

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

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*15 item version developed by: Heather Law, Sandra T. Neil, Graham Dunn and Anthony P. Morrison*

### What is the QPR?

The QPR is a 15 item questionnaire which was co-produced by people who experience psychosis and their accounts of recovery, working in collaboration with others involved in their care.

The idea of the QPR is to ask about aspects of recovery that are meaningful to you, to provide an indication of where you feel you are at in relation to your mental health and general wellbeing.

This may be useful to you, aspects of life which are meaningful and your progress towards your goals. **As a recovery college we ask you to complete this questionnaire to help us measure the impact of our courses. Your individual responses will be anonymised and individual answers grouped together.**

The QPR has been clinically researched, is evidence based and used in other colleges across the Recovery College Network.

### How do I complete the QPR?

You are invited to complete the QPR and do not have to complete it if you do not want to.

If you are happy to complete the questionnaire, please take a moment to consider how things stand for you at the present time, in particular over the last 7 days, with regards to your mental health and wellbeing.

Please respond to the 15 statements by putting a tick in the box that best describes your experience to each statement.

Not all statements (factors) will be important to you, since everyone is different and this questionnaire is only a reflection of where you are now. For statements you don't consider relevant please tick 'neither agree nor disagree'

**The QPR should not be completed if you are distressed or feel that you are in crisis.**

You will be invited to complete the QPR at the start of your learning and then periodically through your learning with the college.

### How is the QPR scored?

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 scores should not only be added to give total scores, but the QPR should be used as described above e.g. as a tool for considering personal goals for recovery, health and wellbeing.

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

[15/10/2007- Version 1] [02.04.2014 Version 2]

**Name:**

**Course:**

**Date:**

We would be grateful if you would take the time to complete this short questionnaire in order for us to understand more about the process of recovery; what's helpful and what's not so helpful.

Not all factors will be important to you since everyone is different, and this questionnaire is only a reflection of where you are now in this moment.

If you are happy to complete this 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 general wellbeing. 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 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 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 things I enjoy					

**Thank you for completing this questionnaire**

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