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An Integrated System of the Rehabilitation of Patients with Schizophrenia

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Aims. The study was undertaken to estimate an effectiveness of art therapy and psychoeducational programs in an integrated system of the rehabilitation of patients with schizophrenia.

Objectives. It was conducted comprehensive examination of 142 women with an established diagnosis of schizophrenia in the period of stabilization.

Results. According to the leading psychopathological syndrome all the patients were divided into 4 clinical groups: apathy abulia syndrome, paranoid hallucinatory syndrome, depressiveparanoid, and paranoid syndrome.

An integrated system of the rehabilitation including the methods of art therapy and psychoeducational program concluding various information modules, cognitive behavioral therapy techniques, training interactions, problem-oriented discussions.

Conclusions The present study demonstrated the rapid reduction of psychiatric symptoms, normalization of emotional state, stabilization of the behavior of patients, improvement of cognitive results, improvement of psychophysical activity, expanding of contacts, restoration of usual driving mode on the background of art therapy and psychoeducational approaches.

The criteria were used to estimate the effectiveness: stability of remission, rates of hospitalization, quality of life, level of anxiety, improvement of the mental state.