

A Lesson on Patient Perspective



UNIVERSITY OF MINNESOTA
ROCHESTER

Chidiogo Orakwue, Mason Schlieff B.S., Yuko Taniguchi M.F.A., Sue Simon M.S. (Mayo Clinic)

Background

- Creative writing research focuses on adults but is limited on adolescents.
- 1 in 5 adolescents experience depression; adolescents with depression show a 4.4% rate of death by suicide over 10 years (WHO, 2019)
- Creativity is characterized by the ability to switch between different modes of thinking to facilitate insights and solve problems (Ward, 2001).

Methods

- Sample population
 - 11-18 years DSM-5 diagnosed patients
- Location
 - Acute Care Inpatient Psychiatric Unit for Children & Adolescents. Mayo Clinic, Rochester
- Procedure
 - Hour long creative writing & origami; 1/wk
- 484 post-surveys were administered. The responses were analyzed using the creative thinking rubric.
- **Creative thinking value rubric-** Acquiring competencies, taking risks, solving problems, embracing contradictions, innovative thinking, and connecting, synthesizing, transforming.

Results

Figure 1: 484 post surveys collected to the question of, “what did I discover today?”

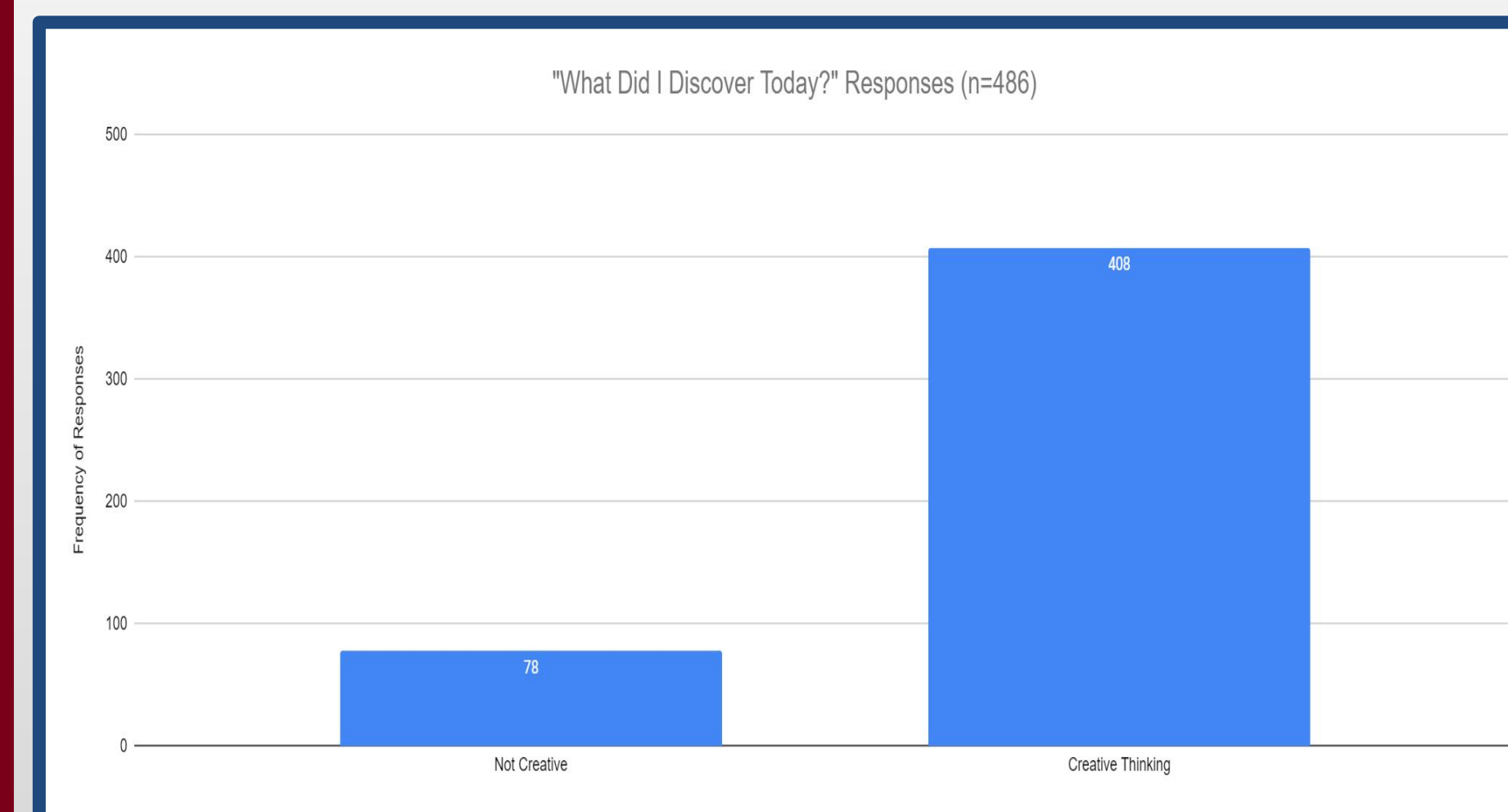
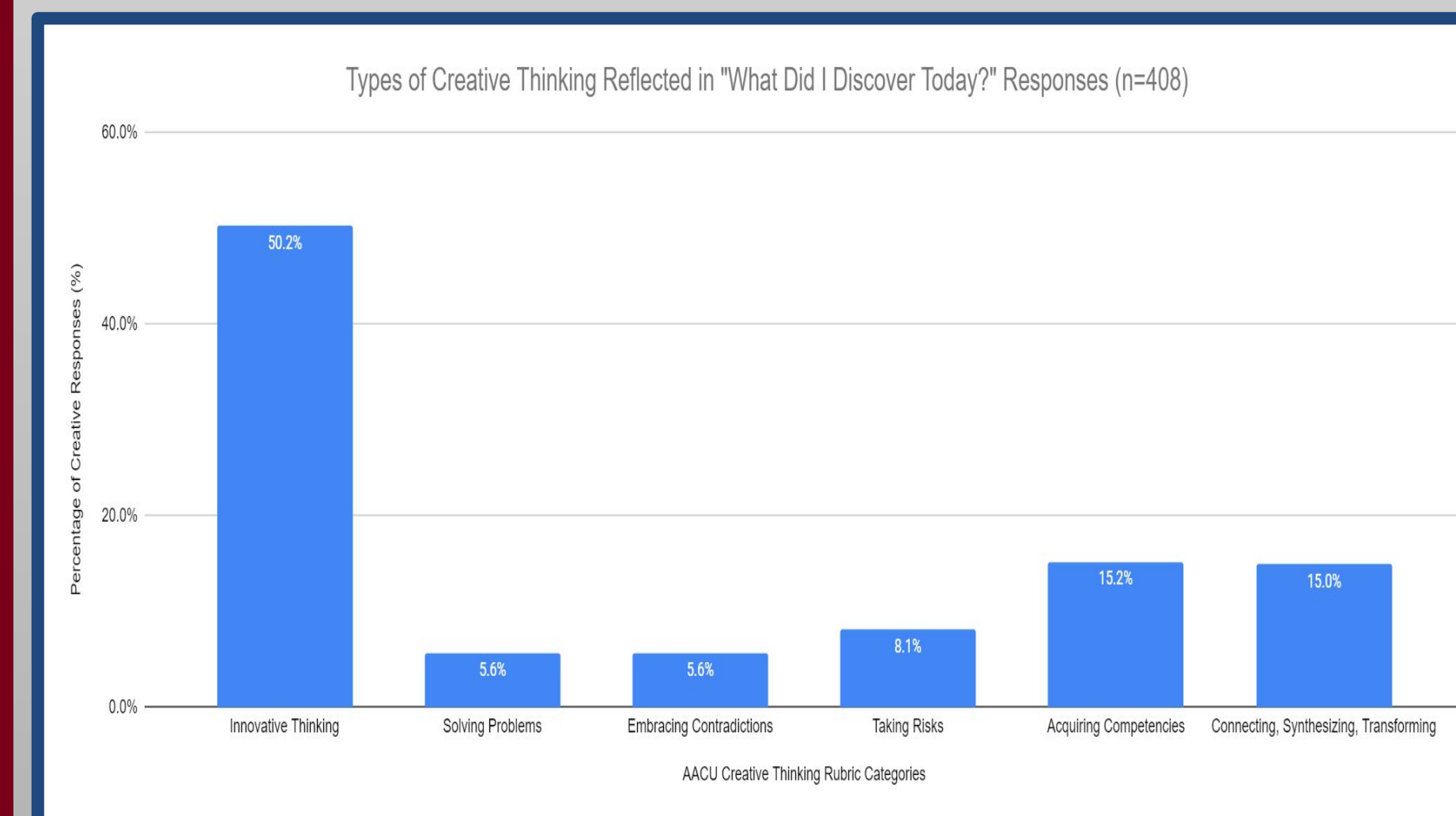


Figure 2: Applying creative thinking rubric.



Discussion

The results were analyzed using the strength perspective theory. Strength Perspective (Lyons, Uziel-Miller, Reyes, & Sokol, 2000) operates from the belief that individuals hold the abilities and capabilities to navigate challenges. The focus is to find the strength that already exist inside them. We found that 84% of participants can think creatively; this is their strength. The emphasis is, therefore, guiding individuals to become aware of their own strengths and to identify how they construct their own coping strategies (Coholic & Eys, 2016). This perspective empowers individuals to be the experts of their own lives, thus their responsibilities to their own healing is also implied (Tyson & Baffour, 2004)

Future Directions

This result could potentially change the way clinicians think and view their patients. Clinicians traditionally provide treatment in a standardized format that aims to solve the problem. If they are aware that their patients are creative, they could ask a different set of questions and develop treatment based off the patient's coping strategy.

References

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- This research was reviewed and approved by the Mayo Clinic Institutional Review Board.