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**The perception of well-being; Do people with severe mental illness and their therapists put themselves in each other's shoes?**

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**Learning Goal:**

The primary aim of the study was to evaluate the levels of well-being and life satisfaction in patients with serious mental illness (SMI). The second aim was to compare the levels of well-being reported by SMI patients and the corresponding well-being observed by their therapist.

**Abstract Text:**

Well-being (WB) has become popular topic in recent years and has been studied in a variety of target groups. Despite a traditional pessimistic view in psychiatry, there is now a positive movement that supports the focus on the WB. WB is a central factor in the prevention of the onset and recurrence of a mental disorder and a critical outcome in the recovery from severe mental illness (SMI). In the recovery process, a bidirectional and empathic understanding between patient and therapist is necessary and has been associated with better outcomes (Llewelyn, 1988). Thus, the primary aim of the study was to evaluate the levels of WB and life satisfaction in patients with SMI. The second aim was to compare the levels of WB reported by SMI patients and the corresponding WB observed by their therapist.

The WB of participants (n=150) was assessed with the Scales of Psychological Well-being (SPWB) and the Scale of Satisfaction with Life (SWLS). In addition, the main therapist of each participant completed the Gencat Scale of Quality of Life (Scharlok et al., 2007) to assess participant's WB.

First, the means of WB of people with SMI with data from general population were compared. Individuals with SMI showed significant lower levels than general population in satisfaction with life and the SPWB scales of autonomy, positive relationships and domain of the environmental mastery. In addition, participant perception of WB was compared to therapist's perception of their WB and no differences were found.

The results indicated that WB in SMI could be affected in some specific dimensions that should be the object of psychological interventions. Moreover, it seems that the professionals have a perception of the participant's WB that is consistent with the participant's ratings. This might indicate that they are in tune with the subjective experience of their patients.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**