



Interventions addressing disabilities and recovery in schizophrenia

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BACKGROUND

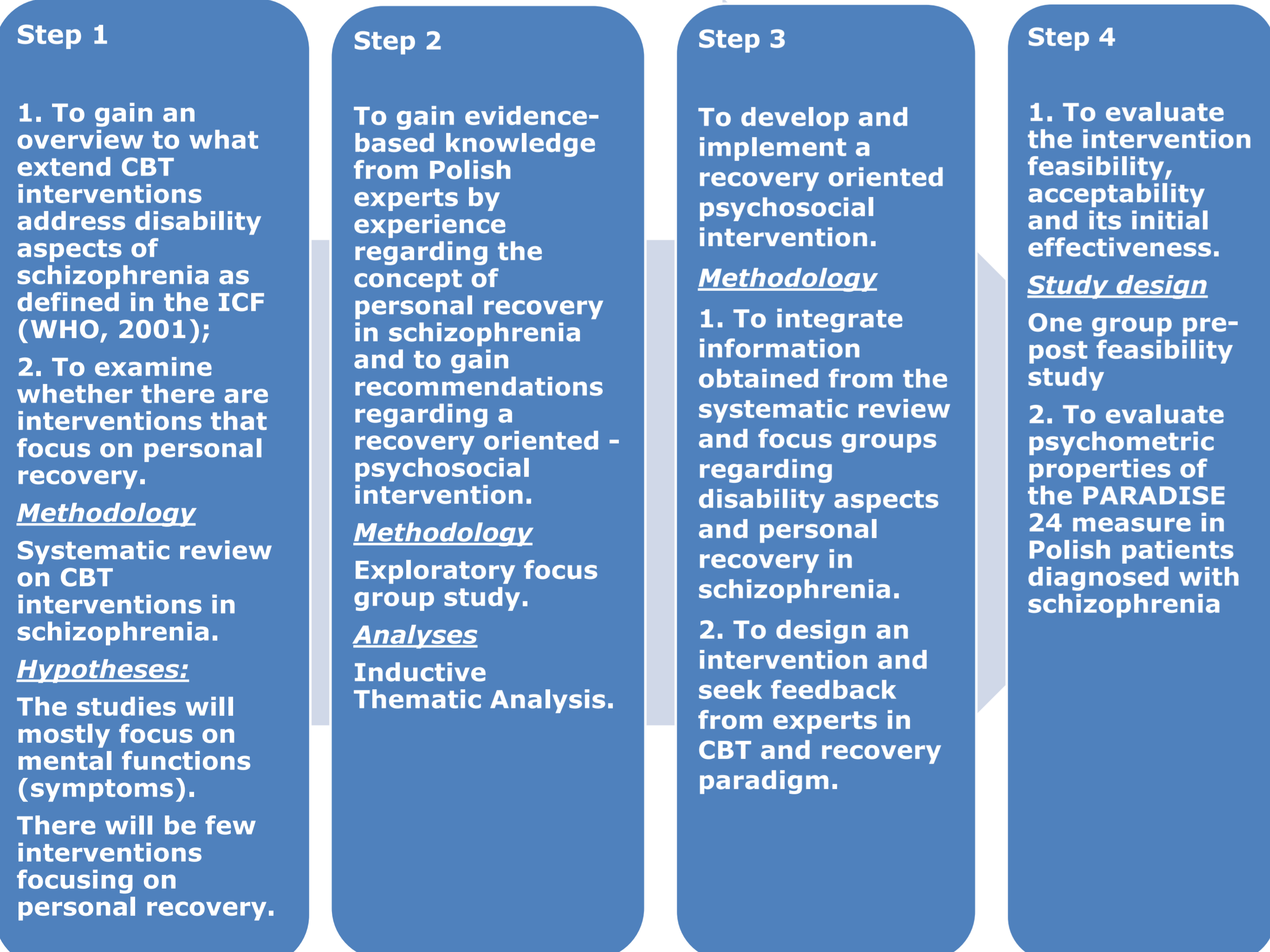
- Recovery process in schizophrenia goes beyond symptomatic remission and focuses on attainment of a valued and meaningful life despite the presence of disabilities imposed by illness.^{1,2} Nearly half of the patients diagnosed with schizophrenia suffer from chronic medical problems which in more than a half of cases lead to premature death.³
 - Existing evidence based knowledge learned from experts by experience indicates that personal recovery comprising of developing hope, empowerment, responsibility for self-management, developing a new identity, finding new life directions, and social connection is an important aspect of recovery in mental illness.⁴
- Main research gaps:**
- Cognitive Behavioural Therapy (CBT) as one of the interventions recommended for schizophrenia treatment⁵ typically focuses on specific functioning aspects, mostly symptoms. Information regarding which different CBT programmes impact the whole scope of disabilities that affect schizophrenia sufferers is needed.
 - It is also unclear whether there are CBT interventions that focus on personal recovery.

