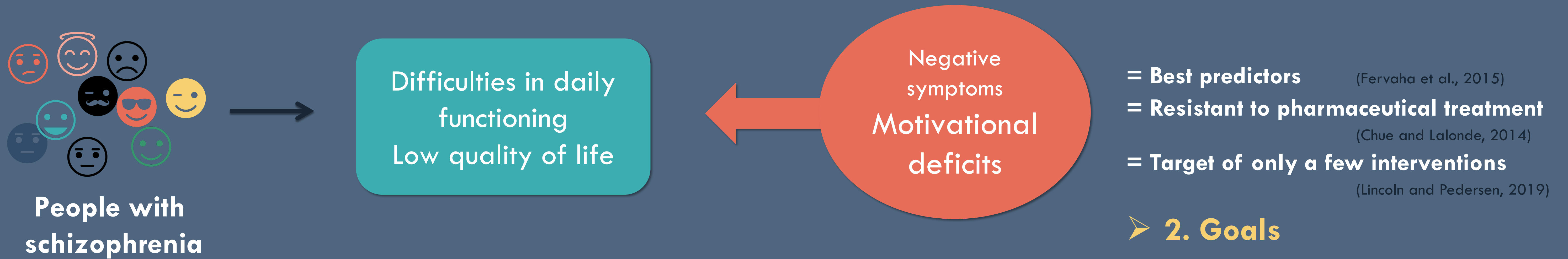


# Intervention targeting motivational deficits in schizophrenia: preliminary results of a case study using ecological momentary assessment.

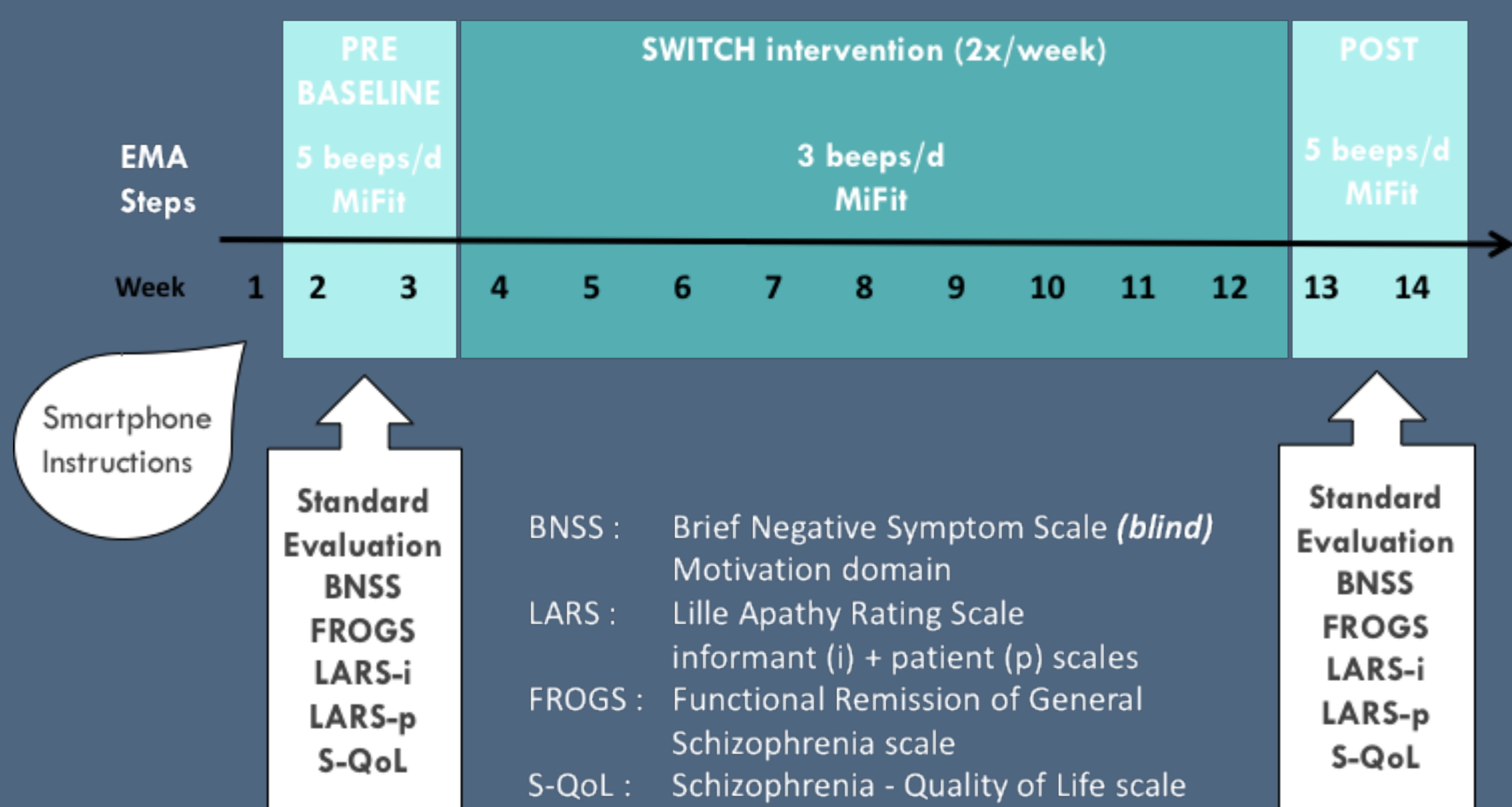
Thonon, B.<sup>a,\*</sup>, Della Libera, C.<sup>a</sup>, Larøi, F.<sup>a,b,c</sup>  
\*[benedicte.thonon@uliege.be](mailto:benedicte.thonon@uliege.be)

