

Men's recovery from schizophrenia in northern Nigeria- Bello UtobloLeeds Beckett University

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Schizophrenia is a chronic and severe mental health difficulty that affects over twenty-one million people worldwide. In Nigeria, it is predictable that there are more men than women existing with schizophrenia. Though, there have been studies on men and health in Nigeria, these have focused on sexual health or strength. In contrast, men's involvement of schizophrenia, and the role of gender in manipulating their beliefs about retrieval has not been voyaged. The aim of this qualitative study was to explore the factors influencing men's recovery from schizophrenia in northern Nigeria. Thirty male outpatients aged between 18 and 65 and ten mental health practitioners (psychiatrists and nurses) were purposively sampled and recruited from Nigerian psychiatric hospital outpatient clinics. Data were collected using separate interviews, and analysed through Braun and Clarke's (2006) analytical framework. Results: The findings recommend that participants identified three themes on recovery from mental illness: western medicine, traditional medicine, and family support. Whilst, western medication aided relief of symptoms related with schizophrenia, costs and side effects of these medications hindered their utilisation. The participants' also highlight the significance of religion to recovery, premised on the confidence that God is a naturopath, therefore the data suggests that many endowed the agency of their recovery to God. Alongside these, the role of family support was vital in easing participants' links to healthcare. Cross cutting these themes is the notion of gender flexibility. Traditional masculinity expectations of being the head of the household involves stressful challenges that can increase the threat of emerging schizophrenia. In contrast, the presence of gender elasticity within household members, where their contributions changed over time, were seen as manipulating the men's ability to become involved in salvage. In particular, providing for the family wants becomes a shared accountability, where the departure from traditional gender imposes fewer family adversities, thus aiding the men's willingness to seek help, which rolls over to their retrieval. In provide the justification for conducting this study. I begin by providing a meaning of schizophrenia and some data about its occurrence. In furthering discussion about the nature of schizophrenia, I highlight the impact of mental health problems on the individual and the burden of care among families of service users' with mental health difficult.

(American Psychiatric Association, 2013) and the International Classification of Illnesses (World Health Organization, 2010), the main controllers used by health professionals to aid diagnosis of schizophrenia, highlight schizophrenia as a severe mental health problem, considered by symptoms and changes in the behaviour of the discrete. In one study of 1,080 patients, Bauer et al. (2011) suggests that people with schizophrenia can present symptoms such as hearing or seeing things that are not there (hallucinations) or have false beliefs (delusions) that are external of reality and not experienced by others. Morrison (2014) also linked wandering or roaming the streets and sleeplessness with onset of the disorder. It is perhaps understandable to focus on the men's perceptions and experiences of schizophrenia and role of gender within this. Besides, some studies in Africa, such as those carried out by Jewkes and Morrell (2010) and Odimegwu and Okemgbo.

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