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## Time Geographic Life Charting – a Computer Program for a Life-course Approach!

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**Introduction:** Life charting seems to be an increasing trend in psychiatric care, and the essential idea is that patients' life histories are of primary interest for diagnosis, care and treatment and it can also be a helpful tool in the progress of communication.

**Objectives:** Patients with a history of suicide behavior were assessed as well as female patients with experiences of physical, emotional and/or sexual abuse in general psychiatric care, in urban areas in Sweden.

**Aims:** To create and to evaluate the life course of patients seeking general psychiatric care

**Method:** We used the Hägerstrand (1985) Time Geography model, and constructed the life charts together with the patient using a computer program covering both time and

geographical aspects. Manifest content analysis was used for analyzing the life charts.

**Results:** Stressful events as well as social capacities was identified across the life course and

provided rich information regarding the lived lives of patients seeking general psychiatric care. The life charts have a therapeutic value due to its focus on both stressful events *and* capacities. The use of Time Geography life charting can also be a helpful tool in the progress of communication as well as an apparatus for identifying stressful and prosperous life periods.

**Conclusions:** A profound knowledge of the patients was illustrated and therefor preventive strategy can be formulated.