OBJECTIVES AND RESEARCH PLAN

General objective

To support schizophrenia sufferers in overcoming disabilities related to illness and personal recovery process through the development and implementation of a recovery oriented psychosocial intervention.

Research plan



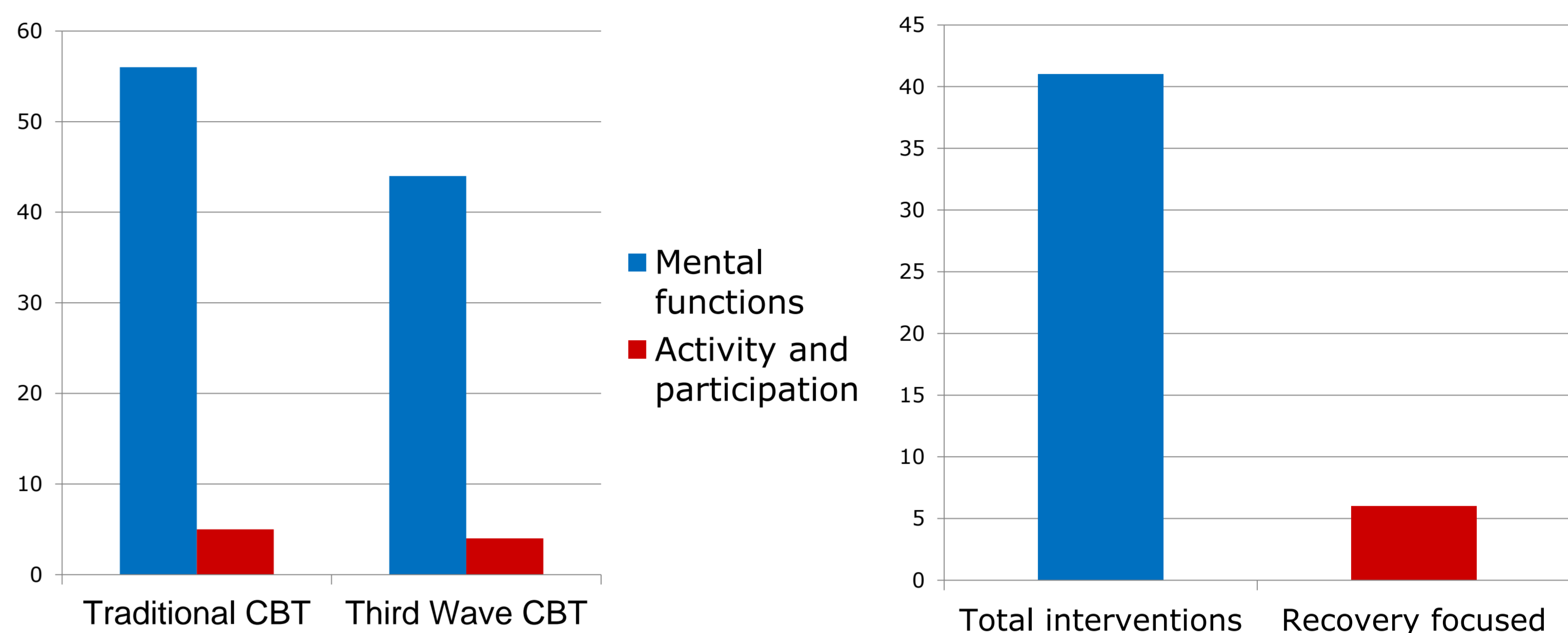
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RESULTS

Systematic review – disabilities and personal recovery in CBT interventions (step 1)*

Research questions:

- What disability domains are being addressed by current CBT approaches?
- Are there CBT interventions that focus on personal recovery?



