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**A TRADITION OF
INDEPENDENT
THINKING**



UCC

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Exploring Hope and Families-Why?

- ▶ Approx 45,500 people in Ireland caring for someone experiencing a mental health problem (O Shea & Kennelly 2008)
- ▶ **Recovery** approach: **strengths based partnership** working (WHO 2013; Machin & Repper 2013)
- ▶ Hope and hope-inspiring relationships - key components of **recovery** (Hobbs and Baker 2012, Higgins 2008, Andresen, Oates, and Caputi 2003, Russinova 1999)



Exploring Hope and Families-Why?

- ▶ Families **holders of hope yet...**

(Wyder and Bland 2014, Machin and Repper 2013; Parr 2009)

- ▶ ↑ hope among FMs → **positive outcomes** (Wong & Heriot 2012, Duggleby et al 2010 Lloyd & Hastings 2009)

- ▶ Focus of research to date:
 - burden
 - psychosocial family interventions



Exploring Hope and Families: An integrative review

Aim

- ▶ To describe the current status of research on hope in/with families within the mental health context

Method

- ▶ Cooper's (1982) integrative review guidelines



1 Problem formulation

- ▶ Clarification of terms
- ▶ Included studies:
 - ▶ Hope from the perspective of a FM was main focus of the study
 - ▶ Hope a key finding in a study which explored FMs' experiences of living with a person experiencing mental distress.
- ▶ FMs' views/results had to be clearly identified in the findings.
- ▶ Excluded: Studies on optimism, gratitude and hopelessness



2 & 3 Data collection & evaluation of data points

- ▶ **N=17 studies** (6 qualitative, 11 quantitative)
- ▶ **Variables** -coping, recovery attitudes, carer wellbeing, quality of life, satisfaction with services, depressive symptoms, burden, and resilience
- ▶ Majority of studies focused on **serious mental illness (SMI)**
- ▶ Only **1 study** fully explored hope specifically from family members' perspective

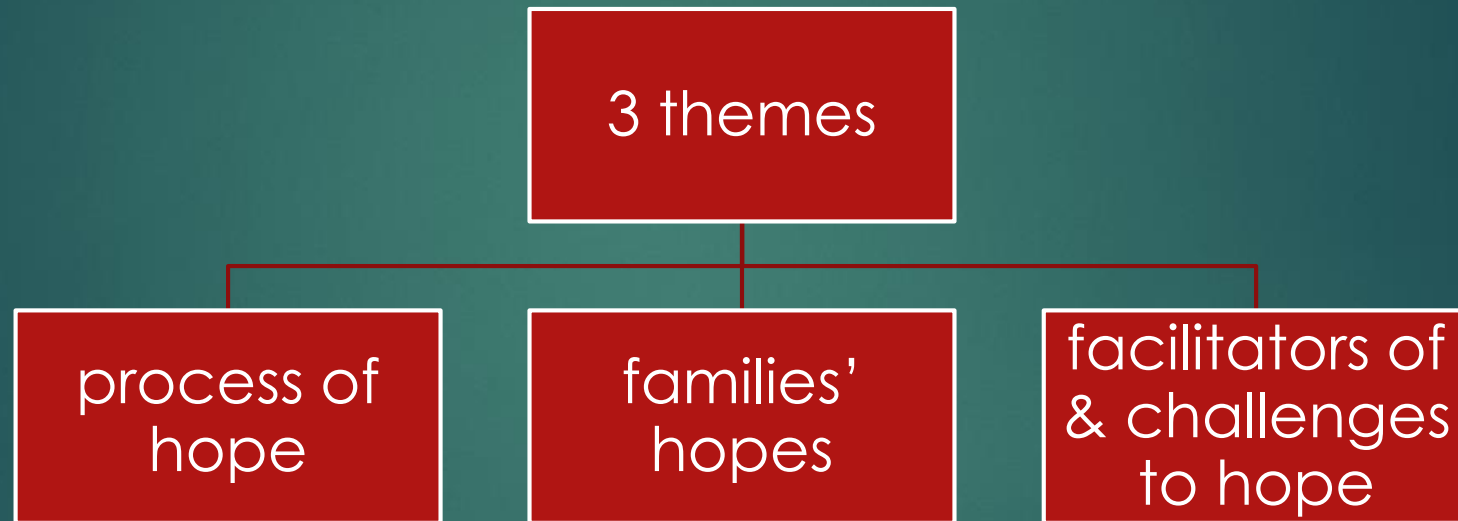
(Bland & Darlington 2002)

2 & 3 Data collection & evaluation of data points

Methodological issues

- ▶ Quantitative- sample sizes small
 - ▶ Not all studies gave a definition of hope
 - ▶ Lack of a theoretical framework
 - ▶ Snyder's State Hope Scale (1996) dominant
 - ▶ Miller scale (1998) =1
- ▶ Qualitative of variable quality

