## Recovery Knowledge Inventory

What is your understanding of the recovery process? Please rate the following items using the scale below:

<table>
<thead>
<tr>
<th>1</th>
<th>Strongly Disagree</th>
<th>2</th>
<th>Disagree</th>
<th>3</th>
<th>Not Sure</th>
<th>4</th>
<th>Agree</th>
<th>5</th>
<th>Strongly Agree</th>
</tr>
</thead>
</table>

1. The concept of recovery is equally relevant to all phases of treatment.
2. People receiving psychiatric/substance abuse treatment are unlikely to be able to decide their own treatment and rehabilitation goals.
3. All professionals should encourage clients to take risks in the pursuit of recovery.
4. Symptom management is the first step towards recovery from mental illness/substance abuse.
5. Not everyone is capable of actively participating in the recovery process.
6. People with mental illness/substance abuse should not be burdened with the responsibilities of everyday life.
7. Recovery in serious mental illness/substance abuse is achieved by following a prescribed set of procedures.
8. The pursuit of hobbies and leisure activities is important for recovery.
9. It is the responsibility of professionals to protect their clients against possible failures and disappointments.
10. Only people who are clinically stable should be involved in making decisions about their care.
11. Recovery is not as relevant for those who are actively psychotic or abusing substances.
12. Defining who one is, apart from his/her illness/condition, is an essential component of recovery.
13. It is often harmful to have too high of expectations for clients.
14. There is little that professionals can do to help a person recover if he/she is not ready to accept his/her illness/condition or need for treatment.
15. Recovery is characterized by a person making gradual steps forward without major steps back.
16. Symptom reduction is an essential component of recovery.
17. Expectations and hope for recovery should be adjusted according to the severity of a person’s illness/condition.
18. The idea of recovery is most relevant for those people who have completed, or are close to completing, active treatment.
19. The more a person complies with treatment, the more likely he/she is to recover.
20. Other people who have a serious mental illness or are recovering from substance abuse can be as instrumental to a person’s recovery as mental health professionals.