

Promuovere l'autogestione
Promoting self-management

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Any difference ?

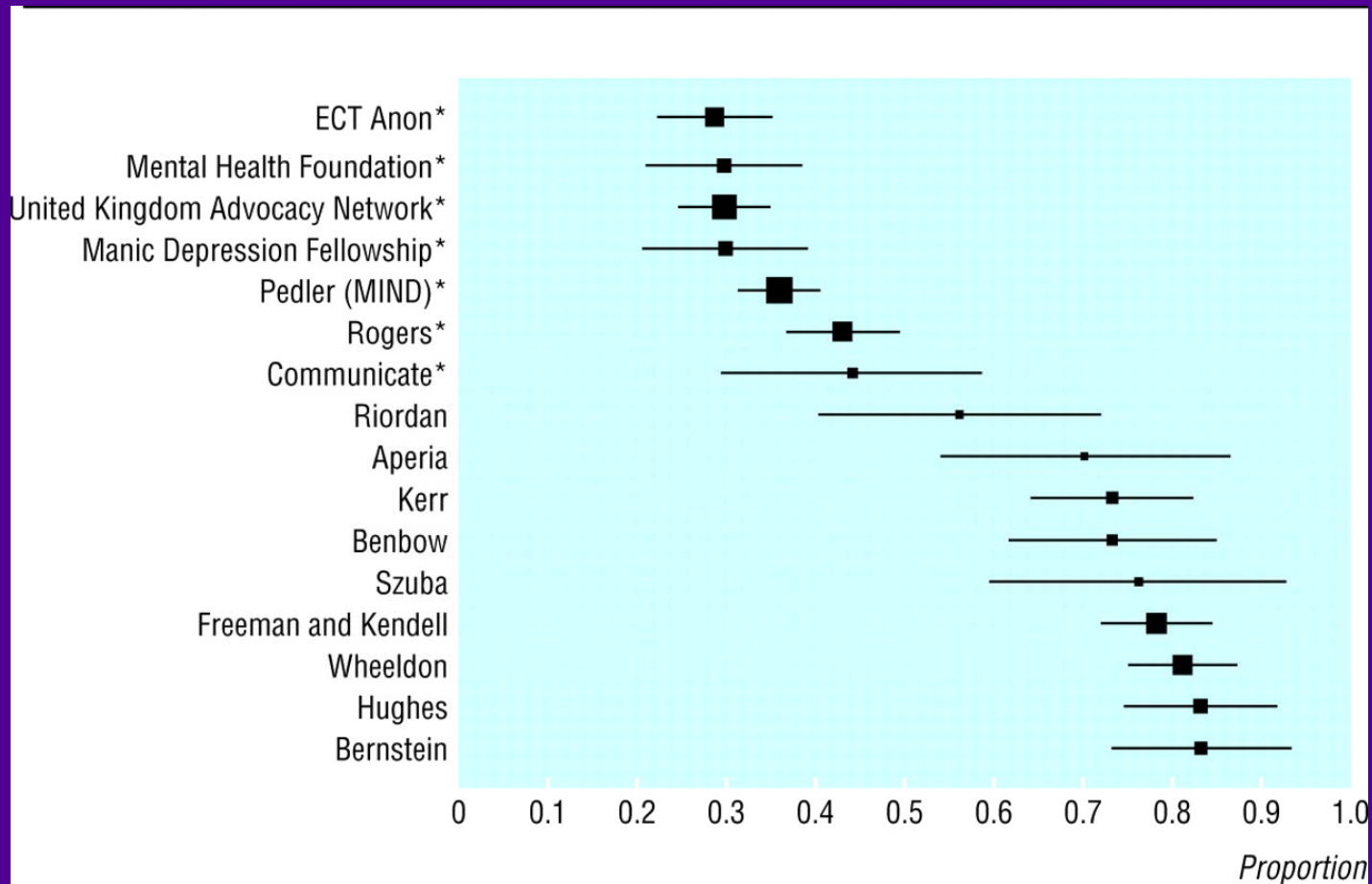
- *Self-care*
- *Self-help*
- *Self-management*

Most valued outcome indicators

Stakeholders' points of view

| <i>Stakeholders</i> | <i>Indicators</i> |
|----------------------------|-----------------------------|
| Consumers | Subjective wellbeing |
| Relatives | Family burden |
| Clinicians | Symptoms |
| Managers | Efficiency |
| Sponsors | Costs |
| Public | Social disturbance |

