



A qualitative study exploring psychotherapy recipients' perspectives on positive mental health

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Abstract

Traditionally, psychotherapy aims to address distressing emotions, thoughts, and behaviours in individuals, but it can also foster positive mental health (PMH) and earlier recovery by including salutogenic approaches in clinical practice. This study aimed to understand psychotherapy recipients' perspectives on the meaning of PMH and how therapy could help them achieve it. A qualitative study was conducted among fifteen psychotherapy recipients seeking care at a mental health institute in Singapore. Their experiences were explored through semi-structured interviews. Inductive thematic analysis was conducted to identify key themes. Six themes on the meaning of PMH emerged – (i) acceptance of themselves and their emotions; (ii) positivity, which related to having a positive and optimistic outlook in different situations; (iii) resilience to bounce back from problems using healthy coping mechanisms; (iv) purpose in life which meant envisioning personal goals and working towards these; (v) social participation referred to having compassion, openness, and social skills to build supportive relationships; and (vi) euthymia represented being in a state without depression or anxiety and having better symptom management. Participants also narrated the ways in which psychotherapy had helped / can help them achieve their PMH goals. In this study, individuals receiving psychotherapy identified six key aspects of PMH as being relevant to them. By recognizing these unique perspectives around PMH, integrative and complementary therapy approaches can be designed to benefit people with mental health problems more effectively.

Keywords Acceptance · Euthymia · Mental health · Resilience · Positivity · Purpose in life · Social participation

Introduction

In the last two decades, there have been several changes to how mental health is approached from a population and clinical perspective. The World Health Organisation defined mental health as “a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (WHO, 2005). This approach has motivated researchers,

policymakers, and clinicians to view mental health as a foundation for well-being and optimal functioning of an individual despite having a mental illness or disorder. Salutogenesis, the study of the origins of health, relates to creating, enhancing, and improving health prospectively in order to yield optimal well-being for individuals and society (Antonovsky, 1996). Its foundation lies in focusing on individuals' resources, understanding their approach toward their problems, and using these resources for betterment (Lindström & Eriksson, 2005). On the other hand, pathogenesis adopts a model of care that emphasizes the origins of disease and retrospectively treating, managing, or avoiding health problems (Antonovsky, 1996). Becker et al. (2010) highlight the importance of enhancing “salutogenic thinking, research, and practices” while acknowledging the equal and complementary role of the two approaches to improving health and well-being.

Elaborating on these co-occurring processes of mental health and illness, a two-continua model of mental health

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