Article: EPA-1615

Topic: P31 - Schizophrenia

PSYCHOSOCIAL TREATMENT AND ENHANCING MOTIVATION IN SCHIZOPHRENIA

N. Semenova¹

¹Outpatient Psychiatry, Moscow Research Institute of Psychiatry MoH RF, Moscow, Russia

Introduction. Psychosocial treatments, broadly defined, refer to the use of human interactions for therapeutic purposes. Psychosocial treatments, in conjunction with pharmacotherapy, are increasingly utilized in treating schizophrenia. Reference is made to recent literature and research, showing that – although a number of current psychosocial treatment approaches address motivation to varying degrees, treating motivation as a primary target is needed to maximize functional outcomes in schizophrenia.

Objectives. The paper describes a group-based intervention designed for persons with schizophrenia-spectrum disorders, to be administered as an add-on module to supplement ongoing psychosocial treatment in an outpatient setting in Moscow Research Institute of Psychiatry. The intervention is designed to enhance motivation to change maladaptive patterns of behavior, and to facilitate engagement in psychosocial treatments.

Methods. Individuals diagnosed with schizophrenia were recruited as they entered outpatient psychosocial rehabilitation programs. Patients completed interview-based measures of motivation. The conductor's work is, in first instance, to turn the group into an effective therapeutic tool.

Results. Inclusion and exclusion criteria of patients, therapeutic team, setting, methodology, techniques, strategies and therapeutic factors – will be presented. We will discuss the modification of motivational enhancement techniques needed at different points in the treatment\rehabilitation process and the evidence for effectiveness.

Conclusions. Potential psychosocial treatment implications are suggested, especially those that emphasize motivational enhancement. Implications for the theoretical understanding and psychosocial treatment of intrinsic motivation in schizophrenia are outlined.