

‘Existential themes and life questions among young adults with psychotic vulnerability in mental health care: a qualitative study in The Netherlands’

Investigating existential themes (cf. Yalom) and life questions among clients (aged between 17 – 31, N=11) with psychotic vulnerability in mental health care, and exploring questions which can give space to existential themes and meaning in life in treatment in mental health care institutions (cf. Anbeek).

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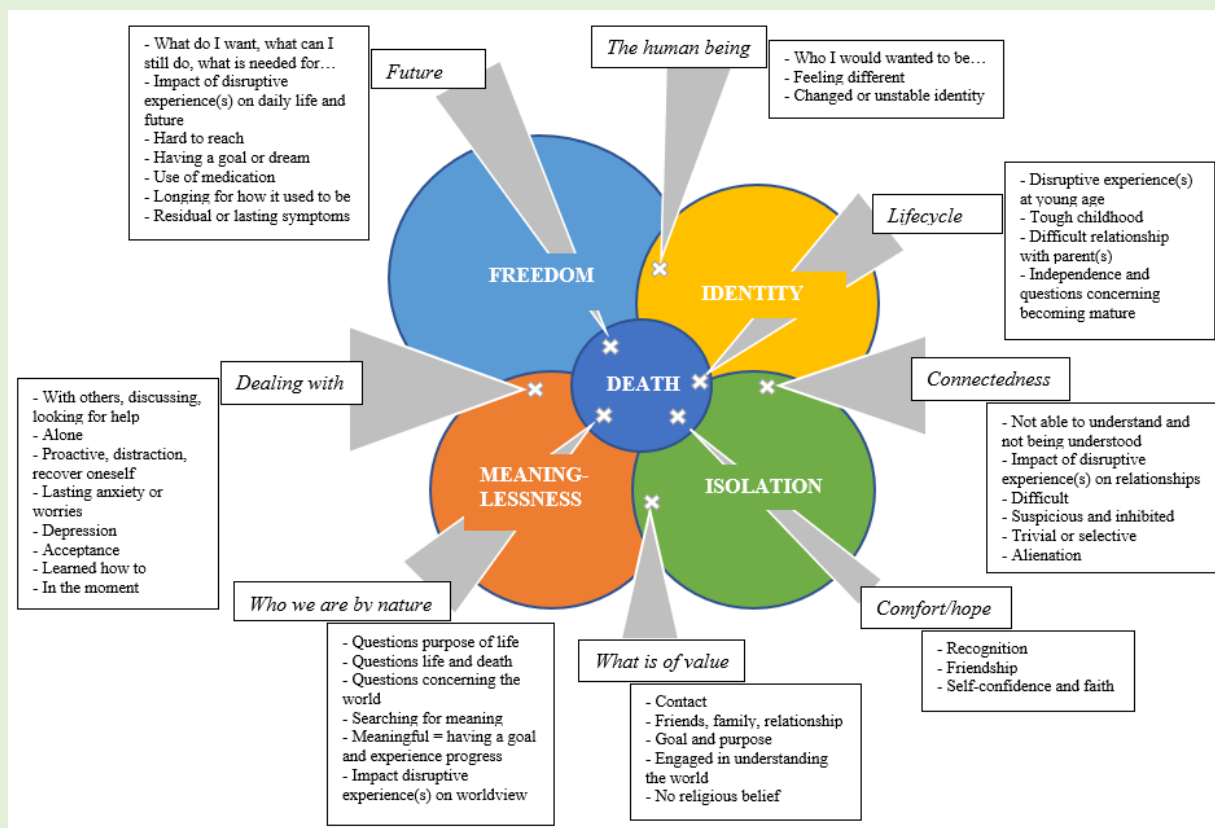
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“C2: If you could somehow eh, create a spark eh, in people, which would make them think about what they really like, what would give them energy, what would give them some sense of meaning..

M: Yes

C2: ..I think that would be of great value especially in mental health care.”

“C7: ..I have enough to eh, make it through the day and have some fun too, but not really something where I can work towards.

M: Hm

C7: For my feeling. And I think a lot about, like what is the purpose of life, and what will happen after death, and that kind of things.

...
C7: I don't know. Then, if I could completely be who I would wanted to be, than I would choose to be dead I think. Because there is not, there is no ideal image I have, of what a perfect life would be like.”

“M: Is there anything you would want to add to everything we have been talking about?

C6: ... No, well, life is important. Something like that. ... But that's all.”

2. What is very important to you? What is of great value?

6. Can you find connection with other people? Do you feel others can understand you? And the other way around? Can you show yourself?

8. If you imagine you could completely be who you would wanted to be, what would it take to be like that?

*Each question is a starting question and can be followed up by 'why/why not?', 'what does that mean to you?' and other follow-up questions.