

Motivating the Unmotivated: Enhancing Motivation in Persons with Schizophrenia Group

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Introduction. The *Enhancing Motivation in Persons with Schizophrenia* Group is a manualised programme designed to tackle needs of those on rehabilitation wards of a psychiatric hospital. A number of theoretical models have been utilized to provide important perspectives on factors promoting motivation and behavior change (social learning theory, motivational interviewing, transtheoretical model). These models, along with the use of specific psychological techniques provide the underpinnings for the group.

Objectives. In terms of pathways of care, it is the first point in the pathway, paving the way for future psychosocial treatment facilities, work and development. It enables patients to gain some understanding about a variety of mental health issues and offer them a space to explore them in relation to their own experiences.

Aims. The aims of the programme include provision of a positive non-threatening experience of working in groups, developing an open channel of communication, helping identify personal targets for treatment and help participants identify a rationale for engaging self-change. The programme also provides staff with some experience of each patient, their motivation and capacity to function within a group.

Methods. The programme is delivered on the admission by trained psychologists, consisting of 10 one-hour sessions covering a number of topics, with clear pre- and post-assessment.

Results. The group is in the process of being delivered for the fifth time. Feedback, both anecdotally and from formal assessment had been positive.

Conclusions. Staff and patients alike have offered useful feedback and highlighted the utility of the programme in their experience.