

# The Questionnaire about the Process of Recovery (the QPR): Guidelines for Clinicians, Researchers and Service Users for the uses, administration and scoring of the QPR

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**What is the QPR?** The QPR is a 15 item measure developed from service users' accounts of recovery from psychosis in collaboration with local service users. The idea of the QPR is to ask people about aspects of recovery that are meaningful to them. The QPR is reliable and valid and is strongly associated with general psychological wellbeing, quality of life and empowerment all of which are crucial in recovery from psychosis.

## What are the applications of the QPR?

- **Clinical practice:** Because the QPR asks about aspects of recovery that are important to service users this measure could help to facilitate communication and engagement. The QPR may be used to illustrate to people that other individuals progressed to achieve similar goals and this positive message might instil hope, which is crucial to recovery.
  - The QPR could be used both as a tool for setting goals for individual outcomes and as a measure of achievement of these individual goals. For example, the QPR could be used to help people open up, give them structure and offer a focus for individual goals they could work towards and then be used to track progress and provide evidence of this.
  - The sensitivity of QPR is currently being evaluated, to assess the QPR's use as a measure of service effectiveness and as a routine outcome measure.
- **Research:** It is suggested that researchers could use the QPR to expand and add to the evidence base in the area of recovery

**How do I administer the QPR?** The service users involved in the development of the QPR suggest that before administering the QPR clinicians or researchers using this measure should ensure that:

- All service users who are asked to complete the QPR are given general information (as above) about the measure and are provided with an explanation as to why they are being asked to complete this questionnaire, such as "It is hoped through asking you to complete this measure that we can identify the areas in your life where things are going well and also any areas where you might be having difficulties."
- All service users must give their written or verbal consent to complete the QPR
- The QPR should where possible be completed with another professional or person with whom they can discuss any issues raised.
- The QPR should be used judiciously and responsibly by clinicians, and service users who are in crisis and / or very distressed **should not** be asked to complete the QPR
- The QPR should not be used in a sterile manner, but rather as a vehicle to facilitate discussion about individual goals.

**How do I score the QPR?** The QPR has 15 items each scored on a 4-point scale (0= disagree strongly, 1=disagree, 2=neither agree nor disagree, 3=agree, 4=agree strongly). Higher scores are indicative of recovery. However, those involved in developing this measure suggest that total scores should not only be added to give total recovery scores, but the QPR should be used as described above e.g. as a tool for engagement, setting goals relative to the individual and as a measure of outcome for these.

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## The Questionnaire about the Process of Recovery (QPR)

[15/10/2007- Version 1]

[02.04.2014 Version 2]

We developed this questionnaire in order to understand more about the process of recovery; what's helpful and what's not so helpful. Everyone is different and there will be differences for everyone. The items on this questionnaire were developed through a process of interviewing service users about their recovery journeys. We hope that by filling in this questionnaire you will help us find out information that is important to you and your own recovery. Not all factors will be important to you, since everyone is different. This questionnaire is not intended to be used to impose anything against your wishes.

If you would like to fill in the questionnaire, please take a moment to consider and sum up how things stand for you at the present time, in particular over the last 7 days, with regards to your mental health and recovery. Please respond to the following statements by putting a tick in the box which best describes your experience.

		Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree Strongly
1.	I feel better about myself					
2.	I feel able to take chances in life					
3.	I am able to develop positive relationships with other people					
4.	I feel part of society rather than isolated					
5.	I am able to assert myself					
6.	I feel that my life has a purpose					
7.	My experiences have changed me for the better					
8.	I have been able to come to terms with things that have happened to me in the past and move on with my life					
9.	I am basically strongly motivated to get better					
10.	I can recognise the positive things I have done					
11.	I am able to understand myself better					
12.	I can take charge of my life					
13.	I can actively engage with life					
14.	I can take control of aspects of my life					
15.	I can find the time to do the things I enjoy					

**Thank you for completing this questionnaire**

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