

## Self-Perception of Recovery and its Relationship with Functionality in People with Psychosis

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### Abstract

Schizophrenia is a serious mental illness that affects all an individual's psychological domains and overall functioning. The process of recovery is described as a change undertaken by the person to overcome the catastrophic effects of mental illness, isolation, stigma, loss of employment and social ties.

This study aimed to understand the self-perception of recovery and its relationship with functionality in psychotic patients. The methodology of this study was quantitative, with information collected through anamnesis and completion of the instruments: Recovery Assessment Scale (RAS) and Global Assessment of Functioning Scale (GAF).

The participants are users of the ULSEDV Psychiatry Service who attended the “Integrated Psychosis Intervention Program” between 2017 and 2025. Patients with a completed initial assessment were included (n=68), and the majority were male (n=82.4% n=56). The average age was 31 years. The data was analyzed using the Statistical Package for Social Sciences (IBM SPSS, version 30.0). Statistically significant relationships were found between the self-perception of recovery and the functionality of the person with psychosis. The Student T-test evidenced statistically significant differences between sexes and the Kruskal-Wallis test revealed significant differences between the academic qualifications and the RAS items. In addition, results suggested that functionality influences the self-perception of recovery.

Future research and intervention for health promotion and education are needed before 18 years old, our minimum age.

