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RECEIVED 13 December 2024

ACCEPTED 17 March 2025

PUBLISHED 03 April 2025

## CITATION

Kadra-Scalzo G, Chaturvedi J, Dale O,  
Hayes RD, Li L, Mahmood S, Monk-Cunliffe J,  
Roberts A and Moran P (2025) Recovery in  
personality disorders: the development and  
preliminary testing of a novel natural language  
processing model to identify recovery in  
mental health electronic records.  
Front. Digit. Health 7:1544781.  
doi: 10.3389/fdgh.2025.1544781

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# Recovery in personality disorders: the development and preliminary testing of a novel natural language processing model to identify recovery in mental health electronic records

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**Introduction:** The concept of recovery is of great importance in mental health as it emphasizes improvements in quality of life and functioning alongside the traditional focus on symptomatic remission. Yet, investigating non-symptomatic recovery in the field of personality disorders has been particularly challenging due to complexities in capturing the occurrence of recovery. Electronic health records (EHRs) provide a robust platform from which episodes of recovery can be detected. However, much of the relevant information may be embedded in free-text clinical notes, requiring the development of appropriate tools to extract these data.

**Methods:** Using data from one of Europe's largest electronic health records databases [the Clinical Records Interactive Search (CRIS)], we developed and evaluated natural language processing (NLP) models for the identification of occupational and activities of daily living (ADL) recovery among individuals diagnosed with personality disorder.

**Results:** The models on ADL performed better (precision: 0.80; 95% CI: 0.73–0.84) than those on occupational recovery (precision: 0.62; 95% CI: 0.52–0.72). However, the models performed less acceptably in correctly identifying all those who recovered, generally missing at least 50% of the population of those who had recovered.

**Conclusion:** It is feasible to develop NLP models for the identification of recovery domains for individuals with a diagnosis of personality disorder. Future research needs to improve the efficiency of pre-processing strategies to handle long clinical documents.

## KEYWORDS

personality disorder, recovery, electronic health records, work, mental health, natural language processing

# Novel Mental Health Recovery

**Craig Lewis**



## **Novel Mental Health Recovery:**

*Better Days - A Mental Health Recovery Workbook* Craig Lewis, 2014-06-10 This book helps those aspiring toward recovery and wellness and also those in recovery because it addresses and challenges the individual in very real basic and honest ways to make significant cognitive adjustments in how they live their lives The beauty of this curriculum is that people like to do it and don't consider it a chore a demand or a requirement because every page subtly encourages the individual to think in realistic and forward moving ways This allows them to feel good about doing the work This book is for any person who struggles with their mental health and who wants to live a happier life as well as for any person who wants to improve their quality of life how they deal with stress obstacles difficulties and other people and live a happier healthy and much more stable life I based this book on my personal life and recovery and every page has been used successfully in peer group settings

*Narratives of Recovery from Mental Illness* Mike Watts, Agnes Higgins, 2016-07-15 *Narratives of Recovery from Mental Illness* presents research that challenges the prevailing view that recovery from mental illness must take place within the boundaries of traditional mental health services While Watts and Higgins accept that medical treatment may be a vital start to some people's recovery they argue that mental health problems can also be resolved through everyday social interactions and through peer and community support Using a narrative approach this book presents detailed recovery stories of 26 people who received various diagnoses of mental illness and were involved in a mutual help group known as GROW Drawing on an in depth analysis of each story chapters offer new understandings of the journey into mental distress and a progressive entrapment through a combination of events feelings thoughts and relationships The book also discusses the process of ongoing personal liberation and healing which assists recovery and suggests that friendship social involvement compassion and nurturing processes of change all play key factors in improved mental well being This book provides an alternative way of looking at mental illness and demonstrates many unexplored avenues and paths to recovery that need to be considered As such it will be of interest to researchers academics and postgraduate students in the fields of psychiatry psychology nursing social work and occupational therapy as well as to service providers policymakers and peer support organisations The narratives of recovery within the book should also be a source of hope to people struggling with mental illness and emotional distress

