

Use of the Ohio Consumer Outcomes Initiative to Facilitate Recovery: Empowerment and Symptom Distress

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ABSTRACT: In 1996, Ohio set forth on a path to further enhance the role of consumers in driving change in the mental health service system responsible for assisting in their recovery. This was accomplished through collaboration between consumers, family members, and others in developing a system for measuring consumer outcomes. Among the measures incorporated into this consumer outcomes system were measures of empowerment and symptom distress. This research effort sought to identify the relationships between empowerment, the factors comprising empowerment, and symptom distress in individuals with a severe mental illness. Correlation coefficients indicated strong negative relationships between self-esteem/efficacy and optimism-control with symptom distress. A moderate negative correlation was exhibited for community activism with symptom distress, while a moderate positive correlation was discerned between righteous anger and symptom distress. Bivariate linear regressions revealed empowerment to be a significant predictor of symptom distress. The significance and extent of the relationships between empowerment and its sub-scales with symptom distress were moderated by diagnostic classification with stronger relationships exhibited for those with a primary diagnosis reflective of a mood disorder.

Ohio Consumer Outcomes Initiative

“The Ohio Mental Health Consumer Outcomes System is an ongoing endeavor to obtain outcome measures for consumers served by Ohio’s public mental health system.”

Michael F. Hogan, Ph.D., Director, Ohio Department of Mental Health

Recognizing the lack of a statewide system of data for consumer outcomes as an indicator of quality, Michael F. Hogan, Ph.D., Director of the Ohio Department of Mental Health convened the Ohio Mental Health Outcomes Task Force (OTF) on September 12, 1996.

Outcomes Domains:

Clinical Status:

Looks at the symptoms that a person may experience from their illness and how much they interfere with their daily living.

Quality of Life:

Examines how “good” a person’s life is, and if their needs are being met. An important piece of this is how much control a person has over the events in their life (empowerment).

Functional Status:

Identifies how well a person is doing in the community including areas such as work, school and social relationships.

Safety and Health:

Addresses how well a person is doing physically and the amount of freedom a person has from psychological harm from self and others.

Outcomes Survey Instruments:

The Ohio Consumer Outcomes Initiative utilizes six survey instruments for three service populations. The Outcomes Survey is conducted at intake, six months, 12 months and annually thereafter. The table below describes the population and corresponding survey instruments.

Population:	Survey Instrument:
Adult with a severe mental illness	-Adult Consumer Form A -Adult Provider Form A
Adult without a severe mental illness	-Adult Consumer Form B
Children	Ohio Youth Scales: - Youth Form - Parent/Guardian Form - Worker Form

Consumer Outcomes & Recovery:

One of the primary purposes for the development of the Ohio Consumer Outcomes Initiative is to provide consumers and mental health professionals a tool that can be used to facilitate the recovery process.

In this study, we use Outcomes data from Hamilton County consumers to demonstrate that empowerment is related to one's level of symptom distress. Specifically, we anticipate that a consumer's favorable perception of empowerment will result in decreased reporting of symptom distress.

The Symptom Distress scale consists of the Symptom Checklist (SCL-10; Nguyen et. Al, 1983) and five additional items from the SCL-90 "Anxiety" dimension (Derogatis & Cleary, 1977) to form a 15 item scale.

Empowerment is measured using the Making Decisions Empowerment Scale (Rogers et. al, 1997) which is designed to measure the personal construct of empowerment as defined from a consumer perspective.