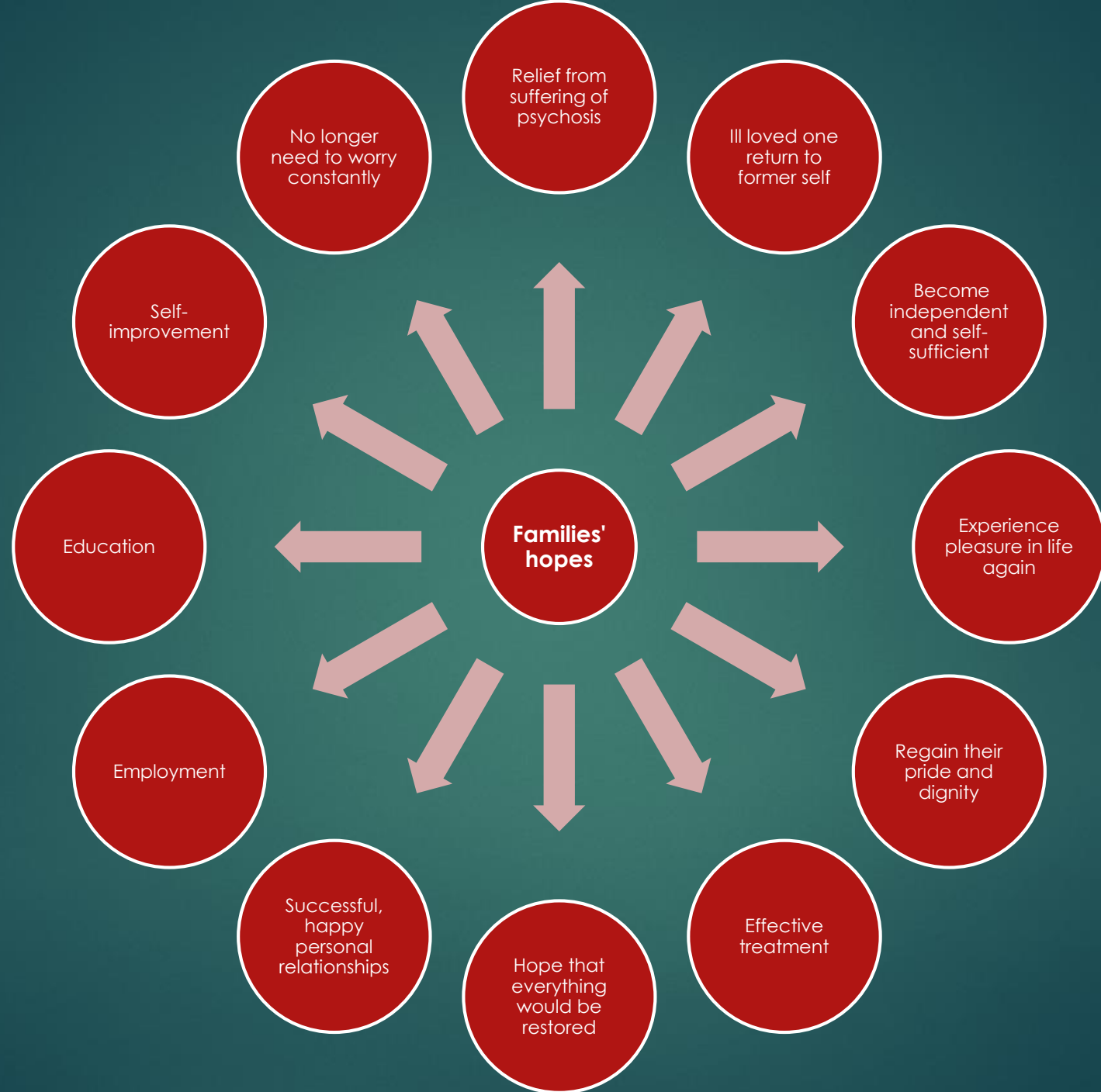
4 Data analysis and interpretation



1 Process of hope

- ▶ Limited information
- ▶ **ongoing , uncertain, fluctuating process**
 - “wavering between giving up hope and having no hope” (Weimand et al 2012)
 - Ignition or reigniting of hope (Tranvag et al 2008, Buteau et al 2008)
- ▶ **Grieving** → gradual acceptance → reconciliation → **new more realistic hopes** (Tranvag et al 2008, Jonsson et al 2008, Bland & Darlington 2002)
- ▶ need to maintain **normality** (Tranvag et al 2008)
- ▶ needs to be situated within the **wider social, family and developmental context** (Stein et al 2007)





Families Hopes

Study

No longer need to worry constantly

Jonsson et al 2008

Relief from suffering of psychosis

Twedeell et al 2004;