## 1. Background

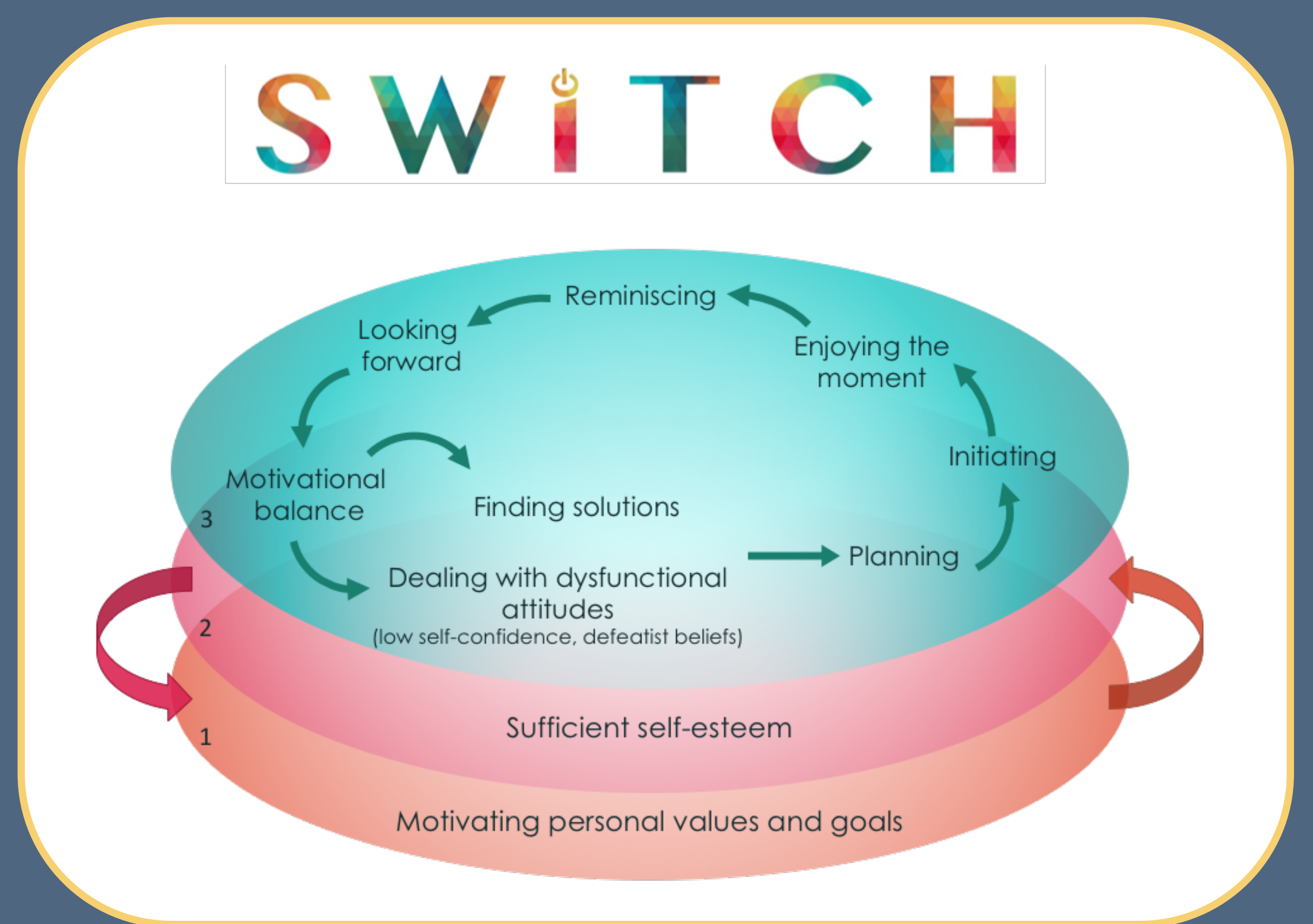


## 3. Methods

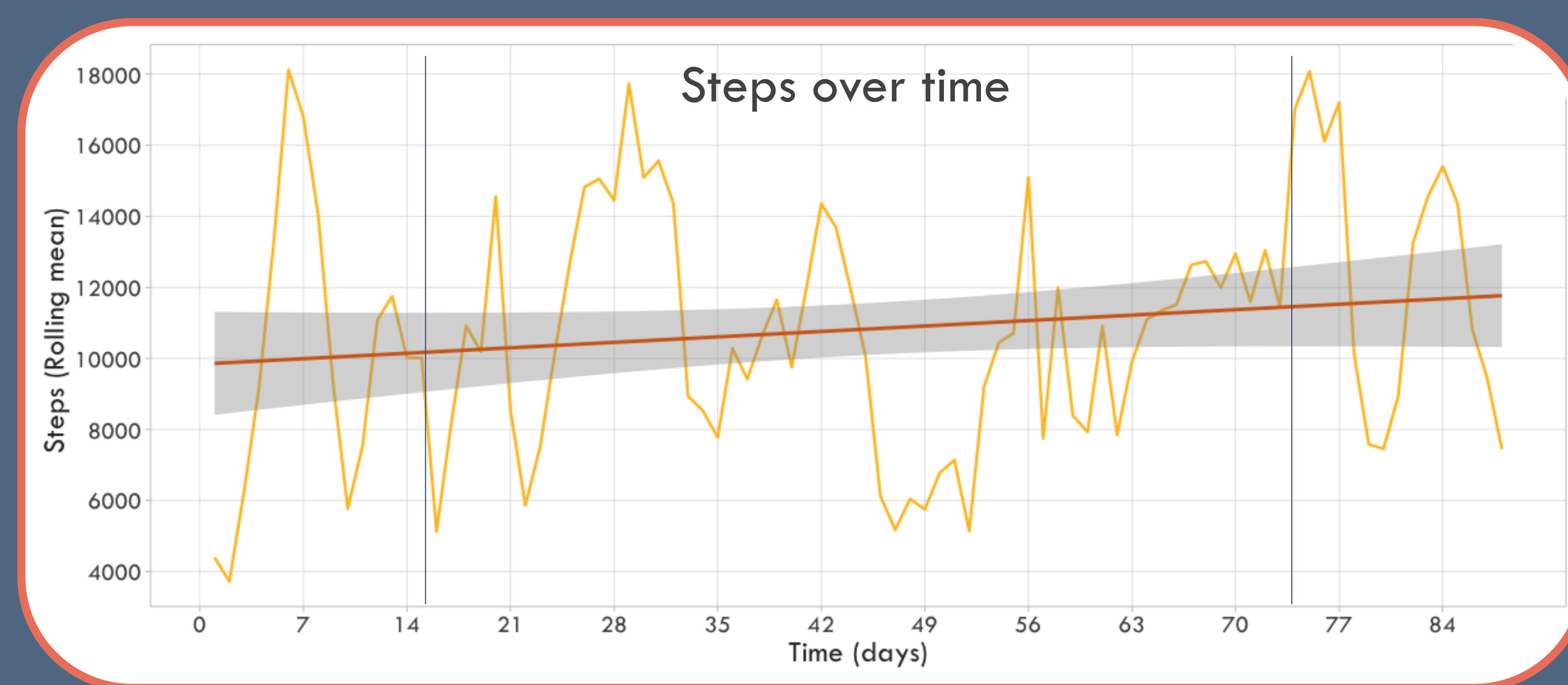
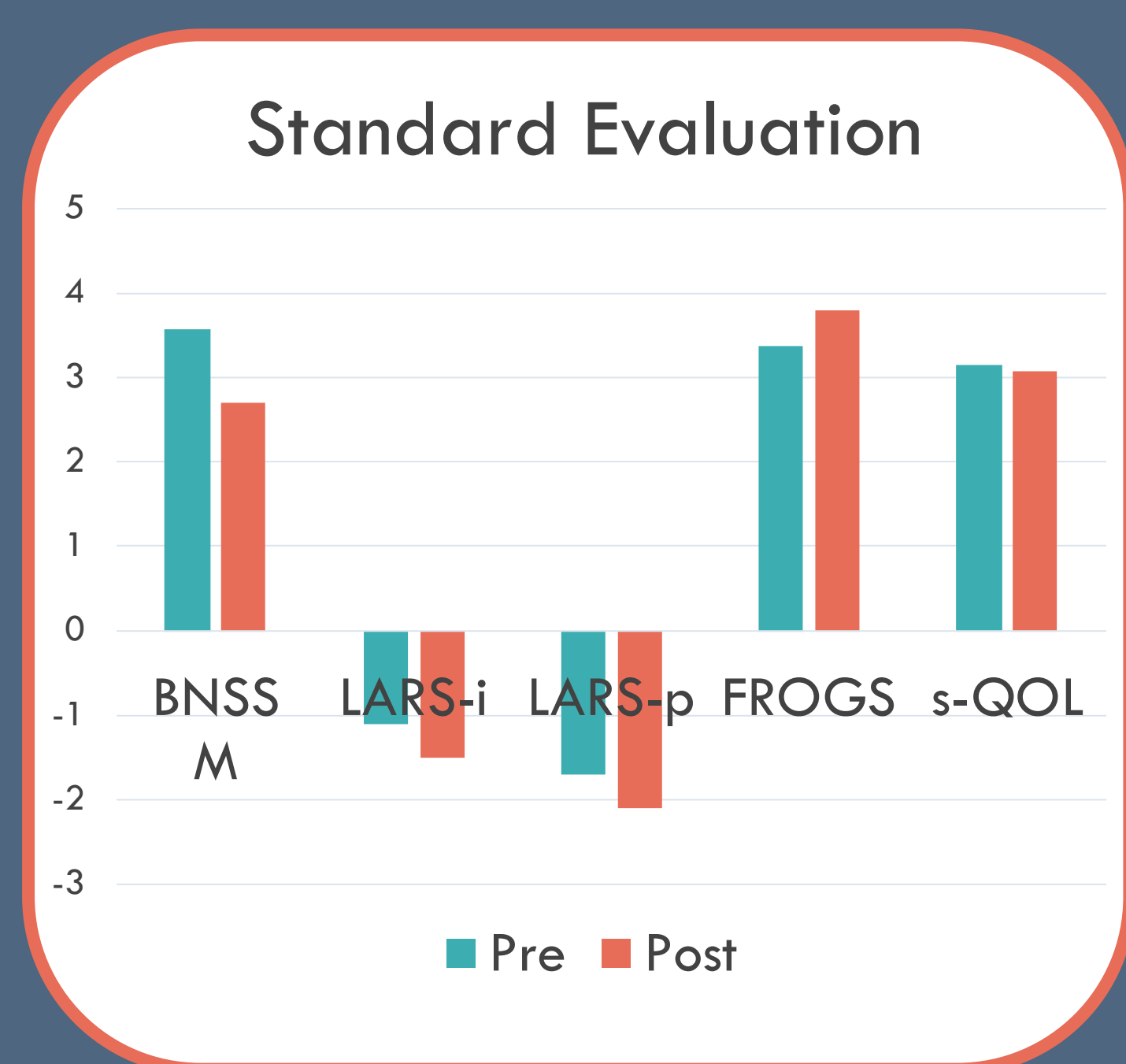
- Single case: male participant, 34y, schizophrenia.
- Pre-post design.
- Ecological Momentary Assessment (EMA): questionnaire based on SWITCH's Model; via app on smartphone.
- Step count / day (activity watch).



Further validate Switch (Thonon et al., in prep) a multifactorial intervention based on models of motivational deficits in schizophrenia. (Kring and Barch, 2014; Rector et al., 2005)  
Explore relationship between variables related to motivation.

