

## Stages of Recovery Scale (SRS)

### Summary of Findings

**Scale Measure:** Stages of Recovery Scale (SRS)

**Duration of Data Collection:** February to July, 2015

**Date of Report:** July 22, 2015

**Total Number of Data Collected:** 299

**Total Number of Valid Data:** 289 (Percentage of valid data: 97%)

**Range of Ratings:** From 0 to 3 (0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often)

**Cronbach's Alpha:** 0.96 (High reliability)

#### Findings:

Table 1. Distribution of Data Collection by Service Unit (N=299)

Service Unit	Obtained N	Valid N
<b>Community Mental Health Service</b>		
Aloha - WTS	45	45
Richmond Fellowship Community Network	26	26
Aloha - HKE	24	22
Aloha - WTS (OT)	12	10
<b>Integrated Vocational Rehabilitation Service</b>		
Sheltered Workshop	51	48
Supported Employment - Chai Wan	26	26
Sunnyway	7	7
Supported Employment - Yuen Long	1	1
<b>Residential Training Service</b>		
Likang Court	33	31
Tsui Wah House	24	24
Wan Tsui House	23	23
Sheung Tak House	18	18
Ping Shan House	9	8
<b>Total</b>	<b>299</b>	<b>289</b>

Table 2. Demographic Characteristics of Participants (N=289)

	n	%
<b>Gender</b>		
Female	163	56
Male	120	42
Missing	6	2
<b>Education</b>		
Secondary	195	68
Primary or Under	53	18
Tertiary	17	6
University or Above	17	6
Missing	7	2
<b>Employment</b>		
Unemployed	70	24
Sheltered Workshop	69	24
Open Employment	59	20
Others (e.g., Housewife, Retired)	44	15
Supported Employment	32	11
Missing	15	5

**Mean Age = 46 years**

Figure 1. Distribution of Age in Participants (N=282)

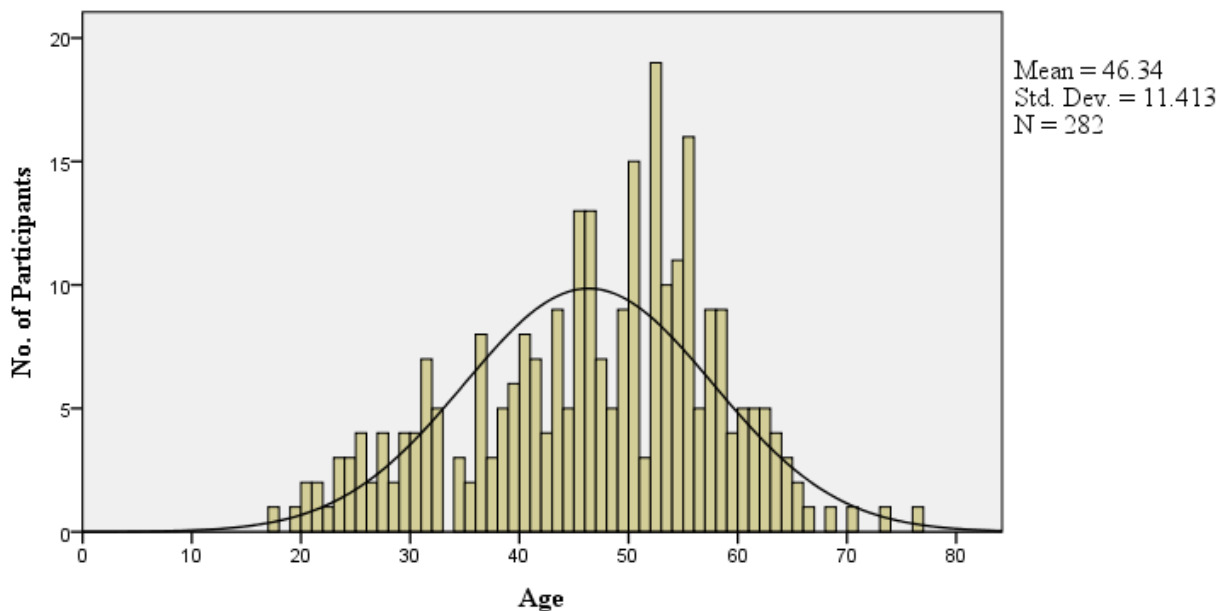


Table 3. Mean Scores of Stages of Recovery Scales (SRS) in Participants (N=289)

	Total (N=289)	Community (n=103)	Vocational (n=82)	Residential (n=104)
Mean Score	91.79	89.66	90.54	94.88
S.D.	23.63	23.95	23.03	23.68
Range	29 - 135	38 - 135	41 - 135	29 - 135
Stage	III Living with disability	II Struggling with disability	III Living with disability	III Living with disability

Table 4. Stage Level in relation to Range of Score in SRS

Stage	Range
Stage I Overwhelmed by the disability 深受障礙打擊	0 - 57
Stage II Struggling with disability 與障礙對抗	58 - 90
Stage III Living with disability 與障礙共存	91 - 119
Stage IV Living beyond disability 超越障礙	120 - 135

