

A qualitative study of experiential knowledge in depression: an exploration of the conditions for deployment of self-management.

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Background

Living with recurrent depression requires **long-term management in addition to active coping** on a day-to-day basis¹⁻².

Previous research on coping with depression mainly focused on **self-management strategies**.

Research on the **conditions for deployment** of self-management strategies is lacking³⁻⁵.

Aim

An exploration of the **development of experiential knowledge in depression** and its relation with the deployment of self-management strategies.

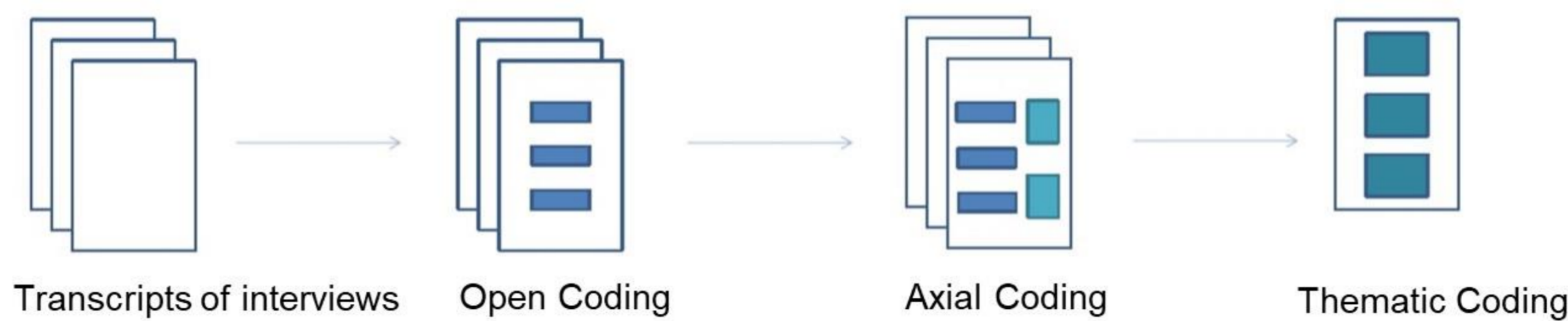
Methods

Participants (n = 15)

- ≥ 2 depressive episodes
- First episode ≥ 3 years ago
- Currently in (partial) remission

Semi-structured interviews

"What did you learn while coping with depression?"



Purposive sampling

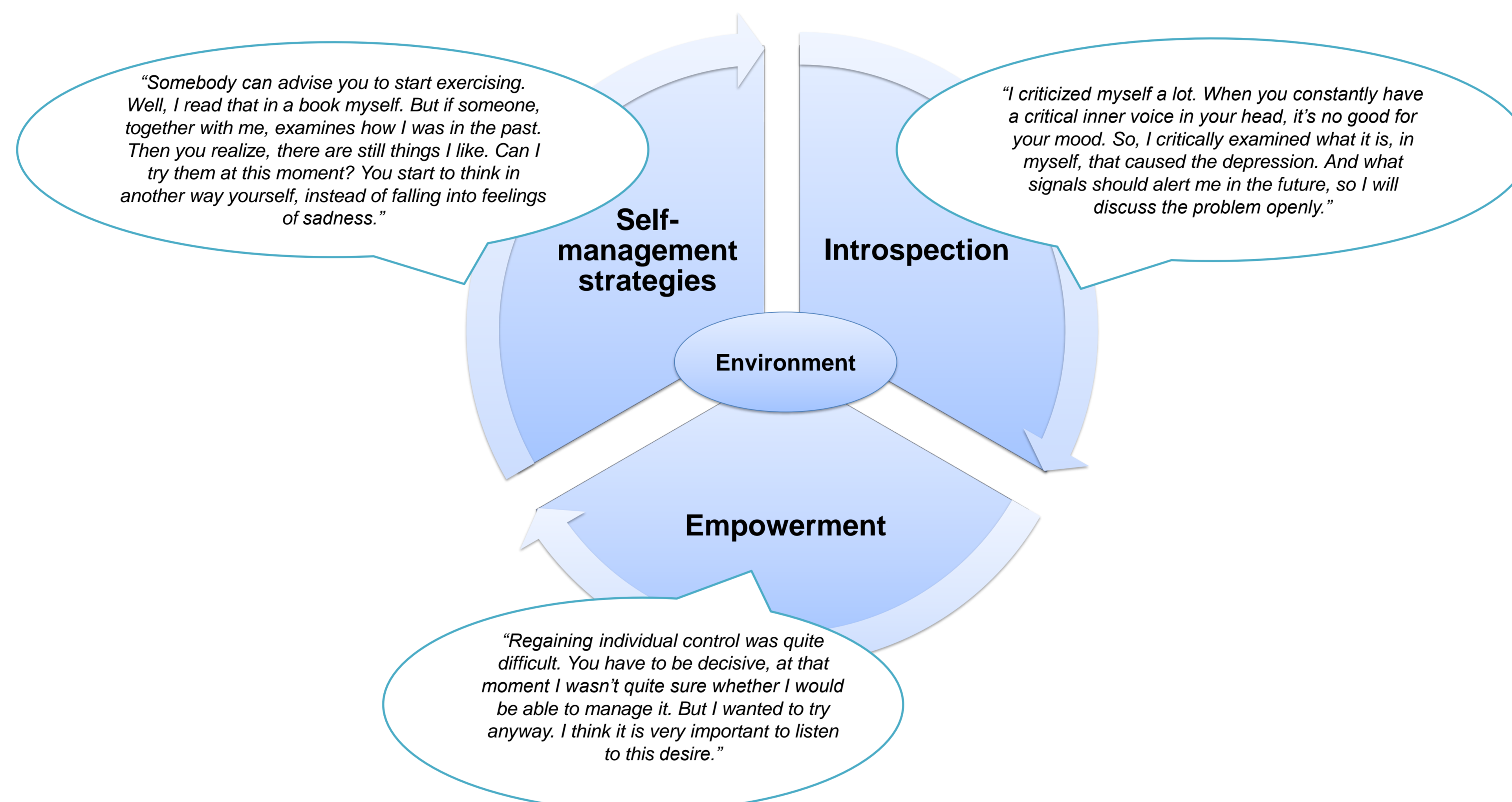
Diverse perspectives
Aim for saturation
Dutch Depression Association

Data analyses

Narrative research method
Validation: negative cases, member checks, and focus groups

Results

The **evolvment of experiential knowledge** can be seen as a **cyclical process**, with a **continuing interaction** between the main themes:



Conclusion

The **synergetic relationship** between the processes in the evolvment of experiential knowledge implies that introspection, empowerment and factors in the environment must be addressed when **developing a personal array of self-management strategies**.

Discussion

The results highlight the need for an individualized **holistic model** of coping with depression.

Understanding the development of experiential knowledge can **specify the conditions for a sustainable deployment of self-management strategies** in depressive patients.



A private **digital platform for experiential experts and relatives** has been developed to **exchange experiential knowledge** and stimulate the deployment of self-management through **peer support**.

Future research

Future research can **specify the exact course** of the development of experiential knowledge, addressing the role of **mental health care**, the **course** of the depression and the use of **medication**.

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References

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