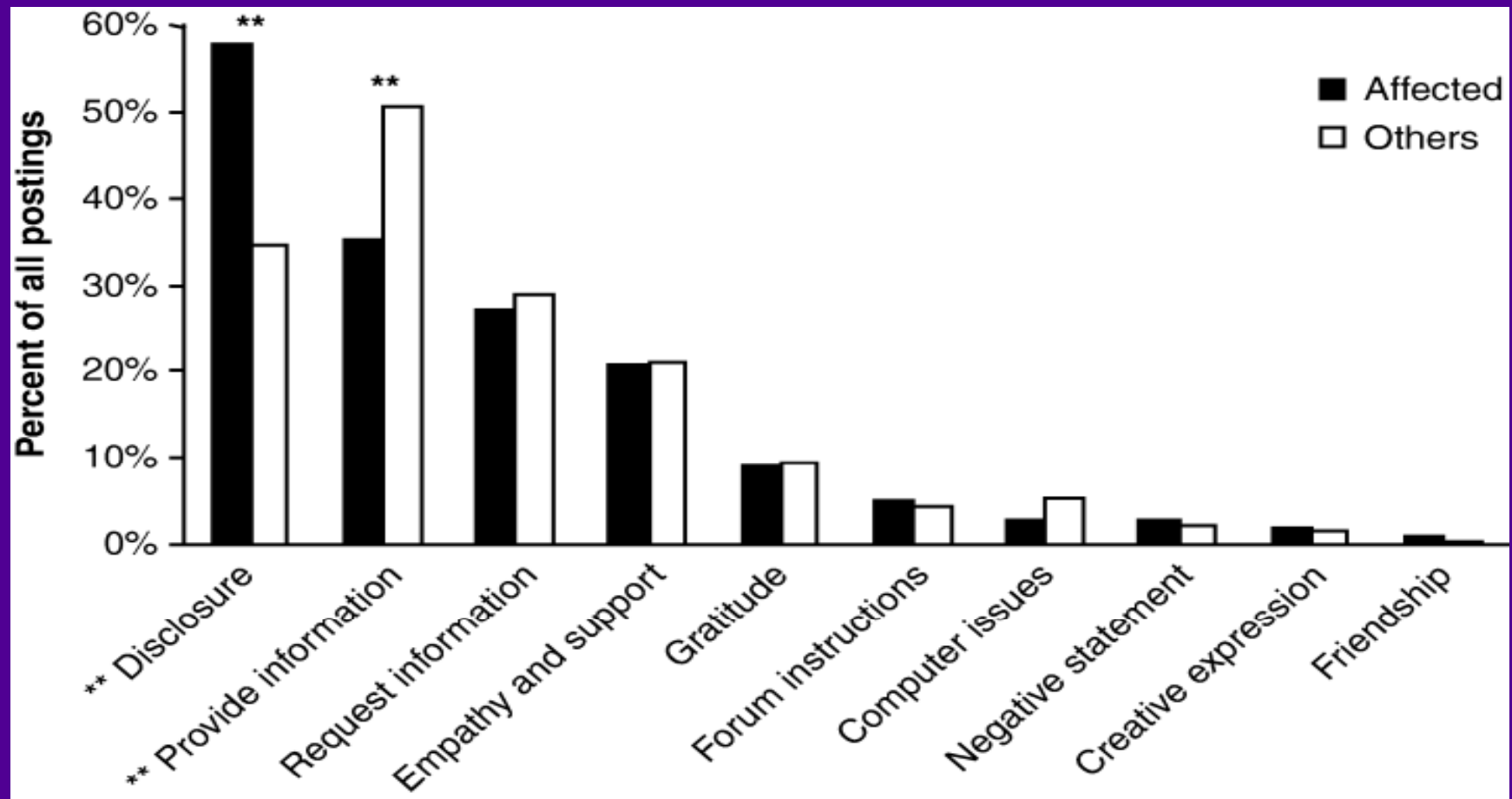
Proportions of consumers who found ECT helpful



Rose et al, BMJ 2003; 326-330

Online self-help forums for schizophrenia

Self-help mechanisms in all postings



Haker et al, Acta Psychiatrica Scandinavica 2005; 474-477