

Abstract

Background: Traditionally, clinical recovery was defined as symptom remission and resumption of normal functioning. With the emergence of consumer-defined recovery, recovery was defined as living a personally meaningful life along with the mental illness. Despite this shift, the recovery of people with mental illness continues to be measured by their extent of psychiatric symptoms and their degree of functioning as defined in objective terms. Few measures assess recovery as defined by the Substance Abuse and Mental Health Services Association (SAMHSA) of the United States in a consensus statement with the following ten components : Self-Direction, Individualized and Person-Centered, Holistic well-being, Empowerment, Non-Linear, Strengths-Based, Peer Support , Respect, Responsibility and Hope. The Recovery Marker Questionnaire is one of the few attempts to capture recovery from consumers' perspective. The present study attempted to validate a Chinese version of this measure among service users of the New Life Psychiatric Association in Hong Kong.

Method: Psychometric properties of the Recovery Marker Questionnaire (RMQ) were examined by cross validation method. Two hundred sixty-eight service users in the New Life Psychiatric Rehabilitation Association were recruited and invited to fill in the Chinese version of the Recovery Marker Questionnaire. Factorial validity of the RMQ was investigated using exploratory and confirmatory factor analysis. Other measures assessing community integration, subjective quality of life, self-stigma, and psychiatric symptoms were included to establish the concurrent and construct validity of the RMQ.

Results: The Chinese version of RMQ has shown good reliability and validity. However, the four-factor model extracted using exploratory factor analysis did not fit the second half of the data well under confirmatory factor analysis. This may be explained by the small sample size.

Implications: The validating study has both practical and research implications. The Chinese version of RMQ can be utilized in various setting for assessing recovery outcomes and also stimulate future research to establish the empirical base of consumer-defined recovery in Hong Kong.