**Welcome to the Circle** Jake Orlowitz, 2019-10-09 *Welcome to the Circle The Mental Health Book* A collection of honest intelligent and compassionate writing about mental illness redemption loss and gratitude I never expected to wind up in a mental hospital I was class treasurer member of the homecoming court varsity wrestling champion head of my academic class and a distinguished college graduate But life threw me an unexpected turn After college my mental health suddenly and severely declined *Welcome to the Circle* is my story and the multitude of lessons I've learned along the way More than just memoir the book is a meditation on the mental health journeys all of us must take to become better humans It is full of useful advice about how to navigate mental illness in all its difficulty and unpredictability either for

you or for the ones you love What early readers are saying The writing has an intelligence a vulnerability and the most perfect use of English vocabulary What what all of it has in common is your openness your honesty your kindness and your ability to grab the reader The style is so refreshing and unusual especially in today s world Kathy G These pieces reflect your deep compassion and committed empathy I read it in one sitting Maggie D The way you have written it is just beautiful Your writing is full of emotion and one can feel that it s sprouting directly from your heart Satdeep G In 140 pages the book covers mental illness and loss the hard parts and well as redemption and gratitude the uplifting parts Dive into the essays sit down with the poems tick through the lists or dig into the guides Mental illness is not a dead end it can be a powerful beginning In the 7 years since I was hospitalized I found effective treatment with both therapy and medications and the support of family and friends My mission now is to impact each person who has personally experienced or witnessed the struggle of mental illness To end the stigma and shame that prevents people from getting the help they need To show that recovery is possible that mental illness can be survived and that it can be transformed into a dynamic and thriving new chapter of life Here are 7 reasons you ll want to support and read Welcome to the Circle You are personally struggling and want to gain insight and hope You love someone who needs help but you don t know how to help You want to learn what mental illness really looks and feels like You need advice getting someone into treatment or onto medication You believe our society can grow in its compassion towards mental health You re on your path to recovery and want to stay healthy and keep growing You crave innovative wrining and want to support independent creators Please purchase the book to support mental health recovery and hope Share the book with your friends family colleagues and peers Help make it a success by posting about it on social media or emailing the link to people you care about Please also honestly review the book after you have purchased it on Amazon Thank you so much for your support your belief in me and your collaboration on this journey of healing Because of you Welcome to the Circle can come to life Jake Orlowitz      *Recovery and Mental Health* David Pilgrim,Ann

McCranie,2013-10-18 For most of us the term recovery in mental health implies hope and normality for those suffering from emotional distress It is understandable why recovery has therefore become a significant goal for mental health services But what does recovery mean for those who are struggling to see it through Is the emphasis on recovery always a positive thing This book takes a critical sociological look at personal and public assumptions and understandings In particular It explores what the recovery movement signifies today offering readers a critical reflexive view of its scientific policy and political consequences It considers what recovery means from social medical and patient perspectives and the implications of these conflicting views It reveals some of the risks and benefits for people with mental health problems encountering a system that expects them to recover Offering a comprehensive and thought provoking overview of the concept of recovery from mental illness this book is a must have for students studying mental health across a range of subjects including sociology social work psychology and nursing      **A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health**

