

P03-241

IMPROVING INSIGHT IN PATIENTS DIAGNOSED WITH SCHIZOPHRENIA AND UNDERSTANDING INSIGHT FROM A PATIENT PERSPECTIVE - A MIXED METHODS STUDY

R. Joergensen¹, L. Hansson², V. Zoffmann³, P. Munk-Joergensen¹

¹Unit for Psychiatric Research, Aalborg Psychiatric Hospital, Aarhus University, Aalborg, Denmark, ²Lund University, Lund, Sweden, ³Steno Diabetes Center, Gentofte, Denmark

The method Guided Self-Determination (GSD), originally developed and proven effective in difficult diabetes care, has been adjusted to patients with schizophrenia. Currently a randomised controlled study investigates if the method GSD has effect on the outcomes insight, self-esteem, recovery, psychopathology and social functioning when applied in psychiatric care in 3 Assertive Outreach Teams and 3 Psychosis Teams.

As an extension from the RCT we just started a qualitative study using Classic Grounded Theory. The overall approach is a Mixed Methods Approach with a Sequential Explanatory Strategy.

The RCT hypothesize that the method GSD improves both clinical and cognitive insight in patients, measured by Birchwood Insight Scale and Beck Cognitive Insight Scale that both are self-rating scales. Lack of insight into illness is often associated with patients diagnosed with schizophrenia. Also poorer treatment compliance, clinical outcome, social functioning and response to vocational rehabilitation are linked to lack of insight.

In the literature lack of insight is a complex and multi dimensional phenomenon with disagreement on etiology but always described and investigated from health professionals' perspective. Both insight self-rating scales are also developed by and represent health professionals' perspective on insight. Apparently it appears that the patients' perspective and understanding of insight is missing in the literature.

The qualitative study will both aim on identifying patients' perspective on insight, emerging in a grounded theory and the grounded theory elaborating on the results on clinical and cognitive insight from the RCT.

The poster will illustrate the two designs in a Mixed Methods Approach.