

## Stages of Recovery Interview Schedule

Recovery from mental illness can be described as the growth of hope, a positive sense of self, meaning and purpose in life, and being in control of one's life. It is proposed that individuals experience five stages of psychological recovery with these being 1) Moratorium, 2) Awareness, 3) Preparation, 4) Rebuilding, and 5) Growth.

On the following pages are five primary questions that can help in the assessment of where an individual stands in relation to the Stages of Recovery model. Following each primary question is a range of indicators and suggested probes for verifying an individual's positive response. The suggested probes are designed to be flexible in order to keep the interview conversational and allow for a more candid response from the respondent. Finally, each primary question has a decision rule box for evaluating whether someone can be suitably identified as associated with a particular stage of recovery.

The format of the questions is structured as follows: the interviewer starts by asking the first primary question as follows; Q1. When you think about your future, do you think that recovery or having a better life is impossible for you?

**IF THE INTERVIEWEE ANSWERS 'YES'**, the clinician can then evaluate the strength of this answer with the indicators that are listed underneath the primary question. Each indicator has some suggested probes to help verify the respondents YES answer.

Once the question has been verified with the probe indicators, and the interviewer deems that there is enough evidence in an interviewee's responses to identify the individual's stage of recovery, as set out by the decision rules underneath each set of indicators, there is no need to proceed with any further questions. The respondent's stage of recovery has been identified.

**IF THE INTERVIEWEE ANSWERS 'NO'**, the clinician can proceed to the following question, Q2. If the interviewee answers yes, follow the instructions as per Q1 (above). For all primary questions answered with a NO, the clinician proceeds to the following primary question Q3, Q4, or Q5, until all primary questions have been completed.

Information gathered from other assessments may be suitable for use in this analysis as an alternative to some questions.

### *Reference:*

Wolstencroft, K, Oades, L, Caputi, P & Andresen, R. (2010). Development of a structured interview schedule to assess stage of psychological recovery from enduring mental illness. *International Journal of Psychiatry in Clinical Practice*, 14, 182–189.

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## Stages of Recovery Interview

Individuals who have suffered from a mental illness have described a number of stages in their personal recovery journey towards becoming well and leading a fulfilling life.

These go from feeling utterly hopeless in regards to having control over one's life to do the things one wants, through to, having the confidence that one can overcome obstacles in such a way as to create and maintain one's own wellbeing and happiness.

In order to assist your personal recovery journey, I am going to ask you some questions that will help identify what stage of recovery you are at. I will be taking some notes as we go along.

Do you have any questions before we begin?

### MORATORIUM STAGE

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**Q1. When you think about your future... do you think that recovery or having a better life is impossible for you?**

	INDICATORS	POSSIBLE PROBES
<input type="checkbox"/>	<p><b>1.</b> Apathy <i>Lack of motivation or positive expectation for future.</i></p>	<p>Can you tell me why you think recovery is impossible for you?</p> <p>Do you have anything to look forward to?</p>
<input type="checkbox"/>	<p><b>2.</b> Powerlessness <i>Loss of personal agency, controlled by illness or others.</i></p>	<p>Who or what do you feel is in control of your life?</p> <p>Do you feel that your life is controlled by your illness?</p>
<input type="checkbox"/>	<p><b>3.</b> Withdrawal <i>From activities and others.</i></p>	<p>Are you involved in any activities or social groups that you enjoy?</p>
<input type="checkbox"/>	<p><b>4.</b> Confused <i>Lack of insight or denial in relation to illness</i></p>	<p>Do you know why you are here today?</p> <p>Possibly refer to own clinical observations or judgement.</p>

#### DECISION RULE

- **Individual is in Moratorium Stage if 2 or more indicators (1-3) are confirmed OR if the single indicator (4) is confirmed. If neither, proceed to Question 2.**

AWARENESS STAGE

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**Q2. Have you just started thinking about the possibility of recovery?**

	INDICATORS	POSSIBLE PROBES
<input type="checkbox"/>	<b>1.</b> Taking Notice <i>That there are others who get better.</i>	Have you noticed that there are others with a mental illness, or who have had a mental illness, who are getting better and doing more things?
<input type="checkbox"/>	<b>2.</b> Considering Alternatives <i>To being ill.</i>	Have you thought about how things could be different for you if you were to recover?  Have you started to think that there are things you could do that would help you to recover?
<input type="checkbox"/>	<b>3.</b> Developing a Sense of Aspiration <i>That recovery may be possible for self.</i>	Have you started to think of things that you could possibly do and enjoy in the future?
<input type="checkbox"/>	<b>4.</b> Uncertain <i>Do not yet know how they can help themselves. No concrete plans or goals.</i>	Do you feel uncertain as to how to make concrete goals towards the things you would like to do?