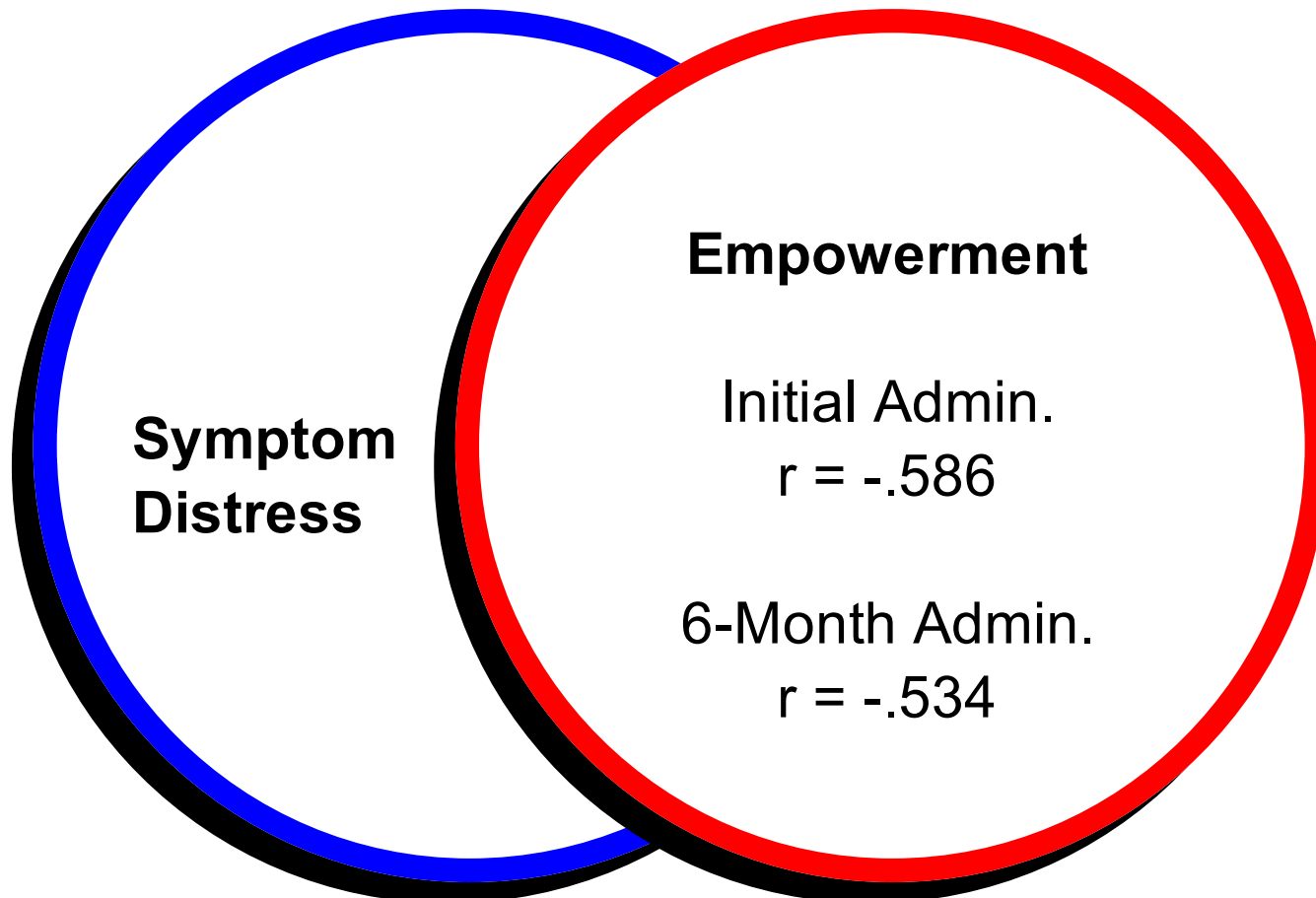
Methods

- Ohio Consumer Outcomes data collected in Hamilton County, Ohio
- Data collected from September 1, 2001 through July 31, 2002
- 188 individuals meeting Ohio Department of Mental Health criteria for having a severe mental disability
- Consumers surveyed at service inception and 6-month follow-up
- Administrations conducted using the Point of View Survey System (POV)

Ohio Consumer Outcomes Measures

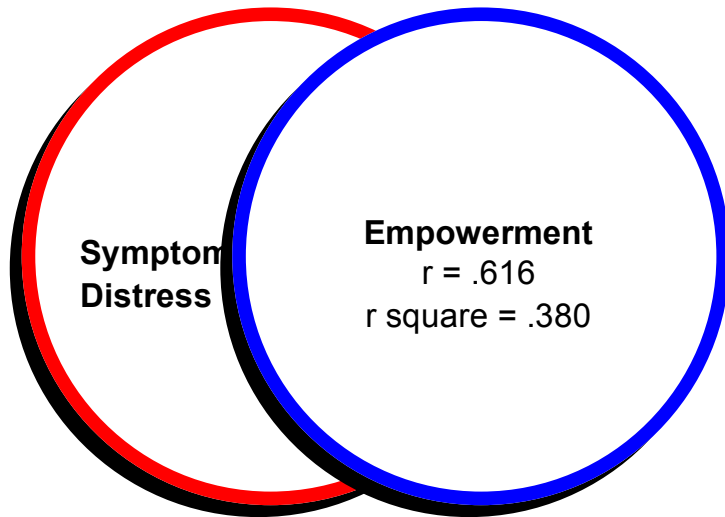
- Quality of Life
- Physical Health and Medication Issues
- Symptom Distress
 - SCL-10
 - Five additional items
- Symptom Recognition and Prevention
- Making Decisions Empowerment Scale
 - Rogers, Chamberlin, Ellison & Crean, 1997
 - Five subscales:
 - Self-Esteem/Efficacy
 - Power/Powerlessness
 - Community Activism and Autonomy
 - Optimism and Control Over the Future
 - Righteous Anger

