Switch: pilot intervention that targets motivational deficits in people with schizophrenia

Background

People with schizophrenia

Difficulties in daily functioning
Low quality of life

Negative symptoms
Motivational deficits

Methods

9 participants with schizophrenia / schizoaffective disorder participated in Switch for 6 months. 7 of them followed Switch for 12 months.

Assessment (T0-T3):
• Brief Negative Symptom Scale (BNSS) Amotivation subscale
• Functional Remission of General Schizophrenia (FROGS)
• Schizophrenia - Quality of Life scale (S-QOL)

Results and Discussion

• After 6 months of Switch, significant and important reduction in motivational deficits (d=-0.98, p=.02) and functional outcomes (d=-0.90, p=.04).
• After 12 months of Switch, significant and important reduction in motivational deficits (d=-0.90, p=0.05). Moderate improvement on functional outcomes, but statistically non-significant (d=0.42, p=.30).
• 6 months after the end of Switch, moderate reduction in motivational deficits (d=-0.50, p=.23) and functional outcomes (d=-0.66, p=.17), but statistically non-significant.
• Zero effect on reported quality of life. Secondary analyses: improvement on satisfaction regarding family relationships.

Moderate to moderately severe motivational negative symptoms became light to moderate. Participants in Switch showed more autonomy in their daily life after the intervention.

Need to work on the maintenance of the improvement and the impact on reported quality of life.

References

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= Best predictors (Fervaha et al., 2015)
= Resistant to pharmaceutical treatment (Chue and Lalonde, 2014)
= Target of only a few interventions (Lincoln and Pedersen, 2019)