**Care** Larry Davidson, Michael Rowe, Janis Tondora, Maria J. O'Connell, Martha Staeheli Lawless, 2008-10-02 This book takes a lofty vision of recovery and of a life in the community for every adult with a serious mental illness promised by the U S President's 2003 New Freedom Commission on Mental Health and shows the reader what is entailed in making this vision a reality Beginning with the historical context of the recovery movement and its recent emergence on the center stage of mental health policy around the world the authors then clarify various definitions of mental health recovery and address the most common misconceptions of recovery held by skeptical practitioners and worried families With this framework in place the authors suggest fundamental principles for recovery oriented care a set of concrete practice guidelines developed in and for the field a recovery guide model of practice as an alternative to clinical case management and tools to self assess the recovery orientation of practices and practitioners In doing so this volume represents the first book to go beyond the rhetoric of recovery to its implementation in everyday practice Much of this work was developed with the State of Connecticut's Department of Mental Health and Addiction Services helping the state to win a 1 ranking in the recent NAMI report card on state mental health authorities Since initial development of these principles guidelines and tools in Connecticut the authors have become increasingly involved in refining and tailoring this approach for other systems of care around the globe as more and more governments ministry leaders system managers practitioners and people with serious mental illnesses and their families embrace the need to transform mental health services to promote recovery and community inclusion If you've wondered what all of the recent to do has been about with the notion of recovery in mental health this book explains it In addition it gives you an insider's view of the challenges and strategies involved in transforming to recovery and a road map to follow on the first few steps down this exciting promising and perhaps long overdue path *Recovery, Meaning-Making, and Severe Mental Illness* Paul H. Lysaker, Reid E. Klon, 2017-10-17 Recovery Meaning Making and Severe Mental Illness offers practitioners an integrative treatment model that will stimulate and harness their creativity allowing for the formation of new ideas about wellness in the face of profound suffering The model Metacognitive Reflection and Insight Therapy MERIT complements current treatment modalities and can be used by practitioners from a broad range of theoretical backgrounds By using metacognitive capacity as a guide to intervention MERIT stretches and strengthens practitioners capacity for reflection and allows them to better use their unique knowledge to help people who are confronting the suffering and chaos that often comes from psychosis Clinicians will come away from this book with a variety of tools for helping clients manage their own recovery and confront the issues that accompany an illness based identity **Creek's Occupational Therapy and Mental Health E-Book** Wendy Bryant, Jon Fieldhouse, Nicola Plastow, 2022-05-28 Promoting and maintaining mental health continues to be a key challenge in the world today Creek's Occupational Therapy and Mental Health is essential reading for students and practitioners across a wide range of health professions capturing contemporary practice in mental health settings Now fully updated in its sixth edition it retains the clarity and scholarship associated with the renowned

occupational therapist Jennifer Creek while delivering new knowledge in a fresh perspective Here readers can find everything they need on mental health for learning practice and continuing professional development Complex topics are presented in an accessible and concise style without being oversimplified aided by summaries case studies and questions that prompt critical reflection The text has been carefully authored and edited by expert international educators and practitioners of occupational therapy as well as a diverse range of other backgrounds Service users have also co authored chapters and commentaries Evidence based links between theory and practice are reinforced throughout This popular title will be an indispensable staple that OTs will keep and refer to time and again Relevant to practice outlines a variety of therapeutic interventions and discusses the implications of a wide range of contexts New chapters on eating disorders cognitive learning based approaches and being a therapist Extended service user commentaries Expanded scope to accommodate diverse psychosocial perspectives and culturally sensitive practices New questions for readers in every chapter Key reading and reference lists to encourage and facilitate in depth study

**Sane** Marya Hornbacher,2010 Offers instructions and guidance for individuals in recovery for addiction who also suffer from a mental illness providing real life stories and describing an approach to the Twelve Steps program of recovery

**Journey to Recovery** Dr Dawn-Elise Snipes,2015-04-15 Journey to Recovery A Comprehensive Guide to Recovery from Addiction and Mental Health Problems Learn how to start recovering from addiction and mental health problems Use practical concise exercises to develop the tools you need to be happy and sober Discover why previous attempts have failed Explore options to the current 12 step and faith based approaches to recovery Begin your journey The Journey to Recovery Series has been designed to provide people with practical tools that can be easily implemented in order to quickly begin to recover from addiction and mental health issues This series uses motivational and strengths based approaches to help people understand what works best for them as individuals Journey to Recovery A Comprehensive Guide to Recovery from Addiction and Mental Health Problems explains how addictions and mental health issues are related how they both negatively impact every aspect of people s lives and provides tools to help people begin their recovery from both BIOGRAPHY Dr Dawn Elise Snipes is the CEO and Director of Education for All CEUs and has provided over 200 000 hours of training to counselors throughout the world She is a nationally certified counselor and a licensed mental health counselor and has a private counseling practice where she specializes in co occurring disorders counseling and recovery coaching Snipes has worked in the addictions treatment field since 1998 worked as an assistant professor at the University of Florida published 50 Tips for Depression Recovery and served as the wellness consultant for the Southern States Police Benevolent Association from 2005 2011