Relationship Between Empowerment and Symptom Distress

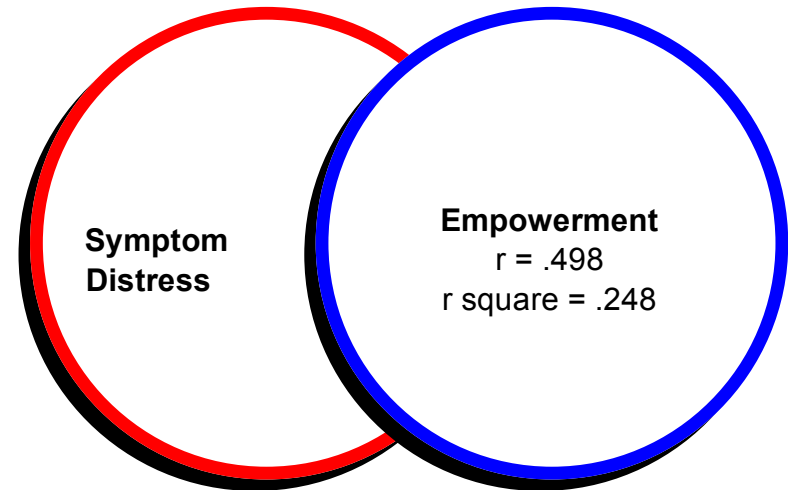


Relationships Between Empowerment and Symptom Distress as a Function of Diagnostic Category

