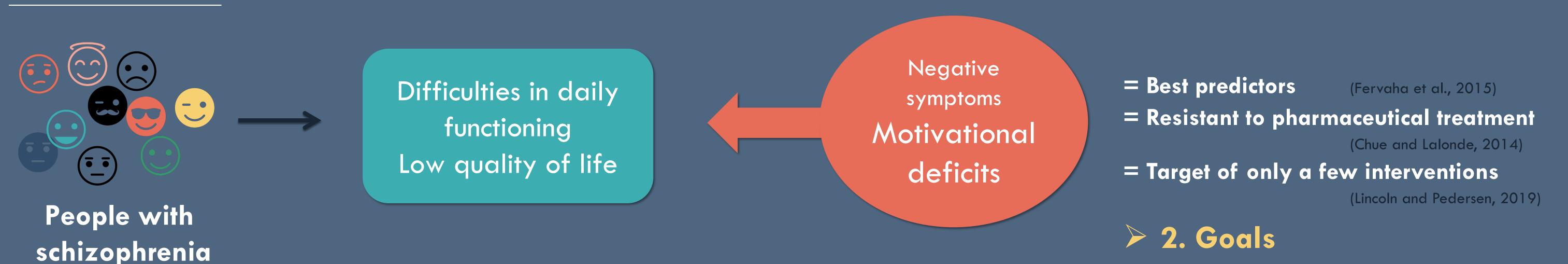
Intervention targeting motivational deficits in schizophrenia: preliminary results of a case study using ecological momentary assessment.



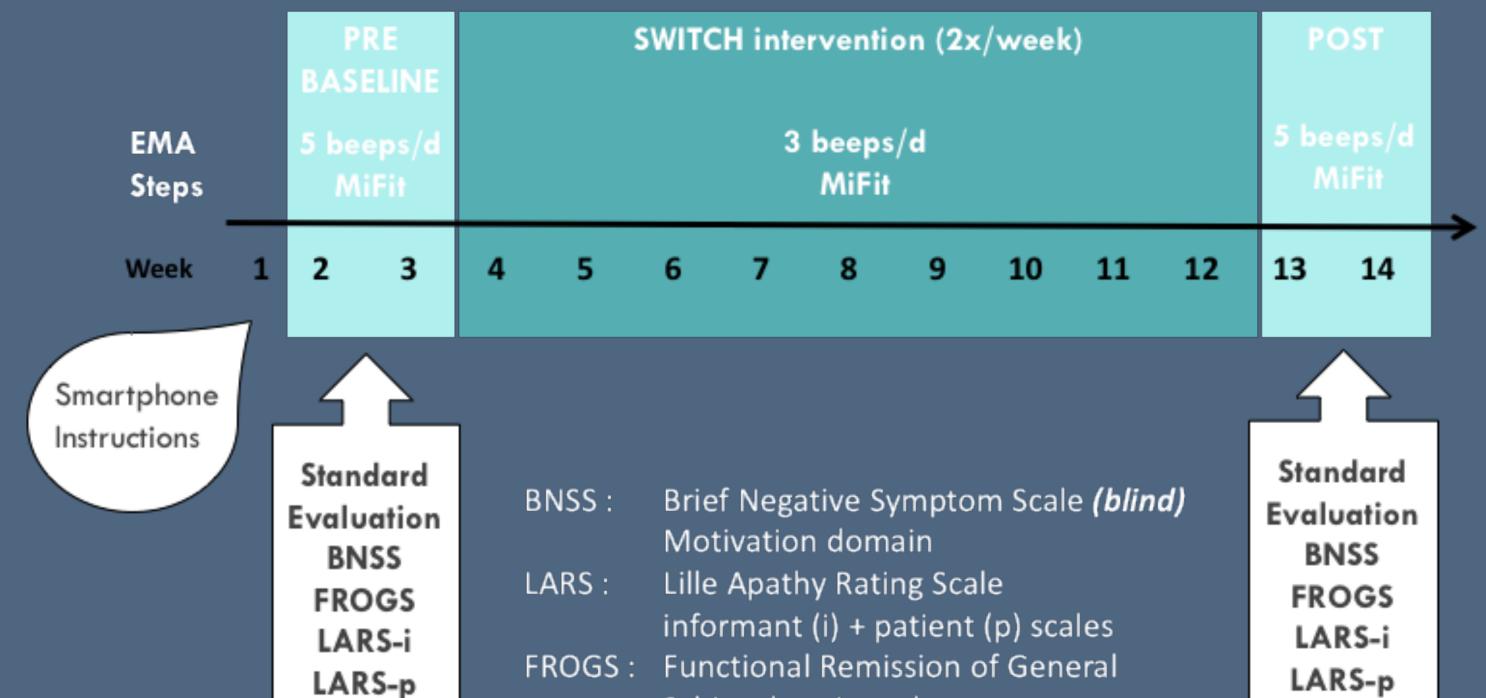
Thonon, B.^a *, Della Libera, C.^a, Larøi, F.^{a,b,c} *benedicte.thonon@uliege.be

