

Interpersonal interaction groups for chronic schizophrenia

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Purpose

The positive and negative symptoms of schizophrenia (positive symptoms such as: delusions, hallucinations, deconstructed language, confusion and other behaviors; negative symptoms such as: poor social language, lack of emotional expression, lack of motivation, life withdrawal, etc.) often prompt patients to communicate with It is difficult for others to have positive interactions. At the same time, diseases are related to social interaction disorders. Most of the drug treatment can effectively improve the positive symptoms, but the effect is not good for the negative symptoms. Therefore, it is very important to cooperate with mental rehabilitation treatment. One of them can be used Group therapy to aid improvement.

Methods

The interpersonal interaction group is formed in the day ward, with 9 patients with chronic schizophrenia. The group is held once a week, 90 minutes each time, for four weeks, led by a nurse. The first and last time of the group is to assess the distress index with a mood thermometer , Evaluation of interpersonal interaction skills with communication and interaction skills tools. The group themes are nice to know you, four treasures of communication, something to say, and my blessings.

Results

The attendance rate of the group was 100%, the average score of the mood thermometer dropped from 4.6 to 3 points((five questions, five-point method)), no one had suicidal thoughts before and after the group, and the communication and interaction skills 60 points increased by 65 points. Interaction skills have improved. After the last group, a survey on the satisfaction of the patients with the leaders was conducted, with an average score of 4.3.

Discussion and Conclusions

Although the nature of the ward and the characteristics of the patients need to be taken into account in the group, the interpersonal interaction group is a highly feasible group therapy, which can not only help the patient's social skills, but also discover the patient's recent stressors during the process and provide a channel to relieve stress.

