Integrated Personal Development Model (IPDM)
Methodologies and Outcomes of a Pilot-Program

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Introduction:

The psychosocial rehabilitation model 'Integrated Personal Development Model (IPDM)' was raised based in some nuclear assumptions as suppressing the stigma always associated with the disease, defocusing from the mental health role, promoting empowerment and self-determination, as well as developing personal competencies directly related to the individuals social integration specific context (readiness, cognitive, social, emotional stress management, employability). In this perspective, the model implies **a)** to be implemented in a non segregated environment (contexts not related or associated to health systems), **b)** to involve different groups with social integration problems (not exclusively people with psychiatric disabilities), **c)** to adapt intervention methodologies to techniques not connoted and socially perspectived to clinical intervention (training adults processes).

Purpose:

The purpose of this study was to test a psychosocial rehabilitation model oriented to people with psychiatric disabilities, susceptible of being applied to psychosocial rehabilitation programs.

Material & Methods:

This psychosocial rehabilitation program (duration: 9 months/ 3 hours per day) was developed in a non segregated organisation ('Competencies Development Centre') and it integrated people with and without psychiatric disease (it was selected a sample of 15 persons with schizophrenia and 15 persons long term unemployed). The intervention was based in training and virtual reality methods, applying diverse instruments such as 'Cognitive Rehabilitation Integrated Virtual Reality Environment' (developed in Rio de Janeiro Federal University), Integrated Psychological Therapy, Stress Management Techniques, and 'Readiness, Choosing and Achieving Valued Roles — Practitioner Tools' (developed in Boston University). Assessment integrated pre and post tests, evaluating different functional domains: neurocognitive (WAIS-III, WCST, Subjective Scale to Investigate Cognition - SSTICS, Stroop Test), emotional (General Stress Scale and Ways of Coping Questionnaire), social behaviour (Social Interaction Test), self-efficacy (Global Self-Efficacy Evaluation Scale), employability competencies (Achieving Valued Roles Practitioner Tools), quality of life (Quality of Life Interview for Chronically Mentally Ill) and program satisfaction.

Results:

Table 1 WAIS-III - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Picture Completion	Pre	18,14	3,94	0,013 *
	Post	20,64	2,30	
Vocabulary	Pre	39,71	12,49	0,030 *
	Post	44,14	15,27	
Digit Symbol - Coding	Pre	48,93	12,66	0,116 NS
	Post	50,14	17,96	
Similarities/ Differences	Pre	16,36	6,50	0,015 *
	Post	20,29	7,01	
Block Design	Pre	34,64	12,99	0,002 **
	Post	42,29	12,70	
Arithmetic	Pre	9,29	4,68	0,007 **
	Post	12,07	4,71	
Matrix Reasoning	Pre	12,14	5,54	0,004 **
	Post	16,86	5,92	
Information	Pre	13,71	6,17	0,065 NS
	Post	14,79	5,94	
Picture Arrangement	Pre	10,43	5,95	0,048 *
	Post	12,43	5,69	
Comprehension	Pre	16,86	7,75	0,306 NS
	Post	17,71	8,76	
Digit span	Pre	15,79	3,36	0,011 *
	Post	19,07	4,50	
Symbol Search	Pre	24,57	6,64	0,008 **
	Post	28,36	5,33	
Letter-Number Sequencing	Pre	8,14	2,88	0,040 *
	Post	10,07	3,54	
Object Assembly	Pre	30,64	10,52	0,32 NS
	Post	34,00	9,58	

Table 2 WAIS-III - Unemployed Persons

Item	Stage	Mean	S.D.	P
Picture Completion	Pre	16,27	30,64	0,003 **
	Post	20,91	3,27	
Vocabulary	Pre	30,64	12,33	0,008 **
	Post	40,09	10,18	
Digit Symbol - Coding	Pre	46,73	6,96	0,075 NS
	Post	51,55	11,80	
Similarities/ Differences	Pre	13,45	4,18	0,003 **
	Post	19,64	5,07	
Block Design	Pre	26,55	10,35	0,005 **
	Post	37,64	9,87	
Arithmetic	Pre	8,36	1,43	0,004 **
	Post	11,18	2,18	
Matrix Reasoning	Pre	10,45	3,33	0,003 **
	Post	17,27	3,77	
Information	Pre	9,27	5,48	0,036 *
	Post	11,45	6,07	
Picture Arrangement	Pre	9,18	4,83	0,005 **
	Post	12,64	4,48	
Comprehension	Pre	13,18	5,58	0,073 NS
	Post	16,18	6,26	
Digit span	Pre	13,91	3,83	0,012 *
	Post	16,45	2,98	
Symbol Search	Pre	25,64	2,25	2,128 NS
	Post	27,45	5,32	
Letter-Number Sequencing	Pre	6,91	2,26	0,005 **
	Post	9,64	2,62	
Object Assembly	Pre	26,62	8,13	0,016 *
	Post	36,36	7,71	

Table 3 WCST - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Number of Errors	Pre	45,86	18,84	0,007 **
	Post	31,79	20,18	
Perseverative answers	Pre	32,71	19,87	0,030 *
	Post	19,93	15,17	
Non-perseverative errors	Pre	21,43	8,62	0,140 NS
	Post	17,29	12,07	
Perseverative errors	Pre	24,43	15,41	0,033 *
	Post	14,64	11,26	
Categories	Pre	4,21	1,67	0,016 *
	Post	5,29	1,64	

Table 4 WCST - Unemployed Persons

Item	Stage	Mean	S.D.	P
Number of Errors	Pre	41,36	19,13	0,131NS
	Post	26,91	18,44	
Perseverative answers	Pre	28,09	14,05	0,075 NS
	Post	17,73	16,22	
Non-perseverative errors	Pre	19,00	11,51	0,212 NS
	Post	13,82	8,17	
Perseverative errors	Pre	20,00	8,94	0,074 NS
	Post	13,09	12,39	
Categories	Pre	5,73	3,77	0,498 NS
	Post	5,55	1,04	

