

Hope, Attitude, and Recovery from Schizophrenia

Terry Lynn Tuttle

Dissertation submitted to the faculty of the  
Virginia Polytechnic Institute and State University  
in partial fulfillment of the requirements for the degree of

Doctor of Philosophy

In

Counselor Education and Supervision

Gerard Lawson, Ph.D. - Committee Chair

Pamela E. Brott, Ph.D. – Committee Member

Gabriella Belli, Ph.D. – Committee Member

Karen Rosen, Ed.D. – Committee Member

Jean Coleman, Ed.D. – Committee Member

June 8, 2004

Falls Church, Virginia

Keywords: Schizophrenia, Recovery, Hope, Hope Scale, Recovery Attitudes Questionnaire

# **HOPE, ATTITUDE, AND RECOVERY FROM SCHIZOPHRENIA**

**Terry Lynn Tuttle**

## **ABSTRACT**

The Hope Scale by Snyder and the Recovery Attitudes Questionnaire-7 were used to explore the patterns of hope and attitude toward recovery from schizophrenia in a sample of 100 adults diagnosed with schizophrenia or schizoaffective disorder participating in five psychiatric rehabilitation programs in an affluent suburban setting. Using the Hope Scale, which is based on a definition of hope as a future-goal oriented cognitive process, and the Recovery Attitudes Questionnaire-7(RAQ-7), this study concluded that the construct of hope is not synonymous with a positive attitude about attaining the goal of recovery. Though participants reported being generally hopeful and having positive attitudes toward recovery from serious mental illness, the two variables, hope and attitude do not correlate with each other. Nor do individual items from the Hope Scale and the Recovery Attitudes Questionnaire-7 load on the same components during principal components factor analysis, though hope and attitude each account for more than 20% of the total variance of the data set. A serendipitous finding was the statistically significant difference between the means on the RAQ-7 of the sample of the current study and the sample of the instrument development process; across all levels of recovery, a more positive attitude towards recovery was expressed than was expressed seven years earlier. An additional statistically significant finding was the direct positive correlation between level of recovery and number of hours of volunteer service per week. Rather than concentrating on talk therapy with persons with schizophrenia to increase levels of hope and positive attitude before recovery begins, a more effective means of encouraging recovery may be to involve individuals with schizophrenia in meaningful social roles through volunteer work.

## ACKNOWLEDGEMENTS

First, I would like to thank the author of all hope, God, with whom all things are possible (Luke 18:27) who enlivened, enabled and encouraged me through the entire graduate study process. I would also like to thank my children, Kate, Dan, Brian and Matt Weinberg for the sacrifices they endured these past few years to give their mother the freedom to pursue a dream. I am grateful for the members of my doctoral committee who provided inspiration, guidance, feedback and moral support at precipitous moments: Gerard Lawson, Pamela E. Brott, Gabriella Belli, Jean Coleman, Karen Rosen, and Octavia Madison-Colmore. Jerry Gross and Bob Whitten, both pastoral counselors, patiently listened to my philosophical meanderings, suggested reading material and lent me precious books on hope, counseling, Christianity and other religious philosophy. I wish to acknowledge the invaluable mentoring in the field of psychiatric rehabilitation that I received from Brenda Randall, Carol Thacker, and Amy Bush. I also want to thank the members of the Reston Faraday Clubhouse and the Falls Church Center who taught me everything they knew about how to live graciously, fully and hopefully with schizophrenia.

