easy to comprehend although some had difficulty in understanding the ideas regarding personal recovery. Participants generally had a positive opinion on the QPR because it provided them an opportunity to reflect upon their own mental health.

“ No it is not very difficult to understand, it's pretty simple, and profound... It is good for... people having a problem with mental health. This questionnaire helps them to think about their mental health situation. And it also helped me to think about myself.



“ I had a time to evaluate myself, when I saw those questions; I realized my current life. ... So, kind of re-discovered myself.



GP interviews

The GPs reported that their patients from CALD communities have poorer medical history information and are less likely to seek help for their mental illness. As such, both GPs agreed that the QPR would be a helpful tool in these communities. Some benefits of the QPR they pointed out were: helping in identifying needs, setting goals for recovery and facilitating referrals.

“ It can be completely... meaningful, because there is pointer to different... things. And, yeah, I reckon it can be a good [tool], if they understand it completely.



“ I think it's a good way forward. I think... having material in different languages will be very helpful... I don't know whether it's possible to simplify some of the tools, ...I think, if that...can be taken into consideration, I think the tools will be more readily accepted.



Significance

Participant responses showed optimism for the QPR to be a very useful tool for identifying mental health needs in the Burmese and Iranian communities. While further work is required to successfully adapt the QPR to different cultures, the findings of this study indicate the relevance and potential use of the QPR in assessing the growing needs for mental health services in CALD communities.

A final thank you

Finally, we would like to thank you once again for your generosity in taking part in this study for the benefit of CALD communities. The results obtained will guide further work in developing this instrument into an empowering tool for both GPs and CALD consumers alike and help us better understand the concept of personal recovery across cultures.

Contact PULSAR

If you have any questions about the PULSAR and its findings, please feel free to contact us:

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