

Self-management Patterns in Chinese People with Schizophrenia - Cluster Analysis

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Objective: The aim of this study is to explore the different patterns of self-management among people with schizophrenia, in order to help professionals provide more effective support tailored to different characteristics and needs of clients.

Methods: Totally 214 clients with schizophrenia living in 8 communities of Beijing, China were assessed, using Chinese version of Schizophrenia Self-Management Instrument Scale (SSMIS). Cluster analysis was performed to categorize clients based on their scores in 6 self-management areas.

Results: K-means cluster analysis revealed four different self-management patterns. 'Self-confident and Autonomous' (n=63), clients actively participated in self-management and had a certain skills. 'Overconfident' (n=94), these clients had high self-efficacy and did well in medication compliance, while not in other areas. In their eyes, this was enough and they were experienced enough. 'Passive and Compliant' (n=51), clients often relied on their caregivers to manage the disease, yet did worse either in dimensions of symptom management or using health resource and support. 'No involvement' (n=6), clients' self-efficacy was low. They rarely participated in self-management and did worse in every self-management areas. Four pattern clients had significant differences in educational level, work status and financial burden ($P < 0.05$).

Conclusion: There are subgroups of schizophrenic people with unique multidimensional patterns of self-management behaviors. This may help health professionals provide more customized support to improve clients' health status.