**TABLE OF CONTENTS**

Abstract ..... ii

Acknowledgements..... iii

Table of Contents..... iv

List of Tables..... vii

List of Figures..... vii

List of Appendices..... ix

Chapter One – Introduction..... 1

    Statement of the Problem..... 2

    Research Questions..... 2

    Significance of the Study..... 3

    Limitations..... 3

    Delimitations..... 4

    Definition of Terms..... 5

    Overview of Report..... 6

Chapter Two – Review of Relevant Literature ..... 8

    Schizophrenia ..... 8

        Symptoms of Schizophrenia..... 9

        Course of Schizophrenia..... 11

        Etiology of Schizophrenia..... 12

    Recovery from Schizophrenia..... 15

    Definitions of Recovery from Schizophrenia..... 16

        Models of Recovery from Schizophrenia..... 17

            The Recovery-Oriented Service System..... 18

            Recovery as Universal Experience..... 19

            Recovery as Interaction Between Internal and External Conditions 20

    Consumers’ Experience of Recovery.....21

    Mental Health Care Professionals’ Experience of Recovery.....23

Families' Experience of Recovery.....	26
Hope.....	28
Definitions of Hope.....	28
Models of Hope.....	29
Nursing.....	30
Psychology.....	30
Measures of Hope.....	32
Studies of Hope.....	34
Experience of Hope.....	37
Summary.....	40
Chapter Three – Method.....	41
Population and Participants.....	41
Data Collection Procedures.....	42
Instrumentation.....	43
Recovery Attitudes Questionnaire-7.....	43
Hope Scale.....	45
Demographic Data.....	46
Age.....	46
Gender.....	47
Ethnic or racial identity.....	47
Diagnosis.....	47
Community tenure.....	47
Level of independence of living arrangement .....	48
Amount of participation in vocational-type activity .....	48
Progress toward recovery from schizophrenia.....	48
Data Analysis.....	50
Research Questions.....	51
Research question I: Pattern of hope .....	51
Research question II: Pattern of attitude toward recovery.....	51
Research Question III: Relationship between hope and attitude toward	

Recovery.....	52
Research Question IV: Are hope and positive attitude synonymous?.....	52
Summary.....	53
Chapter Four - Results of Study.....	54
Demographic Profile of Participants.....	54
Gender.....	55
Ethnic or racial identity .....	56
Diagnosis.....	58
Level of independence of living arrangement.....	58
Age.....	58
Community tenure.....	59
Amount of participation in vocational-type activity.....	59
Progress toward recovery.....	60
Attitudes toward Recovery.....	62
Patterns of Hope.....	65
Hope and Attitude toward Recovery.....	68
Factor Analysis of Items from Hope Scale and RAQ-7 .....	69
Summary .....	70
Chapter Five – Discussion.....	72
Synopsis of Research Study.....	72
Discussion of Outcomes of Research Questions.....	73
Contributions to the Literature.....	74
Suggestions for Future Research.....	77
Implications for Clinical Practice.....	78
Implications for Counselor Education.....	80
Summary .....	82
References .....	83
Appendices.....	92

**LIST OF TABLES**

Table 3.1	Recovery Attitudes Questionnaire – 7: Factors and items.....	44
Table 3.2	Variables combined to determine progress toward recovery.....	50
Table 4.1	Number of meeting attendees and participants by site.....	55
Table 4.2	Demographic variables of ethnicity, diagnosis and housing arrangements.....	56
Table 4.3	Demographic variables of age, community tenure, and vocation-type activity..	60
Table 4.4	Progress toward recovery: Number of study participants in each subgroup.....	61
Table 4.5	Levels of recovery: Numbers and percentages.....	62
Table 4.6	Recovery Attitudes Questionnaire – 7: Percentages of responses.....	63
Table 4.7	Recovery Attitudes Questionnaire – 7: Comparison of total score and subscale score means for current sample and development sample.....	64
Table 4.8	RAQ-7 and level of independence in housing arrangements.....	65
Table 4.9	Hope Scale: Percentage of responses.....	66
Table 4.10	Hope Scale total and subscale scores: Comparison of means for current sample and 3 sections of development sample.....	67
Table 4.11	Pearson product-moment correlations between total scores and the subscales on the Hope Scale and the RAQ-7 .....	69
Table 4.12	Results of PCA factor analysis of items from the Hope Scale and RAQ-7.....	70

**LIST OF FIGURES**

Figure 4.1 Ethnic and racial identity of study participants across sites..... 57

**LIST OF APPENDICES**

Appendix A	Recovery Attitudes Questionnaire – 7.....	92
Appendix B	Hope Scale.....	93
Appendix C	Demographic Information.....	94
Appendix D	Informed consent for participation in study.....	95
Appendix E	Article submitted to Psychiatric Rehabilitation Journal	97
Appendix F	Vita	117