Table 5 Stroop Test - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Word	Pre	33,43	8,82	0,008 **
	Post	39,14	7,85	
Color	Pre	34,93	7,44	0,571 NS
	Post	36,00	6,42	
Word-Color	Pre	33,07	6,34	0,001 ***
	Post	39,36	7,74	
Interference	Pre	48,79	8,44	0,834 NS
	Post	49,43	8,92	

Table 6 Stroop Test - Unemployed Persons

Item	Stage	Mean	S.D.	P
Word	Pre	37,73	6,12	0,184 NS
	Post	40,55	7,42	
Color	Pre	40,09	8,75	0,483 NS
	Post	40,18	9,70	
Word-Color	Pre	38,82	8,41	0,016 *
	Post	47,36	8,19	
Interference	Pre	46,36	9,04	0,020 *
	Post	53,18	5,40	

Table 7 SSTICS - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Global Perception	Pré	47,82	7,96	0,005 **
	Post	35,73	7,09	

Table 8 SSTICS - Unemployed Persons

Item	Stage	Mean	S.D.	P
Global Perception	Pré	55,93	9,30	0,003 **
	Post	47,29	7,35	

Table 9 Stress - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
General Stress Level	Pré	3,36	0,45	0,030 *
	Post	3,04	0,58	

Table 10 Stress - Unemployed Persons

Item	Stage	Mean	S.D.	P
General Stress Level	Pré	2,96	0,87	0,003 **
	Post	2,26	0,52	

Table 11 Ways of coping - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Confrontive coping	Pre	2,05	0,48	0,136 NS
	Post	2,24	0,52	
Self-controlling	Pre	2,70	0,54	0,892 NS
	Post	2,64	0,68	
Seeking social support	Pre	2,73	0,73	0,311 NS
	Pós	2,82	0,75	
Accepting Responsibility	Pre	2,34	0,53	0,006 **
	Post	2,51	0,48	
Planful problem solving	Pre	2,19	0,46	0,572 NS
	Post	2,12	0,39	
Distancing	Pre	2,22	0,62	0,592 NS
	Post	2,31	0,67	
Escape/ Avoidance	Pre	1,99	0,53	0,422 NS
	Post	1,84	0,46	
Positive reappraisal	Pre	3,00	0,72	0,008 **
	Post	3,06	0,72	

Table 12 Ways of coping - Unemployed Persons

Item	Stage	Mean	S.D.	P
Confrontive coping	Pre	2,42	0,70	0,426 NS
	Post	2,43	0,76	
Self-controlling	Pre	2,20	0,47	0,007 **
	Post	2,68	0,43	
Seeking social support	Pre	2,55	0,62	0,833 NS
	Post	2,60	0,72	
Accepting Responsibility	Pre	2,27	0,60	0,003 **
	Post	2,86	0,42	
Planful problem solving	Pre	2,37	0,64	0,674 NS
	Post	2,35	0,79	
Distancing	Pre	2,33	0,48	0,723NS
	Post	2,30	0,62	
Escape/ Avoidance	Pre	2,21	0,52	0,753 NS
	Post	2,16	0,61	
Positive reappraisal	Pre	2,16	0,61	0,003 **
	Post	2,65	0,50	

Table 13 Social Skills - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Voice Quality	Pre	7,64	1,50	0,039 *
	Post	6,91	1,14	
Non-verbal behaviour	Pre	12,27	5,41	0,068 NS
	Post	10,36	2,34	
Conversation	Pre	16,91	5,67	0,024 *
	Post	15,18	4,31	
Total	Pre	36,82	10,12	0,008 **
	Post	32,45	5,66	

Table 14 Social Skills Test - Unemployed Persons

Item	Stage	Mean	S.D.	P
Voice Quality	Pré	10,00	4,00	0,027 *
	Post	8,64	2,47	
Non-verbal behaviour	Pré	15,50	6,11	0,017 *
	Post	13,71	3,70	
Conversation	Pré	19,93	8,48	0,003 **
	Post	16,50	5,29	
Total	Pré	45,43	17,36	0,003 **
	Post	38,86	10,10	

Table 15 Self-Efficacy - Schizophrenic Persons

Item	Stage	Mean	S.D.	P
Initiating and Persisting	Pré	25,14	6,06	0,875 NS
	Post	25,00	6,40	
Efficacy toward Adversity	Pré	21,00	6,21	0,753 NS
	Post	21,29	5,31	
Social Efficacy	Pré	17,14	5,33	0,475 NS
	Post	18,07	5,43	
General Self-Efficacy	Pré	62,57	14,06	0,329 NS
	Post	65,07	12,92	

Table 16 Self-Efficacy - Unemployed Persons

Item	Stage	Mean	S.D.	P
Initiating and Persisting	Pré	28,82	3,49	0,009 **
	Post	34,36	6,59	
Efficacy toward Adversity	Pré	26,82	4,05	0,028 *
	Post	34,36	6,60	
Social Efficacy	Pré	19,45	3,30	0,036 *
	Post	23,18	4,62	
General Self-Efficacy	Pré	75,09	7,94	0,008 **
	Post	88,91	14,26	

Conclusions:

Results point towards very positive outcomes, since there were identified significant differences in pre and post test in both groups in terms of cognitive and emotional performance, social skills, and self-efficacy. Moreover, the frequency and satisfaction level with the program were notably high, as well as the level of Quality of Life and employability competencies. All the persons completed the portuguese minimum qualification required level, and some were professionally integrated.

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