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## A scientific agenda for the concept of recovery as it applies to schizophrenia

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Received 12 October 2007; revised 8 March 2008; accepted 11 March 2008.  
Available online 18 March 2008.

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### Abstract

Recovery is now a widely discussed concept in the field of research, treatment, and public policy regarding schizophrenia. As it has increasingly become a focus in mainstream psychiatry, however, it has also become clear both that the concept is often used in multiple ways, and that it lacks a strong scientific basis. In this review, we argue that such a scientific basis is necessary for the concept of recovery to have a significant long-term impact on the way that schizophrenia is understood and treated. The discussion focuses on key issues necessary to establish this scientific agenda, including: 1) differences in definitions of recovery and their implications for studying recovery processes and outcomes; 2) key research questions; 3) the implications of data from outcome studies for understanding what is possible for people diagnosed with schizophrenia; 4) factors that facilitate recovery processes and outcomes, and methods for studying these issues; and 5) recovery-oriented treatment, including issues raised by peer support. Additional conceptual issues that have not received sufficient attention in the literature are then noted, including the role of evidence-based practices in recovery-oriented care, recovery-oriented care for elderly people with schizophrenia, trauma treatment and trauma-informed care, and the role of hospitals in recovery-oriented treatment. Consideration of these issues may help to organize approaches to the study of recovery, and in doing so, improve the impact of recovery-based initiatives.

**Keywords:** Recovery; Schizophrenia; Treatment; Outcome; Remission

### Article Outline

1. [Introduction](#)
2. [Defining recovery](#)
3. [Defining a research agenda for recovery](#)
  - 3.1. [Recovery as an outcome](#)
    - 3.1.1. [Short-term studies](#)
    - 3.1.2. [Long-term studies](#)
    - 3.1.3. [The relevance of long-term outcome studies for people currently receiving treatment in state hospitals](#)
  - 3.2. [What factors promote recovery?](#)
    - 3.2.1. [What facilitates recovery outcomes?](#)
    - 3.2.2. [What facilitates the recovery process?](#)
    - 3.2.3. [Provider competencies](#)

3.3. [What is recovery-oriented care, and how effective is it?](#)

3.3.1. [Shared decision making](#)

3.3.2. [Supported services](#)

3.3.3. [Supported cognition](#)

3.3.4. [Peer support](#)

3.3.5. [Non-psychiatric activities](#)

4. [Conceptual issues related to recovery-oriented treatment](#)

[References](#)

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[Clinical Psychology Review](#)

Volume 28, Issue 7, October 2008, Pages 1108-1124

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