Ill loved one return to former self

Twedeell et al 2004; Bland and Darlington 2002;

Twedeell et al 2004

Become independent and self-sufficient

Twedeell et al 2004; Stein et al 2007

Experience pleasure in life again

Twedeell et al 2004; Stein et al 2007

Regain their pride and dignity

Bland and Darlington 2002

Effective treatment

Buteau et al 2008

Hope that everything would be restored

Tranvag & Kristoffersen 2008

Successful, happy personal

Stein et al 2007

relationships

Employment

Stein et al 2007

Education

Stein et al 2007

Self-improvement

Stein et al 2007

3 Facilitators of hope: External Factors

- ▶ Family and friends
- ▶ Meaningful information
- ▶ Support programmes
- ▶ Health care Professionals
- ▶ Less frequent face-to-face contact
- ▶ More positive and less negative caregiving experiences
- ▶ No prior history of mental illness in FM who is currently supporting ill loved one
- ▶ Culture

3 Facilitators of hope: Internal factors

- ▶ Adaptive coping strategies
- ▶ Positive attitude
- ▶ Religious/spiritual beliefs
- ▶ Positive realism



3 Challenges to hope- External

- ▶ **Lack of**
 - ▶ **support** from mental health professionals
 - ▶ up-to-date, clear, meaningful **information**
 - ▶ **continuity of care**
- ▶ Being told your ill relative will not improve
- ▶ Relapse
- ▶ Behavioural disengagement



3 Challenges to hope –internal


- ▶ FM Previous personal trauma/mental health problems
- ▶ Maladaptive coping strategies
- ▶ Stigma of ill relative's disorder



Conclusions

- ▶ Primarily set within a **positivist** paradigm
- ▶ Focus on:
 - ▶ **cognitive and behavioural** aspects of hope
 - ▶ **SMI**
- ▶ Families holders of hope **BUT their voices unheard**
- ▶ **Focuses on FMs' hopes for service user** not their own personal hope
- ▶ **FMs have their own recovery journeys** therefore need to manage their own personal hopefulness
- ▶ **Strengths based perspective**
- ▶ How do FMs hold hope for themselves?





HOPE SEES THE INVISIBLE,
FEELS THE INTANGIBLE
AND ACHIEVES THE IMPOSSIBLE.

UNKNOWN

FACEBOOK COVERS
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**Any questions or
thoughts?**

Thank You

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Factors that Facilitate Hope in Families	Study
<p><u>External Factors</u></p> <p>Family and friends</p> <p>Meaningful information</p> <p>Support programmes</p> <p>Health care Professionals</p> <p>Less frequent face-to-face contact</p> <p>More positive and less negative caregiving experiences</p> <p>No prior history of mental illness in family member who is currently supporting ill loved one</p> <p>Culture</p>	<p>Bland & Darlington 2002 ;Jonsson et al 2008; Weis and Ash 2009</p> <p>Tranvag & Kristoffersen 2008; Jonsson et al 2008</p> <p>Deane et al 2013, Buteau et al 2008;Weis and Ash 2009;Riley et al 2009;Redlich et al 2010;</p> <p>Deane et al 2013</p> <p>Bland & Darlington 2002 ;Jonsson et al 2008</p> <p>Marshall et al 2013</p> <p>Marshall et al 2013</p> <p>Marshall et al 2013; Wu 2011</p> <p>Hernandez et al 2013</p>
<p><u>Internal factors</u></p> <p>Adaptive coping strategies</p> <p>Positive attitude</p> <p>Religious/spiritual beliefs</p> <p>Positive realism</p>	<p>Geffken et al2006; Freidman-Yakoobian et al 2009</p> <p>Bland & Darlington 2002 ; Jonsson et al 2008</p> <p>Bland & Darlington 2002 ; Jonsson et al 2008</p> <p>Tranvag & Kristoffersen 2008</p>

Challenges to hope- External

Lack of support from mental health professionals

Weimand 2013, Tranvag & Kristoffersen 2008, Jonsson et al 2008, Buteau et al 2006, Bland & Darlington 2002

Lack of up-to-date, clear, meaningful information

Tranvag & Kristoffersen 2008, Jonsson et al 2008, Buteau et al 2006

Lack of continuity and fragmentation of care

Buteau et al 2006
Bland & Darlington 2002

Being told your ill relative will not improve

Tranvag & Kristoffersen 2008

Relapse
Behavioural disengagement

Friedman-Yakoobian et al 2009

Challenges to hope –internal

FM Previous personal
trauma/mental health
problems

Wu 2011

Maladaptive coping strategies

Friedman-Yakoobian et al 2009

Stigma of ill relative's disorder

Tranvag & Kristoffersen 2008, Buteau et al
2006

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