

Study on the Effects of Cognitive Behavioral Therapy for Patients with Schizophrenia

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Abstract : Many studies have previously addressed cognitive behavioral therapy (CBT) for patients with schizophrenia in foreign countries, but there have so far been few studies on the effects of CBT for schizophrenia in Japan. This study was conducted to verify the effects of CBT on patients with schizophrenia in Japan. Twelve patients with schizophrenia were selected as subjects. The subjects were divided into 2 groups of 6 patients. One group had therapeutic intervention of CBT (CBT group), and another group had treatment-as-usual (control group) for 5 weeks. The following 10 assessments were used for the evaluation. 1) Positive and Negative Symptom Scale (PANSS), 2) Schedule for Assessment of Insight (SAI), 3) the Calgary Depression Scale for Schizophrenia (CDSS), 4) Event Related Potential P300, 5) Wisconsin Card Sorting Test, 6) subtests concerned with attention and concentrations in the Wechsler Memory Scale-Revised, 7) Word Fluency Test, 8) Trail Making Test, 9) Stroop Test, and 10) WHO QOL26. These assessments were conducted before and after intervention and the changes before and after intervention in assessments were compared between the 2 groups. No significant difference was detected between the groups with respect to any background index. No significant difference was detected between the groups with respect to any assessment before the intervention. The between-group comparison of change after intervention in each assessment showed some significant differences. The CBT group showed a significant decrease in the subscale of PANSS score in comparison to the control group. The CBT group showed a significant increase in scores in the insight into mental symptoms, a subscale of SAI, and the total SAI, in comparison to the control group. The CBT group showed a significant decrease in the CDSS score in comparison to the control group. The CBT group showed a significant increase in the average score of QOL in the physical aspect subtest in comparison to the control group. CBT was suggested to improve symptoms, insight into disease, depression and QOL in patients with schizophrenia.

Key words : Cognitive behavioral therapy, Schizophrenia, Psychoeducation, Social skills training, Neurocognitive function, Psychological test