

INTEGRATIVE MODEL OF PSYCHOEDUCATION IN THE TREATMENT OF PATIENTS WITH SCHIZOPHRENIA

G. Kozhyna, V. Korostiy, L. Gaichuk

Psychiatry, Narcology and Medical Psychology, Kharkov National Medical University, Kharkov, Ukraine

Introduction: The fight against discrimination and stigmatization of consumers of mental health services is a priority for the WHO and WPA. The purpose of the psychoeducation - destigmatisation of mental disorder and mental health care, an understanding of the society daily living of the consumers of psychiatric care and their families.

Objective: Comprehensive survey of 97 patients with schizophrenia in a period of stabilization. The main group - 67 patients in whom therapy used psychopharmacotherapy, psychoeducation and training. Control - 30 patients receiving psychopharmacotherapy.

Aims: To estimate the effectiveness of psychoeducational programs in the treatment of patients with schizophrenia.

Methods: Trainings were conducted in closed groups, the number of participants from 6 to 12 people. Each cycle consisted of 12 psychoeducation sessions lasting 2.0 hours with a frequency of 2 times per week. In our work we used an integrative model of psychoeducation includes information modules, techniques of cognitive-behavioral therapy, problem-oriented discussion, family therapy.

Results: Analysis of the dynamics of social functioning and quality of life of patients with schizophrenia before and after psychoeducation showed that they increased in the intervention group significantly greater and more sustained than in the control group, especially in areas such as the general welfare, health, performance, family relationships and social contacts.

Conclusions: Psychoeducation not only increases the volume of knowledge increases confidence in combating the disease, but it solves the problem of social reintegration of the patient.