

Exploring the importance of using phenomenology of temporality in perception of control to aid improvement in mental health outcome: Trajectory findings

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Background/Introduction: Extant literature has highlighted the importance of perception of control in several fields of human endeavor, including political, economic, social and technological domains, including health. A dearth of literature exists however, on the relationship between perception of control and the temporality phenomenon in the experiences of mental health service users.

Purpose: The aim of this qualitative study was to investigate the perceptions of African and Caribbean service users with experience of mental health services, on Locus of Control (LOC) within the context of the tension between care and control.

Methods: Informed by an Interpretivist approach, this study was conducted via in-depth interviews (N=10) and two focus groups (N=14). Purposive sampling methods were used to recruit mental health service users from a South London Borough to participate in the study. Data were collected through a semi-structured interview schedule and a focus group guide. Data analysis was informed by an Interpretive Phenomenology Analysis approach in the examination of the LOC profiles and service user perspectives.

Results: Findings from Interpretive Phenomenological Analysis (IPA) indicate that the location of service users within the internal and external continuum is impacted by the phenomenology of temporality because of several social, cultural and economic factors, which characterized their experiences in their recovery journeys.

Conclusions: The findings suggest that opportunity exists for the relationships between these concepts as they interplay in the experiences of the service users are harnessed by healthcare professionals. This is to promote service user engagement, ownership, sense of efficacy, agency and overall positive outcomes for recovery in mental health and other healthcare domains.

Keywords: African, Caribbean, Phenomenology of temporality, Locus of Control, Mental health.

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Biography

Stephen Joseph is a Lecturer of Nursing in the School of Health and Social Care. He has a clinical background in adult and mental health nursing in Australian states, with experiences in acute inpatient, emergency responses, community care teams, case management settings, young person's mental health and coordinating a mental health support charity in London. His lecturing experience in the United Kingdom and Australia include health and social care, leadership and management in healthcare and research skills at undergraduate and postgraduate levels. He has also provided supervision for Master dissertations in health and social care and advice to doctoral students. He is passionate about evidence-based approaches to holistic health care, health promotion via psycho-socio-cultural ambits and innovation laden-evidence informed education in healthcare.

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