**DECISION RULE**

- **Individual is in Awareness Stage if 2 or more of indicators (1-3) are confirmed PLUS indicator (4) is confirmed.**
- **If Individual positively confirms indicators (1-3) but does not confirm (4) proceed to Question 3.**

## PREPARATION STAGE

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### Q3. Would you say that you have just started working on plans towards your recovery?

	INDICATORS	POSSIBLE PROBES
<input type="checkbox"/>	<p>1. Goal Formation <i>Exploring possibilities and forming tentative goals. May be thinking about or even starting to try out new activities or re-engage in activities undertaken before illness.</i></p>	<p>Are you working on some plans that may help you recover or enjoy life?</p> <p>Are you able to provide an example or outline of the kind of plans you have in mind?</p>
<input type="checkbox"/>	<p>2. Developing Networks <i>Starting to look for the kind of support that will help them with their goals. People, resources, medical care, psychological care.</i></p>	<p>Would you say that you have been talking to others and looking for the right way to do things?</p> <p>Have you been actively seeking support from others to do the things you want?</p>
<input type="checkbox"/>	<p>3. Tentative Approach <i>Although exploring possibilities and maybe doing new things, they still lack confidence in own ability to do things on their own or make important decisions. <b>The activities they are involved in are well supported.</b> Fear illness going backwards or getting worse.</i></p>	<p>Do you see any barriers that may get in the way of you achieving your goals?</p> <p>Do you feel very reliant on the support of others to get by?</p> <p>How confident are you that you will be able to improve your health and happiness?</p>

#### DECISION RULE

- Individual is in Preparation Stage if 1 or more of indicators (1-2) are confirmed **PLUS** indicator (3) is confirmed.
- If Individual confirms indicators (1-2) but not (3) proceed to Question 3.

## REBUILDING STAGE

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**Q4. Would you say that even though you are actively pursuing goals, that you *have a way to go* before you feel you can say you are recovered?**

### INDICATORS

### POSSIBLE PROBES

- 1. Achieving Goals**  
*Goals are more concrete. Sense of success building on success.*

Are you able to tell me some of your goals and how you are going with these?

Do you feel that you are attaining some success in the pursuit of your goals?

- 2. Sense of Productivity**  
*They are doing things for themselves and maybe others, and feel that they are making a difference.*

Do you feel like you can make a difference?

Do some of the things you do make you feel productive?

Do you think some of the things you do are valuable to yourself or others?

- 3. Uncertainty**  
*Person has intention, determination and some success. Yet, still feels uncertain in regards to how much control they have over their illness.*

How optimistic do you feel that you can overcome the effects of your illness?

Would you say you had a way to go before you can say you are recovered?

### DECISION RULE

- Individual is in Rebuilding Stage if 1 or more of indicators (1-2) are confirmed **PLUS** indicator (3) is confirmed.
- If Individual confirms indicators (1-2) but not (3) proceed to Question 5.

## GROWTH STAGE

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**Q5. When you think about your future do you feel a sense of contentment and happiness that you can continue to achieve the things that you want?**

	INDICATORS	POSSIBLE PROBES
<input type="checkbox"/>	<b>1. Optimism</b> <i>Is looking forward to the future.</i>	Do you feel a sense of hope and optimism for the future?  Do you think that if you have your mind set on something you are able to deal with obstacles and achieve what you want?
<input type="checkbox"/>	<b>2. Strong Sense of Self Worth</b> <i>Knowledge that can contribute and are valuable.</i>	Do you have a strong sense of personal competence and pride in regard to things that you are able to do?
<input type="checkbox"/>	<b>3. Autonomy</b> <i>Guided by their own values and goals in making decisions and choices.</i>	Do you feel able to make your own choices?  Are your goals and choices guided by what is important to you?  Would you say that you are actively committed to your own well being?
<input type="checkbox"/>	<b>4. Contentment</b> <i>Has a sense of inner peace and happiness.</i>	When you think about your future do you have a sense that you are living life to the fullest?

### DECISION RULE

- **Individual is in Growth Stage if 3 or more of indicators (1-4) are confirmed.**