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### Why is nature-based rehabilitation an alternative treatment for patients with exhaustion disorder?

**Statement of the Problem:** The World Health Organization (WHO) classifies burn-out syndrome as an occupational problem in contrast to Sweden, where it is seen as a more complex illness often including a severe identity crisis. Sweden is the only country to have introduced a specific diagnosis, Exhaustion Disorder (ED) for the condition.

The problem is there is still no evidence-based treatment or rehabilitation available for patients suffering from ED.

The purpose at this conference is to present an evaluation of Nature Based Rehabilitation (NBR) for a group of Patients with ED, describe and discuss the result.

**Methodology & Theoretical Orientation:** A multidisciplinary team consisting of an occupational therapist, a physiotherapist, a physician and a nurse provided NBR in an agricultural environment. The patients were offered 14 weeks of rehabilitation in a group of eight persons, three mornings per week. Seventeen patients participated in the study and 15 completed the study.

A semi-structured interview was conducted at the beginning of the rehabilitation, at the end and one year after completion of the rehabilitation a follow up interview was done by telephone. The interviews were recorded and transcribed. Assessment scales used included: Stress and Crisis Inventory (SCI-93), Coping Resources Inventory (CRI) and Visual Analogue Scale (VAS). Weekly notes from the staff members were reviewed and compared with the patient's own experience. The interviews and the staff notes were analyzed with semantic thematic analysis.

**Findings:** Result showed that this kind of NBR with a multidisciplinary team promotes improved health and improved quality of life for patients with ED.

**Conclusion & Significance:** NBR may constitute a good alternative treatment, provided the ED has not become chronic.

#### Recent Publications

1. Holmqvist, G. and Lundqvist-Persson, C. (2021) An Evaluation Study of a Nature Based Rehabilitation in Sweden for Patients with Exhaustion Disorder. Health, 13, 934-954.

#### Biography

Cristina Lundqvist-Persson is an Associate Professor of psychology, licensed Psychologist, licensed Psychotherapist, and Clinical Specialist. She is affiliated with the Department of Psychology, at Lund University and is currently Research Leader at the Skaraborg Institute for Research and Development.

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