



## I•ROC in Australia

### Bridie Stewart from the University of Queensland explains how she has been using I•ROC in her research

Within the Australian community sector, recovery-oriented mental health support groups are increasingly utilised to promote recovery among people with chronic mental health issues. However, limited research underpins this movement.

Since January 2017 Penumbra and I•ROC wellbeing have partnered with the University of Queensland and an Australian mental health support service to research this topic. The project aims to capture the recovery experience of people who use community based mental health services in Australia.

In particular the research is investigating whether participation in a recovery-oriented mental health support group enhances the development of a recovery identity and improves recovery outcomes.

The project also hopes to find out whether processes such as perceived collective efficacy and perceived self-efficacy mediate

any relationship between recovery identity and recovery outcomes.

The Individual Recovery Outcomes Counter (I•ROC) has formed a key outcome measure in the study. Data collection for the study will continue into 2018, with findings available towards the end of the year.

Verbal feedback from study participants regarding the I•ROC has been overwhelmingly positive, with participants enjoying the colourful, easy to use structure.

Many participants have also made use of the “additional comments” boxes that are placed throughout the I•ROC. This has allowed the researchers to have a greater understanding of individual stories.

The research team thanks Penumbra and I•ROC wellbeing for their continued support of this project and we look forward to sharing our findings.

Find out more about how I•ROC works on our website.

[irocwellbeing.com](http://irocwellbeing.com)

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