G244 Kodaira, T.,& Ito, T. (2016, March). Visualization of Tojisha Kenkyu studies: A text mining approach to recovery (and discovery). Poster presented at the 19th East Asian Forum of Nursing Scholars (EAFONS 2016), Chiba, Japan.

[Purpose] Ohtaka, Ito, Kodaira, and Ito (2010) revealed the structure of Tojisha Kenkyu study reports of people with mental illness at Urakawa Bethel House by analyzing a book, entitled ‘Life you feel helpless with peace of mind.’ The report structure was identical to the patterns of scientific papers. Those reports suggested different coping strategies by discussing with peers. Ohtaka, Ito and Kodaira (2010) analyzed the website, “The Room of Tojisha Kenkyu Studies,” which is also based on the activities at Urakawa Bethel House, and recognized the structure of recovery process by reclaiming stories of their suffering with peers. The aim of the present study is to reveal the process of recovery in the Tojisha Kenkyu studies more deeply by a text mining analysis of expressions written in the books edited by Urakawa Bethel House. [Method] The text was two volumes of “Let’s Study Tojisha Kenkyu,” which consisted of six areas of content of suffering: communication, hallucination/ delusion, social and self relationship, romantic love, work, and dependence. There were 36 case chapters consisting of 15 men, 16 women, and 5 couples. The text was analyzed by Text Mining Studio 4.2. [Results] There were 4128 sentences by 24249 total words with 4981 type words. The most frequently used words were self, suffering, person, study, peer, work, Urakawa, guest (i.e. intrusive negative thinking), understand, and Mr.Voices (i.e. personalization/externalization of auditory hallucination). [Conclusion] Tojisha Kenkyu mostly studies about self, disease suffering, and human relationship according to word frequency analysis. Positive aspects of process of the self-directed research activities are shown by positive-negative analysis. In Tojisha Kenkyu activities, the process of discovery leads to the result of recovery in everyday life. As it facilitates recovery after the difficulty in life, Tojisha Kenkyu promoted posttraumatic growth of people with mental illness.