*Preliminary findings

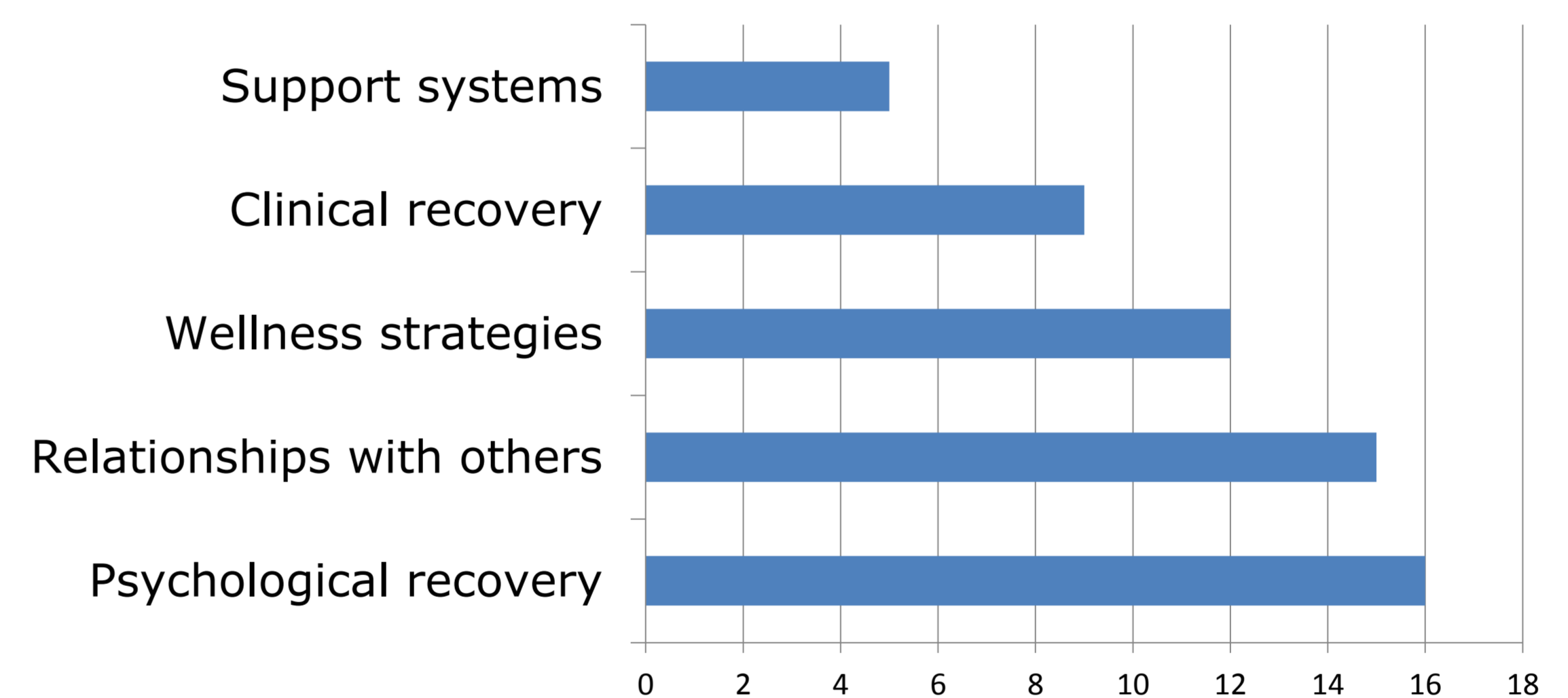
Focus groups – personal recovery concept (step 2)

Objective 1. To identify schizophrenia sufferers' definition of recovery.

- What does the term recovery mean to you?
- Name the important elements of your recovery, please.

Objective 2. To gain recommendations for a psychosocial intervention.*

- Which of the recovery elements should be addressed in a psychosocial intervention?



*Intervention recommendations referred to the all identifies themes.

Intervention (step 3)*

Aim of the training: to support schizophrenia sufferers in overcoming illness related disabilities and foster personal recovery process.

Length: 6 group sessions, 2 hours each

Conceptual background: personal recovery, empowerment, life-long learning, CBT.

Session 1	Moving beyond symptom reduction - biopsychosocial and personal recovery concept introduction
Session 2	Value based goal setting
Session 3	Empowerment and development of positive self-identity
Session 4	Wellness strategies (mental health)
Session 5	Wellness strategies (health promotion)
Session 6	Connecting with others

* Design of the intervention in progress.

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