

1. **Poster Title:** “From ‘Nay’ to ‘Yay’ Recreation Helps Mental Health

2. **Reference:**

Tıraş, A., İvdil, Y., & Molu, N. G. (2025). Effect of recreational activities on functionality and internalized stigma levels in individuals with serious mental illness: An experimental study. *Journal of Psychosocial Nursing*, 63(9), 49–55.

<https://doi.org/10.3928/02793695-20250320-01>

3. **Multiple Choice Question + Answer:**

According to Tıraş, İvdil, and Molu (2025), which of the following outcomes showed a statistically significant improvement in the experimental group after participation in recreational activities?

- A. Resistance to stigma subscale scores on the ISMI
- B. Cognitive functionality scores on the FAST
- C. Perceived discrimination subscale scores on the ISMI
- D. Autonomy scores on the FAST

4. **Correct answer:** D. Autonomy scores on the FAST

5. **Where do I find the Answer?**

Table 2 on page 5 shows that autonomy scores on the Functioning Assessment Short Test (FAST) significantly improved in the experimental group ($p < .001$).