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Introduction

Illness management group programmes providing information and coping strategies for clients and their relatives have gained importance in Europe.

At the Department for Psychiatry and Psychotherapy LMU Munich three cognitive-psychoeducational treatment programmes in schizophrenia, bipolar disorder and major depression were implemented and evaluated. Randomised controlled trials with two year follow-up were to evaluate programmes in schizophrenia and in major depression.

Methods

196 clients with schizophrenia were randomised to Coping-Oriented Cognitive Therapy (COP) or Supportive Therapy (SUP). Psychopathological Symptoms (BPRS-E), Psychosocial Functioning (GAF), Knowledge about Psychosis and its treatment, Illness concepts, and Cognitive Functioning were assessed.

Results

Participants in COP showed higher gains in knowledge compared to SUP from pre- to post-treatment. At two year follow-up there were no significant differences between the groups in relapse rates, however compared to other studies the rates were promising.