

Developing a Psychosocial Recovery Model for Depressed Young People in Malaysia Using an Adapted Grounded Theory Approach

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Abstract

Depression has become a severe health concern and there is an alarming rise in the depression rate in Malaysia. The main objective of this study is to investigate the role of psychosocial aspects in the depression recovery process among young people in Malaysia. We aimed to develop a depression recovery model from a psychosocial aspect. Semi-structured interviews were conducted with 20 participants aged 18 to 40. The recruitment of participants was through referral from clinical settings and snowball sampling via online advertisements. This case study sheds light on our understanding of depression recovery from a non-biomedical model. In this case, we share the challenges faced when conducting this study and how we overcame them by adopting openness and flexibility. Other relevant issues will be discussed, namely, ethical consideration when research participants were researchers' students or patients, sensitivity needed when conducting interviews related to mental health issues, dealing with the seemingly contradictory issue of non-assumption when adopting a grounded theory approach in research, and integration of the personal experience of recovery into the existing normative definition of recovery.

Learning Outcomes

By the end of this case, students should be able to

- Understand some ethical considerations, especially the issue of dual relationship when conducting a study with participants who are the researchers' students or patients
 - Relate to cultural sensitivities when conducting psychological research on a topic related to mental health illness
 - Apply sensitivity when interviewing depressed young people
 - Integrate participants' experience into the concepts of "recovery" instead of following a widely accepted normative definition
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Project Overview and Context

In December 2014, we received a research grant, Fundamental Research Grants Scheme (FRGS), from the Ministry of Higher Education Malaysia. The title of the study undertaken with this grant is "Developing a holistic recovery model for depressed young people in Malaysia: A psychosocial aspect)." Reasons for choosing this topic are as follows.

Depression has become a "severe disability," as one of the most prevalent mental illnesses worldwide (World Health Organization, 2016). It was estimated that more than 190 million people worldwide are affected by depression. There was an alarming rise in the rate of depression in Malaysia. Previous studies on depression in Malaysia were mainly quantitative approaches aimed at determining the relationships or measuring the