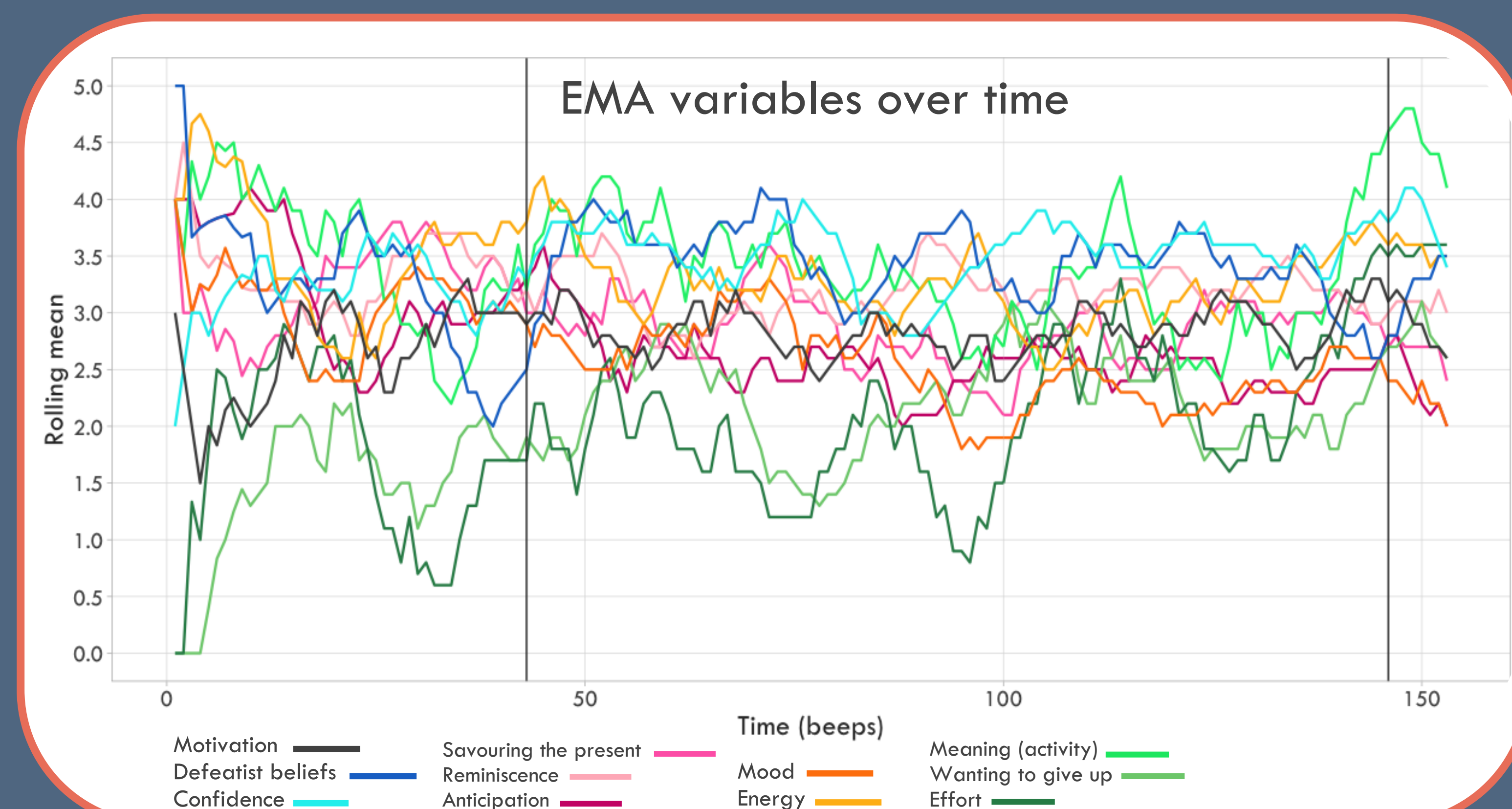


## 4. Results and Discussion



Increase in number of steps/day.  
Objective indicator of a reduction in apathy?

After 14 sessions of Switch, moderate to moderately severe motivational negative symptoms became light to moderate, apathy reduced as assessed by the participant and his informant. His informant also noted an improvement in daily functioning. Quality of life remained slightly unsatisfying.



- Hypotheses:**
- Higher motivation ↔ Better mood?
  - Mood related to savouring present moment and pleasure anticipation?
  - Coping with defeatist attitudes? Impact on confidence?
  - More effortful activities over time?
  - Activities meaningful + = effortful+? Effortful+ → wants to give up+?
  - ... Discuss with author ☺