Effects of behavior treatment for schizophrenia patients during recovery stage

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View from specialist: It is creative, and of certain scientific and educational value.

[ABSTRACT] Objective: To evaluate the efficacy of cognitive behavioral therapy on stigma fellow anxiety and depression with rehabilitation schizophrenia. Methods: Single blind method was applied to choose 100 patients with rehabilitation schizophrenia, then randomly assigned them into cognitive behavioral therapy group (CBT group, n=50), and support phycotherapy group(ST group, n=50). The patients accepted 8 sessions of CBT or ST respectively based on the same drug therapy. Stigma Scale for mental(SSMI-C), Hamilton Depression scale(HAMD), and Self-rating anxiety Scale(SAS) were used to assess the efficacy and difference of scores at baseline, weeks 4 and 12 blindly. Results: In CBT group, the total score and three factors of SSMI-C were lower at weeks 4 and 12 than that in ST group(P<0.01). the total score of HAMD were lower at weeks 4 and 12 than that in ST group(P<0.01), the total score of SAS were lower at weeks 12 than that in ST group(P<0.01). All differences were significant. Conclusion: It suggests that cognitive behavioral therapy could improve the stigma fellow anxiety and depression of the patients with rehabilitation schizophrenia.

[KEY WORDS] Stigma fellow anxiety and depression; Rehabilitation schizophrenia; Cognitive behavioral therapy; Single blind