1. Background

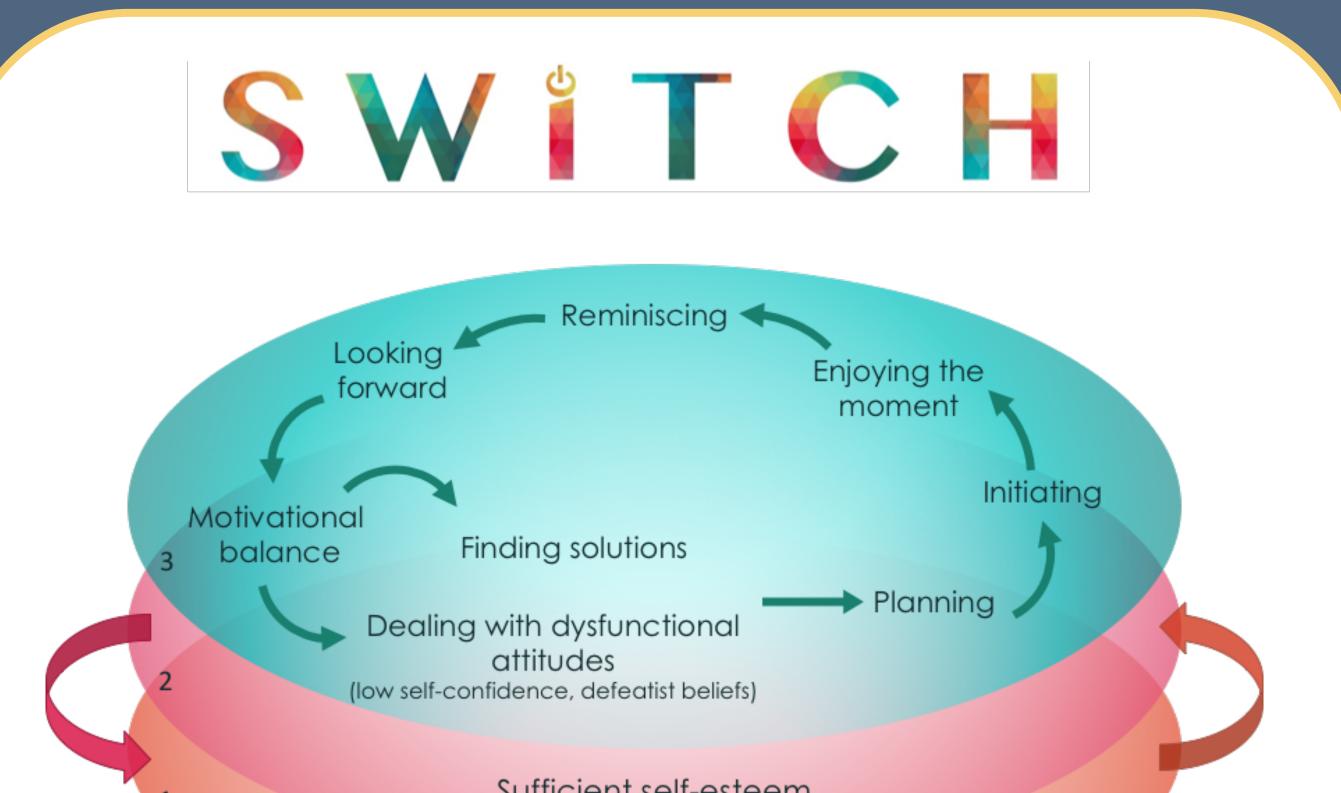


3. Methods

- \succ Single case: male participant, 34y, schizophrenia.
- Pre-post design.
- > Ecological Momentary Assessment (EMA): questionnaire based on $S \otimes I \subset H$'s Model; via app on smartphone.
- \succ 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.