Initial Administration with Only
Mood Disordered Consumers
n = 79



Initial Administration with Only
Schizophrenic/Psychotic Consumers
n = 87

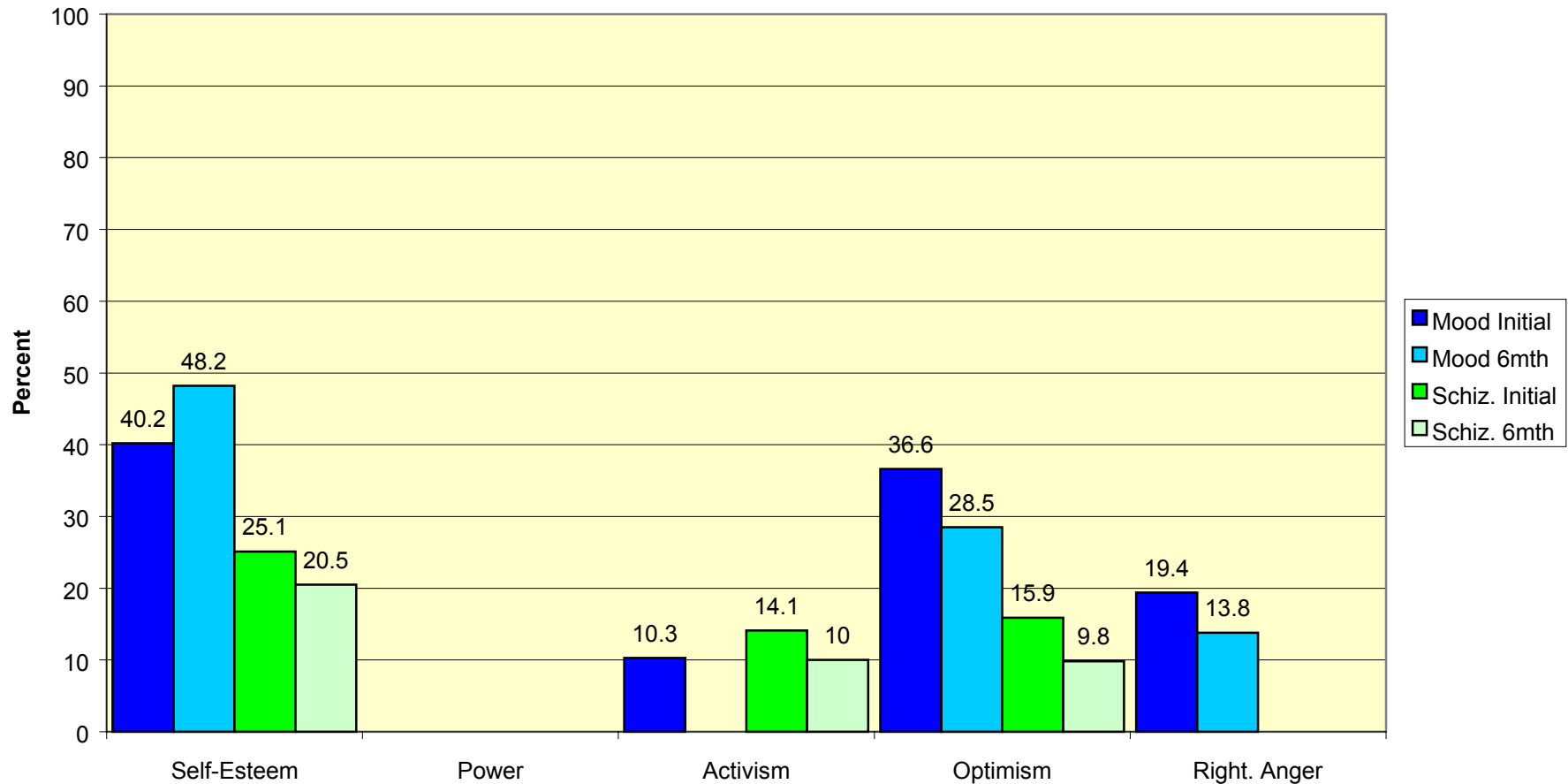


Correlations Between Symptom Distress and Empowerment Subscales

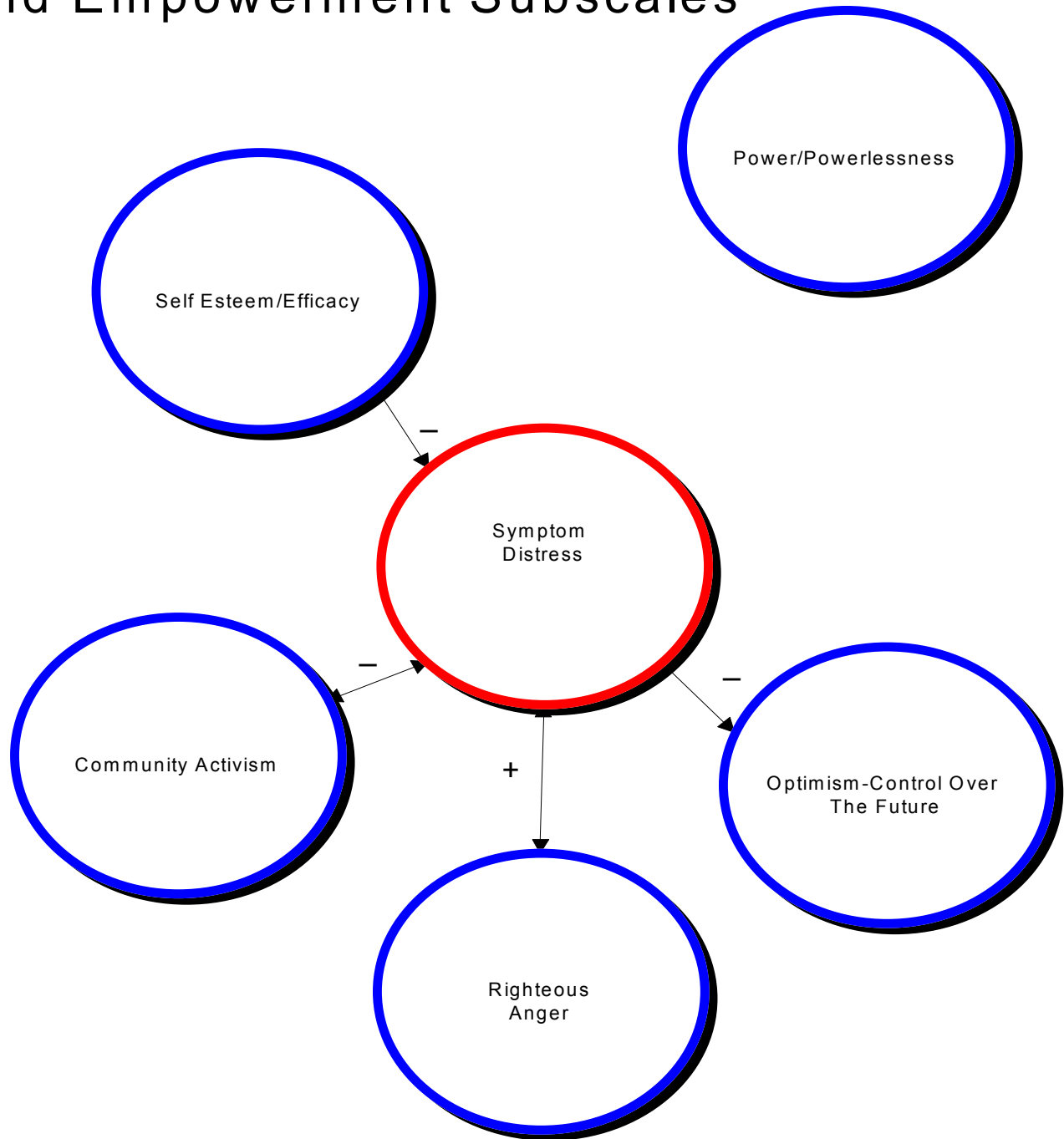
Sample	Time Period	Self-Esteem/ Efficacy	Power/ Powerlessness	Community Activism	Optimism- Control	Righteous Anger
Full Sample	Initial Administration	Pearson r = -.600** Significance = .000 n = 165	Pearson r = -.117 Significance = .144 n = 158	Pearson r = -.302** Significance = .000 n = 170	Pearson r = -.510** Significance = .000 n = 150	Pearson r = .246** Significance = .002 n = 155
	6-Month Follow-up Administration	Pearson r = -.609** Significance = .000 n = 143	Pearson r = -.009 Significance = .913 n = 143	Pearson r = -.242** Significance = .003 n = 149	Pearson r = -.436** Significance = .000 n = 139	Pearson r = .251** Significance = .003 n = 142
Primary Diagnosis Mood Disorder	Initial Administration	Pearson r = -.634** Significance = .000 n = 72	Pearson r = -.012 Significance = .923 n = 70	Pearson r = -.321** Significance = .005 n = 75	Pearson r = -.605** Significance = .000 n = 71	Pearson r = .440** Significance = .000 n = 69
	6-Month Follow-up Administration	Pearson r = -.694** Significance = .000 n = 62	Pearson r = .129 Significance = .308 n = 64	Pearson r = -.234 Significance = .056 n = 67	Pearson r = -.534** Significance = .000 n = 60	Pearson r = .371** Significance = .003 n = 63