[The Dual Disorders Recovery Book](#) Anonymous,2009-07-23 This compelling Dual Disorders Recovery Book written for those with an addiction and a psychiatric illness provides a source of information and support throughout recovery Personal stories offer experience strength and hope as well as expert advice The book offers information on how Steps 1 5 apply specifically to us An appendix includes a

Blueprint for Recovery the meeting format of Dual Recovery Anonymous and self help resources      *Mental Health Recovery Boosters* Carol Kivler,2013-05-29 Mental Health Recovery Boosters is a book of inspiration and reflection designed to move readers from mental illness to mental wellness The 68 short but powerful essays stand alone with messages of encouragement and personal accountability Based on lessons the author learned during her journey out of mental illness the essays encourage readers to reflect on daily choices and mental habits that affect their mental wellness The author discovered during her own journey that what she needed was an attitude shift a shift from illness to wellness in order to sustain her recovery What I have learned over the years is the power of one s beliefs We have all heard of the self fulfilling prophecy if you think you can or you think you can t you prove yourself right on either side Why You build your reality upon thoughts you agree are true Also you have it within your power to tap into two universal laws The Laws of Intention and Attraction Once you set your intention to mental wellness providence takes over and you attract experiences and opportunities to live the life you created with your intentions Carol A Kivler Author Readers are encouraged to thumb through the book until they feel the urge to stop and read Each thought provoking essay is accompanied by a question that encourages readers to look more deeply into patterns that may be affecting their recovery from mental illness Space is provided to jot down important insights Attention to wellness can make a big difference in dealing with a mental illness and answering the questions helps transfer the commitment of wellness into one s own life This powerful book will inspire you to hold yourself accountable for your own mental wellness When you take the time to reflect on the essays and questions you will be setting your wellness intentions out into the universe to manifest the life you were meant to live      *Seeds of Recovery* Lorette M. Enochs,2016-11-21 I invite you to trust and explore the strength of your inner core to accept forgive laugh and understand the range of extreme emotions fears and thoughts associated with having a mental health diagnosis The spirit of your own words can transform the darkest moments      **Mental Health Workbook** Emily Attached,Marzia Fernandez,Gino Mackesy,2020-12-05 This Book includes 4 Manuscripts 1 The Addiction Recovery Workbook 2 Complex PTSD Trauma and Recovery 3 EMDR and Somatic Psychotherapy 4 Somatic Psychotherapy Book 1 The Addiction Recovery Workbook In this book you will find the necessary help to get you on the road to recovery with chapters that cover How to replace your addiction and find the peace you crave Educating yourself about your addiction What to avoid when you are developing new habits Exercise hydration and a non toxic lifestyle Getting creative to life healthier Book 2 Complex PTSD Trauma and Recovery In this book you will finally find new ways to tackle your trauma with chapters that focus on How depression is defined How you can avoid exacerbating the problem A range of trauma treatment exercises Trauma and the link to mental health Understanding anxiety Complex PTSD Books 3 and 4 EMDR and Somatic Psychotherapy You ll discover how it could help you with chapters that cover The principles of EMDR and Somatic Psychotherapy The basic concepts of Somatic Psychotherapy and EMDR Therapy Examining the neurobiology of stress and trauma How the brain works and how