Figure 2. Distribution of Stages of Recovery Scales (SRS) Scores in Participants (N=289)

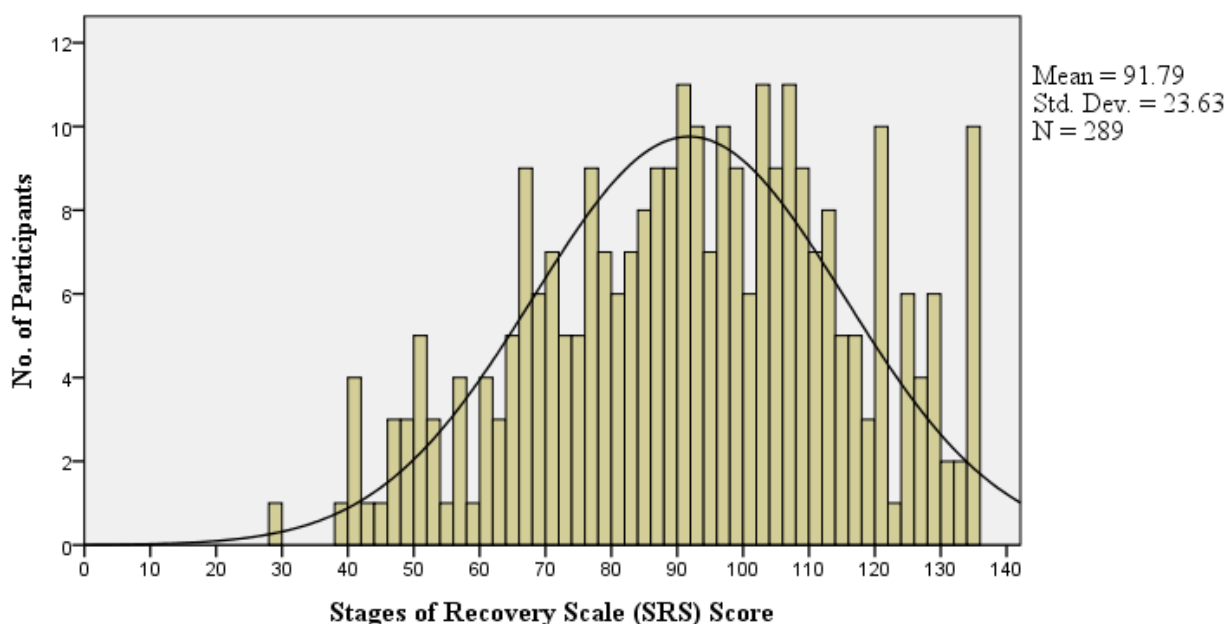


Table 5. Mean Scores of Stages of Recovery Scales (SRS) by Service Unit (N=289)

Service Unit	Mean Score	Stage
<b>Community Mental Health Service</b>	<b>89.66</b>	<b>II</b>
Richmond Fellowship Community Network (n=26)	101.27	III
Aloha - WTS (OT) (n=10)	98.60	III
Aloha – HKE (n=22)	85.23	II
Aloha - WTS (n=45)	83.13	II
<b>Integrated Vocational Rehabilitation Service</b>	<b>90.54</b>	<b>III</b>
Supported Employment - Yuen Long (n=1)	113.00	III
Supported Employment - Chai Wan (n=26)	94.00	III
Sheltered Workshop (n=48)	91.40	III
Sunnyway (n=7)	69.29	II
<b>Residential Training Service</b>	<b>94.88</b>	<b>III</b>
Likang Court (n=31)	99.48	III
Tsui Wah House (n=24)	96.88	III
Wan Tsui House (n=23)	92.09	III
Sheung Tak House (n=18)	91.28	III
Ping Shan House (n=8)	87.13	II

Table 6. Stage Distribution of Stages of Recovery Scales (SRS) in Participants (N=289)

	Total (N=289)	Community (n=103)	Residential (n=104)	Vocational (n=82)
Stage I Overwhelmed by the disability	9%	11%	7%	11%
Stage II Struggling with disability	37%	37%	38%	35%
Stage III Living with disability	40%	40%	39%	42%
Stage IV Living beyond disability	14%	13%	17%	12%

Table 7. Mean Scores of 6 Dimensions in Participants (N=289)

Dimensions	Mean Score	S.D.
<b>Recovery Process</b>		
Sense of Hope 希望感	2.12	0.73
Disability Management/Taking Responsibility 障礙處理/負責任	2.07	0.55
Regaining Autonomy 重獲自主性	2.03	0.61
<b>Recovery Outcome</b>		
Social Functioning/Role Performance 社會功能/角色表現	1.99	0.57
Overall Well-Being 整體安康/人生滿意度	1.97	0.73
Willingness to Help 助人意願	2.19	0.71

