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Kormilo oporavka u procjeni sveobuhvatnog oporavka

/ The Recovery Helm in the Assessment of Comprehensive Recovery

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KLJUČNE RIJEČI / *KEYWORDS*:
osobni oporavak / *personal recovery*
funkcionalni oporavak / *functional recovery*
klinički oporavak / *clinical recovery*
Kormilo oporavka / *Recovery Steering Wheel*
validacija / *validation*

TO LINK TO THIS ARTICLE: https://doi.org/10.24869/spsih.2026.354

Cilj ovog pilot-istraživanja bio je provesti preliminarnu validaciju Kormila oporavka kao integriranog instrumenta za procjenu osobnog, kliničkog i funkcionalnog oporavka osoba s težim mentalnim poremećajima. Metode: U istraživanju su sudjelovala 22 korisnika rehabilitacijskog mobilnog tima. *Kormilo oporavka*, instrument koji obuhvaća deset ključnih područja oporavka, primijenjeno je u okviru polustrukturiranog intervjua. Provedena je eksploratorna faktorska analiza radi ispitivanja strukture instrumenta, izračunata je unutarnja konzistentnost, a konvergentna valjanost ispitana je usporedbom rezultata *Kormila oporavka*

The aim of this pilot study was to conduct a preliminary validation of the Recovery Steering Wheel as an integrated instrument for assessing personal, clinical, and functional recovery in people with severe mental disorders. Methods: The study included 22 users of a mobile rehabilitation team. The Recovery Steering Wheel, an instrument encompassing ten key recovery domains, was administered within a semi-structured interview. An exploratory factor analysis was conducted to examine the instrument's structure, internal consistency was calculated, and convergent validity was tested by comparing Recovery Steering Wheel scores with selected standardized psychometric measures of related constructs. Re-

s odabranim standardiziranim psihometrijskim mjerama srodnih konstrukata. Rezultati: Eksploratorna faktorska analiza izdvojila je tri komponente koje sadržajno odgovaraju osobnim, kliničkim i funkcionalnim aspektima oporavka, uz ukupno objašnjenih 73,9 % varijancije. Kormilo oporavka pokazalo je dobru unutarnju konzistentnost (Cronbachov α = .813). Većina područja instrumenta ostvarila je značajne i teorijski očekivane povezanosti s pripadajućim standardiziranim mjerama, dok je ukupni rezultat *Kormila oporavka* pokazao snažnu i konzistentnu povezanost s ključnim mjerama osobnog i funkcionalnog oporavka. Zaključak: Dobiveni rezultati pružaju preliminarne empirijske dokaze da je *Kormilo oporavka* pouzdan, konceptualno utemeljen i klinički relevantan instrument za sveobuhvatnu procjenu oporavka osoba s težim mentalnim poremećajima. Unatoč ograničenjima vezanima uz mali i prigodni uzorak, nalazi upućuju na njegov potencijal za samostalnu primjenu u kliničkoj i istraživačkoj praksi te opravdavaju provedbu daljnjih istraživanja na većim i raznolikijim uzorcima.

sults: Exploratory factor analysis extracted three components that conceptually correspond to personal, clinical, and functional aspects of recovery, explaining a total of 73.9% of the variance. The Recovery Steering Wheel showed good internal consistency (Cronbach's α = .813). Most domains of the instrument demonstrated significant and theoretically expected associations with the corresponding standardized measures, while the total Recovery Steering Wheel score showed a strong and consistent association with key measures of personal and functional recovery. Conclusion: The findings provide preliminary empirical evidence that the Recovery Steering Wheel is a reliable, conceptually grounded, and clinically relevant instrument for the comprehensive assessment of recovery in people with severe mental disorders. Despite limitations related to the small and convenience sample, the results indicate its potential for independent use in clinical and research practice and justify further studies on larger and more diverse samples.