The psychometrics of the Chinese version of the Recovery-Promoting Relationships Scale

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Abstract

Background: Recovery-oriented services are the main stream in the mental health field. Mental health professionals’ recovery competencies are important to influence the outcomes of recovery-oriented services. Currently, recovery-oriented services in Taiwan are still in the initial stage, and we do not have appropriate instruments to measure professionals’ recovery competencies. Many recovery competency measurements are self-reported knowledge and attitudes questionnaires. However, the perspectives of people with psychiatric disabilities on their service providers should be considered as well. The Recovery-Promoting Relationships Scale (RPRS) was developed to measure professionals’ recovery competencies from the perspectives of clients with psychiatric disabilities. Hence, the aim of this study was to establish the Chinese version of the Recovery-Promoting Relationships Scale (RPRS-C).

Methods: We translated the RPRS into Chinese and did the pilot study. The RPRS was translated by one researcher and one translation expert. We discussed one translated version in a professional meeting. Professionals considered the language usage and cultural differences to form the pilot version of the RPRS-C. Then, we invited 10 people with psychiatric disabilities who received community mental health services to fill out the pilot scale and provide comments. After collecting all data, we established the final version of the RPRS-C.

Results: All participants’ total score, core relationship index, recovery-promoting strategies index (including 3 subscales) passed the RPRS prescriptive norms. The core relationship index showed the highest mean score (82.7). In addition, the item 9 (My provider helps me learn how to stand up for myself) had the lowest mean score (3.3) while the item 18 (My provider treats me with respect) had the highest mean score (4.0).

Conclusion: The RPRS-C was established in this study. Future research should use a big sample size to confirm its reliability and validity. The RPRS-C can be used to evaluate recovery competencies of mental health professionals in Taiwan in order to provide better recovery-oriented services for Taiwaneses with psychiatric disabilities.