Table 8. Definition of 6 Dimensions

Dimension	Definition
Sense of Hope 希望感	Positive expectations about their mental illness and themselves
Disability Management/Taking Responsibility 障礙處理/負責任	Taking responsibility, willingness to cope, and management of disability
Regaining Autonomy 重獲自主性	Sense of self, competency, finding new meaning/purpose, awareness and potentiality, and self-determination
Social Functioning/Role Performance 社會功能/角色表現	Social interaction, demonstration of interpersonal engagement, and reciprocity
Overall Well-Being 整體安康/人生滿意度	Self-acceptance, inner serenity, and satisfaction of current life situation
Willingness to Help 助人意願	Willingness and positive experience of helping

Table 9. Mean Scores of 6 Dimensions in Community Mental Health Service (N=103)

Service Unit	Richmond Fellowship Community Network (n=26)	Aloha - WTS (OT) (n=10)	Aloha - HKE (n=22)	Aloha - WTS (n=45)
<b>Recovery Process</b>				
Sense of Hope	2.31	2.20	1.99	1.93
Disability Management/Taking Responsibility	2.24	2.08	1.98	2.06
Regaining Autonomy	2.28	2.26	1.83	1.79
<b>Recovery Outcome</b>				
Social Functioning/Role Performance	2.23	2.31	1.85	1.86
Overall Well-Being	2.10	2.08	1.79	1.64
Willingness to Help	2.54	2.20	2.23	1.92

Table 10. Mean Scores of 6 Dimensions in Integrated Vocational Rehabilitation Service (N=82)

Service Unit	Supported Employment - Yuen Long (n=1)	Supported Employment - Chai Wan (n=26)	Sheltered Workshop (n=48)	Sunny way (n=7)
<b>Recovery Process</b>				
Sense of Hope	3.00	2.15	2.15	1.95
Disability Management/Taking Responsibility	2.11	2.05	2.02	1.32
Regaining Autonomy	2.60	2.06	2.03	1.51
<b>Recovery Outcome</b>				
Social Functioning/Role Performance	1.86	1.96	1.96	1.65
Overall Well-Being	3.00	2.17	2.04	1.38
Willingness to Help	3.00	2.31	2.08	2.14

Table 11. Mean Scores of 6 Dimensions in Residential Training Service (N=104)

Service Unit	Likang Court (n=31)	Tsui Wah House (n=24)	Wan Tsui House (n=23)	Sheung Tak House (n=18)	Ping Shan House (n=8)
<b>Recovery Process</b>					
Sense of Hope	2.27	2.04	2.16	2.04	2.17
Disability Management/Taking Responsibility	2.13	2.17	2.16	2.13	1.94
Regaining Autonomy	2.21	2.18	2.07	2.01	2.00
<b>Recovery Outcome</b>					
Social Functioning/Role Performance	2.16	2.08	1.87	2.05	1.93
Overall Well-Being	2.29	2.11	1.97	1.84	1.72
Willingness to Help	2.31	2.36	2.09	2.24	1.96

Table 12. Comparison of Stages of Recovery Scales (SRS) Score in relation to Service Category (N=289)

	Community (n=103)	Vocational (n=82)	Residential (n=104)	Levene	F Ratio
SRS Score	89.66	90.54	94.88	0.503	1.424

No service category difference is found.

Table 13. Comparison of Stages of Recovery Scales (SRS) Score in relation to Gender (N=283)

	Female (n=163)	Male (n=120)	t value
SRS Score	93.42	89.18	-1.497

No gender difference is found.

Table 14. Comparison of Stages of Recovery Scales (SRS) Score in relation to Education (N=279)

	Primary or Below (n=53)	Secondary (n=192)	Tertiary or Above (n=34)	Levene	F Ratio	Scheffe
SRS Score	83.72	93.11	95.44	0.155	3.844*	Secondary> Primary

Note.

For Table 10, Table 12 and Table 13, \* denotes statistical significance at  $p < 0.05$ , and \*\*\* at  $p < 0.001$ .

Participants with secondary education are found to have a significantly higher score of SRS than those with primary education.

Table 15. Comparison of Stages of Recovery Scales (SRS) Score in relation to Employment (N=274)

	Unemployed (n=114)	Employed (n=160)	t value
SRS Score	90.68	93.11	-1.177

No employment difference is found.

Table 16. Comparison of Stages of Recovery Scales (SRS) Score in relation to Employment (N=274)

	Unemployed (n=70)	Sheltered Workshop (n=69)	SE (n=32)	OE (n=59)	Others (n=44)	Levene	Kruskal -Wallis	Post Hoc
SRS Score	87.97	88.59	91.28	100.03	93.02	2.918*	10.072*	OE> Unemployed

Participants with open employment are observed to have a significantly higher score than those unemployed.



Table 17. Comparison of Mean Scores of SRS with other study

	Present Study	Local Study Tse et al. (2014) <sup>#</sup>	t value (one sample test)
N	289	150	~
Stage	III	III	~
SRS Score	91.79	102.4	-7.636***

Note.

# Participants are recruited at a public psychiatric outpatient clinic in Hong Kong and given a diagnosis of bipolar disorder or schizophrenia.