it is affected by trauma Somatic Psychotherapy explained What are you waiting for BUY THIS BOOK NOW *Mental Health Workbook* Gino Mackesy, Marzia Fernandez, 2020-09-28 This Book includes 4 Manuscripts 1 The Addiction Recovery Workbook 2 Complex PTSD Trauma and Recovery 3 EMDR and Somatic Psychotherapy 4 Somatic Psychotherapy Book 1 The Addiction Recovery Workbook In this book you will find the necessary help to get you on the road to recovery with chapters that cover How to replace your addiction and find the peace you crave Educating yourself about your addiction What to avoid when you are developing new habits Exercise hydration and a non toxic lifestyle Getting creative to life healthier Book 2 Complex PTSD Trauma and Recovery In this book you will finally find new ways to tackle your trauma with chapters that focus on How depression is defined How you can avoid exacerbating the problem A range of trauma treatment exercises Trauma and the link to mental health Understanding anxiety Complex PTSD Books 3 and 4 EMDR and Somatic Psychotherapy You ll discover how it could help you with chapters that cover The principles of EMDR and Somatic Psychotherapy The basic concepts of Somatic Psychotherapy and EMDR Therapy Examining the neurobiology of stress and trauma How the brain works and how it is affected by trauma Somatic Psychotherapy explained What are you waiting for BUY THIS BOOK NOW *BETTER DAYS* Craig Lewis Cps, 2024-05-23 Wellbeing, Recovery and Mental Health Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02 This book brings together current research on recovery and wellbeing to inform mental health systems and wider community development Recovery Revolution Paul Rashid, 2017-04 Reclaim Your Brain Using Unique And Powerful Tools To Rapidly Free Yourself From The Chains Of Mental Disorders Dr Paul Rashid will guide you through a personalized and holistic blueprint for social therapy developed through years of medical study clinical psychiatric practice evidence based research and his personal experience with anxiety Just as there is rehabilitation for physical injuries social recovery is a form of rehabilitation for psychological conditions Social recovery is a new yet proven way to navigate recovery from mental illnesses to improve emotional states and live life to the fullest Imagine if you had the power to create and customize an effective treatment plan for your mental health on your own Here is what mental health professionals have said about Recovery Revolution This book promises to be very useful for people who are looking for information and resources to guide them in their own recovery Larry Davidson PhD Director of Yale Recovery and Community Health Program Recover Revolution is exceptional I think this would be good for many of my patients and I am going to recommend it to them Wayne Denton MD PhD Clinical Professor at Florida State University College of Medicine Before I completed reading his book I already found myself applying his ideas for my own health I wasted no time in sharing his ideas with my friends and family members who continue to thank me for sharing Dr Rashid s life changing advice Donald Fidler MD Professor Emeritus Psychiatry West Virginia University *The Sociocultural Context of Psychosocial Interventions* Francisco José Eiroa-Orosa, Tim Lomas, Michael Rowe, 2018-12-06 Across diverse academic fields scholars and practitioners are engaged in developing interventions to promote outcomes like health and quality of life Indeed such is the

apparent efficacy of such interventions that there are many policy led initiatives to implement these at national and international scales However few scholars or practitioners have thought in any systematic and critical way about the importance of contextualizing these interventions i e considering how the impact of such interventions may be affected and mediated by specific sociocultural factors from gender to ethnicity and socio economics The aim of the Research Topic The Sociocultural Context of Psychosocial Interventions was to address this lacuna As such we tried to help bringing a more contextual mindset to the implementation of health and wellbeing interventions This may help to shift the way such interventions are designed and implemented both at a granular local level i e influencing individual practitioners and at a large scale macro level e g influencing policy makers Themes within this Research Topic have concerned both macro sociocultural as well as meso and micro layers and the peculiarities of implementing real world research based on these levels There has been room for physical and mental health for family relationships for educational contexts and even for the effects of crime Some works have included interesting methodological discussions on the integration of different ecological layers or the modal distribution of our interests For us it has been very important to work giving a greater diffusion to these issues since considering psychosocial interventions in the context in which they occur goes beyond an epistemological or methodological discussion Rather these considerations seriously affect the ability of practitioners to really reach the people who need their interventions listening to their needs and respecting their preferences For the editors of this book then the contextualization of interventions means considering the people who receive them as full citizens immersed in complex societies where factors such as social justice and health or well being do not float apart in space but affect each other dialectically We therefore think that the duty of both academics and practitioners is not to forget that it is as important to evaluate the direct effect of our interventions as the influence we have in the society as a whole when we carry them out We hope you enjoy reading these works and that their dissemination stimulates new lines of research committed to both good practise and social transformation

**Community Psychology and Community Mental Health** Geoffrey Brian Nelson, Bret Kloos, José Ornelas, 2014 Community Psychology and Community Mental Health provides empirical justification and a conceptual foundation for transformative change in mental health based on community psychology values and principles of ecology collaboration empowerment and social justice

**The Madness of Our Lives** Penny Gray, 2006 This book consists of transcribed interviews with people who have had a mental breakdown and come out the other side Those interviewed recount painful experiences of being misunderstood derided bullied abused in their personal and professional lives but also during treatment by unsympathetic or negligent GPs and mental health practitioners

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