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**Title: Work and income generating activities as survival skills**

**Theme: ERADICATE POVERTY & HUNGER**

Research proves that there is a vicious cycle of poverty and mental illness. People affected by mental illness are often subjected to stigma and discrimination and make them vulnerable to violence, exploitation, abuse, malnutrition, illnesses and even death.

The aim of the study was to explore how people living with severe mental illness in Zambia are coping with the challenges they experienced in the context of their everyday life and factors possibly contributing to recovery.

The method used in the study was qualitative interviews with five men who have experienced severe mental illness for more than 3 years. The material was interpreted using qualitative analysis inspired by a hermeneutical approach.

One of the major findings is when mental health problems endured the person experienced a process of social and material marginalisation. When a person reach a certain point of marginalisation, it seems as if the status of the affected person changes from being a person with mental illness to being mad, which is an extremely vulnerable and devastating position to be in.

A conclusion in the study is that work and income generating activities are crucial in recovery for people living with severe mental illness.

**Format: Paper presentation (15 + 5 mins.)**