Title:

Test of Mindfulness-based Psychosocial Skills Training to Improve Insight and Functional Recovery in Schizophrenia

Authors:

Emin Yilmaz, Ayse Okanli

Link:


Summary

Schizophrenia is a disorder known to lead to severe cognitive, social and personal losses, since some of its manifestations are severe and its evolution sometimes defeating.

Despite the great evolution since pharmacotherapy, a lot of work still remains in the sense of recovering insight about disease and one’s capacity for a productive life with performance of personal and professional tasks and responsibilities.

The present study split a group of 50 schizophrenic patients into two different groups, 24 allocated to Treatment As Usual (pharmacotherapy and support) and 26 allocated to training in Mindfulness-Based Psychologic Skills Training (MBPST).

Both groups were evaluated in three moments (pre, post intervention, and follow-up) through two scales:

- FROGS (Functional Remission of General Schizophrenia), which evaluates the functional remission of general schizophrenia symptoms;

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- BCIS (Beck Cognitive Insight Scale), that evaluates the cognitive insight, or the evaluation the patient makes of his psychotic symptoms (delusion, hallucinations) and others (depression, anxiety)

The MBPST training was composed of mindfulness practices (breathing, body scan, mindfulness for life) and psychosocial training

The outcome between both groups showed a significant improvement both in BCIS (evidencing an improvement in insight) and FROGS (pointing to an observable clinic improvement).

All patients received medication during the entire period of the study.

CONCLUSIONS:

Such a study offers two points to be considered, the first being the possibility of other adjuvant interventions together with pharmacotherapy for schizophrenia, which could act in a synergic manner, in order to restitute maximally the productive capacity as well as social insertion. The second aspect points to the importance of mindfulness as a powerful tool for strengthening both insight and self-perception abilities, not only for schizophrenic patients, but for everyone.