S-QoL

Schizophrenia scale S-QoL : Schizophrenia - Quality of Life scale

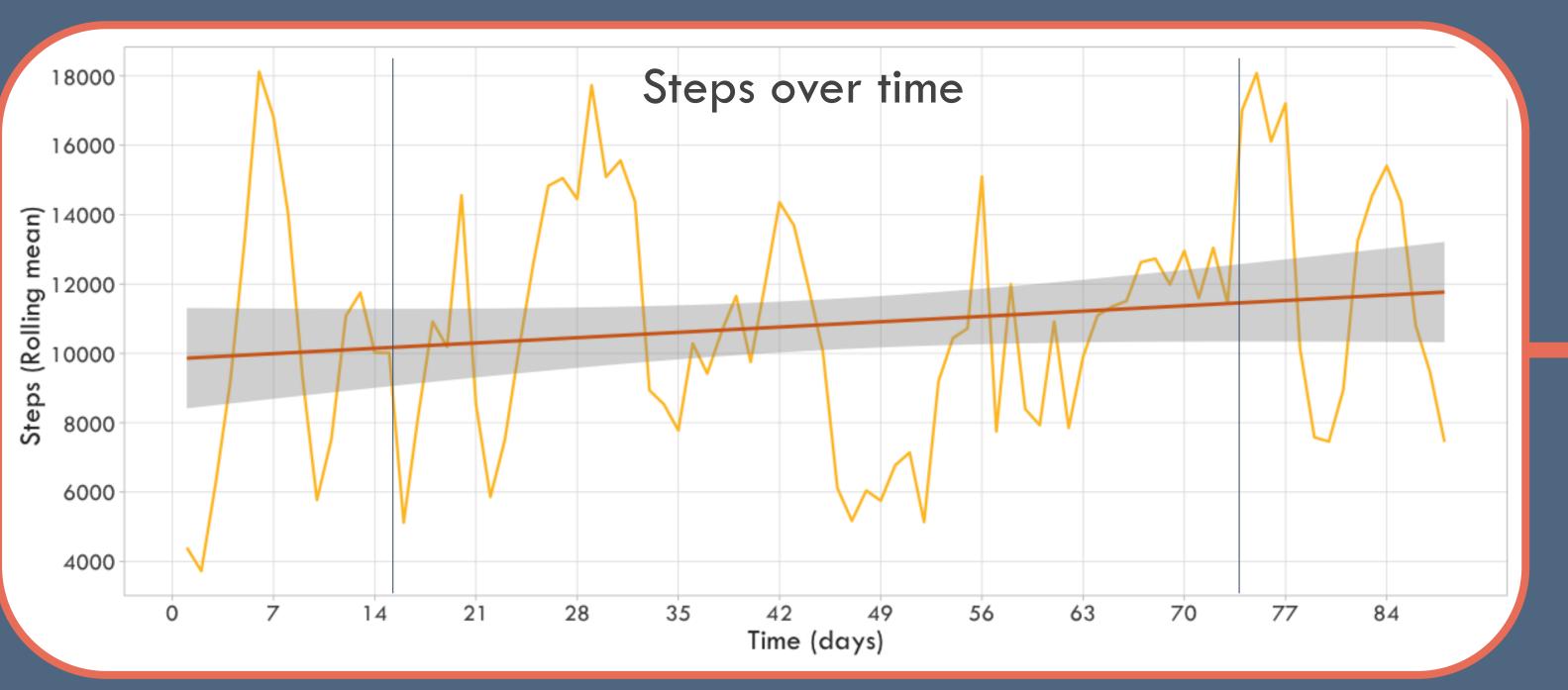
S-QoL

Sufficient self-esteem

Motivating personal values and goals

4. Results and Discussion



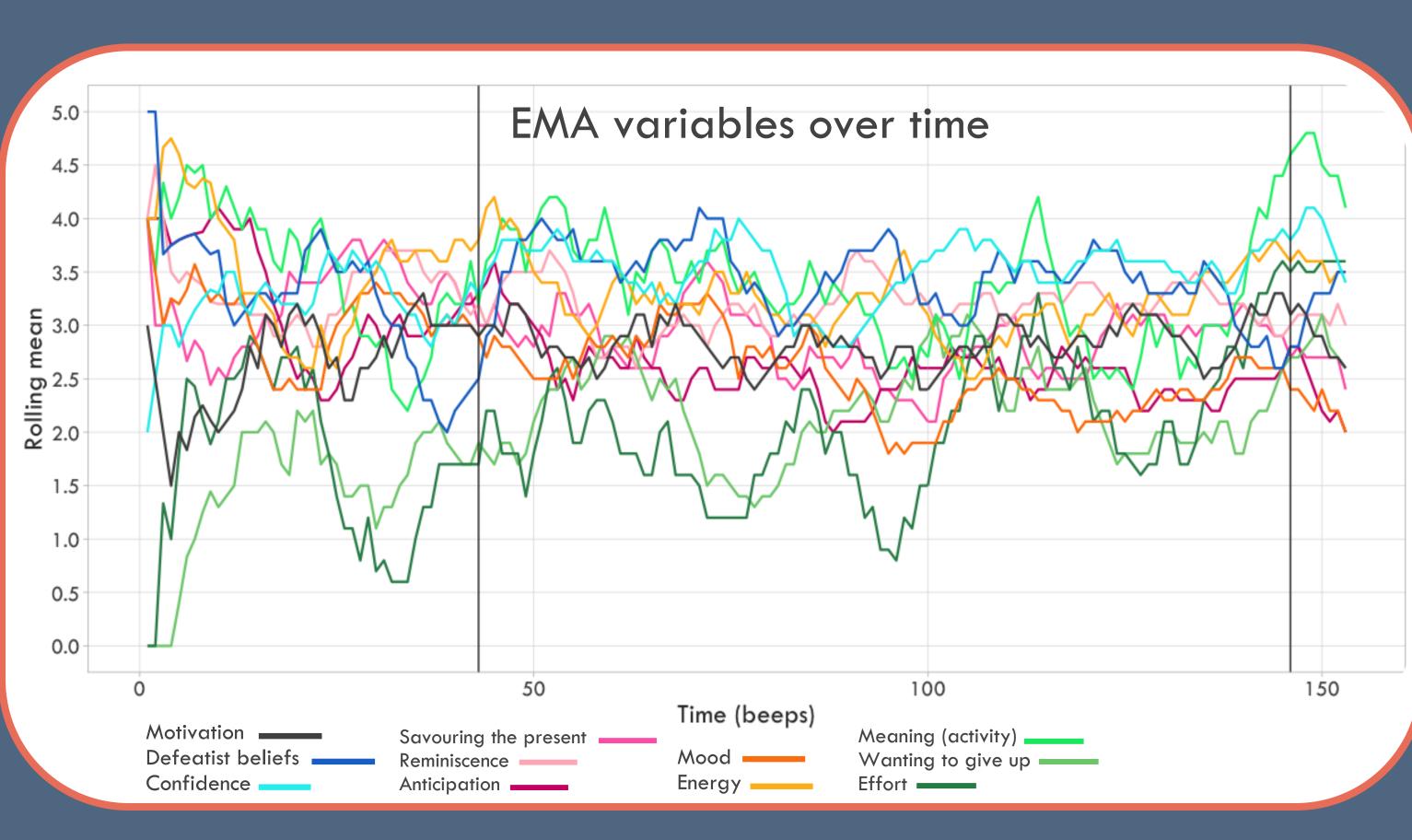


Increase in number of steps/day. Objective indicator of a reduction in apathy?



- Higher motivation \leftrightarrow Better mood?
- Mood related to savouring

After 14 sessions of Switch, moderate to moderately severe motivational negative symptoms became light to moderate, apathy reduced as assessed by participant his and the informant.



His informant also noted an improvement in daily funtioning. Quality of life remained slightly unsatisfying.

and present moment pleasure anticipation ? defeatist Coping with

attitudes ? Impact on confidence ?

- More effortful activities over time ?
- Activities meaningful + = effortful⁺? Effortful⁺ \rightarrow wants to give nb+ 5 ... Discuss with author ③

<u>References and additional information</u>: benedicte.thonon@uliege.be

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