



**PhD student:**

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**Research project:**

Perception of quality of life in mental health services: A multicentre study based on the SF-12 tool

**Abstract:**

**Introduction:** Respect for human rights and the promotion of the well-being of healthcare workers are central to ensuring the quality and sustainability of mental health services. This PhD project forms part of a national and international multicentre study, promoted by the Research Unit of Cagliari, which aims to analyse the perception of respect for rights and the quality of care in mental health services.

**Aims:** A systematic literature review will investigate the relationship between the quality of mental health services and the perception of human rights among users and professionals. This will guide and strengthen the theoretical framework of the study. The project's primary objective is to evaluate quality of life perceptions among mental health professionals working in various Italian regions using the 12-Item Short Form Health Survey (SF-12). A further objective is to compare these data with those collected from healthcare professionals not working in mental health settings.

**Methodology:** The study adopts an observational, cross-sectional, multicentre design. The SF-12 questionnaire is an internationally validated tool that measures perceived quality of life through two main components: Physical Component Summary (PCS) and Mental Component Summary (MCS). The questionnaire will be administered anonymously and in paper form exclusively to healthcare workers operating in mental health and general medicine settings. The collected data will be analysed using descriptive statistics and multivariate models to evaluate significant differences between groups.

**Expected results:** It is expected that professionals working in mental health services will show a quality-of-life profile comparable to, or in some cases better than, that of professionals in non-psychiatric services, in line with previous research conducted in Sardinia. A correlation is also hypothesized between quality of life and the perception of respect for rights in clinical settings.

**Conclusions:** These results could improve our understanding of the factors that influence the quality of life of healthcare workers and support the adoption of organisational models centred on people, human rights and the psychological and physical well-being of professionals.