Primary Diagnosis Schizophrenia/ Other Psychosis	Initial Administration	Pearson r = -.501** Significance = .000 n = 79	Pearson r = -.099 Significance = .401 n = 74	Pearson r = -.376** Significance = .001 n = 81	Pearson r = -.399** Significance = .001 n = 66	Pearson r = .118 Significance = .319 n = 73
	6-Month Follow-up Administration	Pearson r = -.453** Significance = .000 n = 70	Pearson r = -.094 Significance = .443 n = 69	Pearson r = -.316** Significance = .007 n = 71	Pearson r = -.313** Significance = .009 n = 68	Pearson r = .202 Significance = .095 n = 69

** Correlation is significant at the 0.01 level

Variance In Symptom Distress Accounted For By Empowerment Subscales



Relationships Between Symptom Distress And Empowerment Subscales



References:

- Derogatis, L.R. and Cleary, P.A. (1977). Confirmation of the dimensional structure of the SCL-90: A study of construct validation. *Journal of Clinical Psychology*, 33, 981-989.
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- Ohio Department of Mental Health Office of Program Evaluation & Research (2000). The Ohio mental health consumer outcomes system: Procedural Manual. *Ohio Department of Mental Health*. Columbus, OH.
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<http://www.mh.state.oh.us/initiatives/outcomes/outcomes.html>