“TOJISHA-KENKYU (SELF-HELP-STUDIES)” AS A SELF PSYCHOEDUCATIONAL PROGRAM BY PEOPLE WITH MENTAL ILLNESS AND ITS IMPLICATION TO PSYCHATRIC AND MENTAL HEALTH NURSING: A TEXT-MINING ANALYSIS OF "WEBSITE OF "URAKAWA BETHEL HOUSE"

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Place: Lobby, 2nd Floor, Seoul Olympic Parktel, Seoul, Korea
80cm wide by 120cm high (Portrait Type only).
Urakawa is a small town with 50 thousand population. Annual business income: 100 million yen (=one million dollars per year)]

Urakawa has unique ideas and philosophy uniquely created by the history of mental health welfare activities in these 30 years. 

Psychiatric therapy in Urakawa focuses not on curing the disease but on reclaiming of human hardship or trouble. “Reclaiming of human hardship” is one of Bethel House’s philosophical principles. Medical staff will help people’s transition from avoidance of hardship to live human life to descending to reality.
Philosophy of Urakawa Bethel House are represented by the following 16 slogans.

(1) Working

①安心るれぼさてし職場作りOur workplace permits safe and secure skiving.
②手を動りよすか口を動せか Talking rather than doing when working together.
③利益をろこといなの大切にSomething important lies in profitable area.
④三度の飯グンティーミリよMeeting rather than eating.

(2) Trouble

⑤幻聴らか幻聴へんさRespect Mr. /Ms. Auditory Hallucinations as your guests.
⑥自分うけつで自分の病名Name your own disease by yourself.
⑦いたみいいがまんまのそYou are all very very fine as you are.
(Continued)

(3) Weakness

⑧弱をさ絆に Weakness creates a bond.
⑨弱をさ力に Weakness is power/ strength.
⑩場の力を信る単 Believe the power of the field
⑪問題でけらだ順調 Having trouble everywhere is all very fine.
⑫弱のさ情報公開 Disclose information of weakness.

(4) Quality of Life

⑬偏見差別大歓迎 Prejudice and discrimination are always welcome.
⑭昇る人生らか降るり人生へ Descending life rather than ascending life
⑮苦労を取り戻す Reclaim your own human hardship.
⑯でれそ順調 Let it be as it is.
Purpose

Tojisha-kenkyu (Self-help study) is one of effective psycho-educational programs for people with mental disabilities, such as schizophrenia, to recover from their illness. Urakawa Bethel House has opened a website to show how self-help studies were conducted for the mentally disabled people by sharing their difficulties and seeking for solutions together by themselves.

The purpose of the present study is to show characteristics of self-help studies by analyzing the website by using text mining method.
**Methods**

- **Target:** Bethel Net on line run by Urakawa Bethel House retrieved on 2008/10/31, which was named as “Rooms of self-helping studies”
- **Episodes vol.001～018** were analysed by using a textmining software, Text Mining Studio, Ver 3
- **URL:** http://bethel-net.jp/index.html
Results

- The results revealed some of key words that characterized the self-help studies, namely, “myself,” “trouble,” “person,” “peer,” and “disease/illness”.

- The word network analysis demonstrated some characteristics which reflected an act of thinking together through self-help study for the recovery of those people’s own life.
Fig. 1 A summary of whole word network in vols. 001-018: An analysis related to action words
Fig. 2A summary of whole word network in vols. 001-018: An analysis related to image words
Discussion

- This study emphasizes the importance of mutual support activities by the people themselves for the recovery of their agony and hardship through interaction with peers as in self-helping study sessions.

- We suggest that this site be utilized as a narrative educational material for teaching psychiatric and mental health nursing programs.