

EFFICACY OF MODIFIED COMPLIANCE THERAPY FOR SCHIZOPHRENIA PATIENTS

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Background: Schizophrenia requires a large share of medical resources due to its early onset and chronic and severe nature. Compliance therapy is a therapy specifically designed to improve concordance with treatment for those with major mental illnesses. The aim of present study was to determine whether compliance therapy improves drug adherence and consequently makes better global functioning and improves quality of life in schizophrenic patients.

Methods: This randomized controlled clinical trial study was done in Noor hospital in 2008-2009. Patients were randomly assigned to receive the intervention consisting of 8 sessions of compliance therapy, or the control treatment consisting of an equal number of sessions of supportive counseling. All patients were evaluated by Heinrichs Quality of Life scale, Global Assessment of Functioning (GAF) scale, and Positive and Negative Symptoms Scale (PANSS) at baseline, third month and sixth month follow-up after intervention.

Results: 76 schizophrenic patients who met criteria of study were enrolled in the trial. Our data showed a significant main effect for interaction of group and time for GAF scale, Heinrichs Quality of Life scale and PANSS.

Conclusions: The findings of our study showed that compliance therapy can improve not only global functioning but also quality of life in schizophrenic patients. In addition, PANSS was improved during the six months follow up in compliance therapy group.