

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

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Background



Difficulties in daily functioning
Low quality of life

Negative symptoms
Motivational deficits

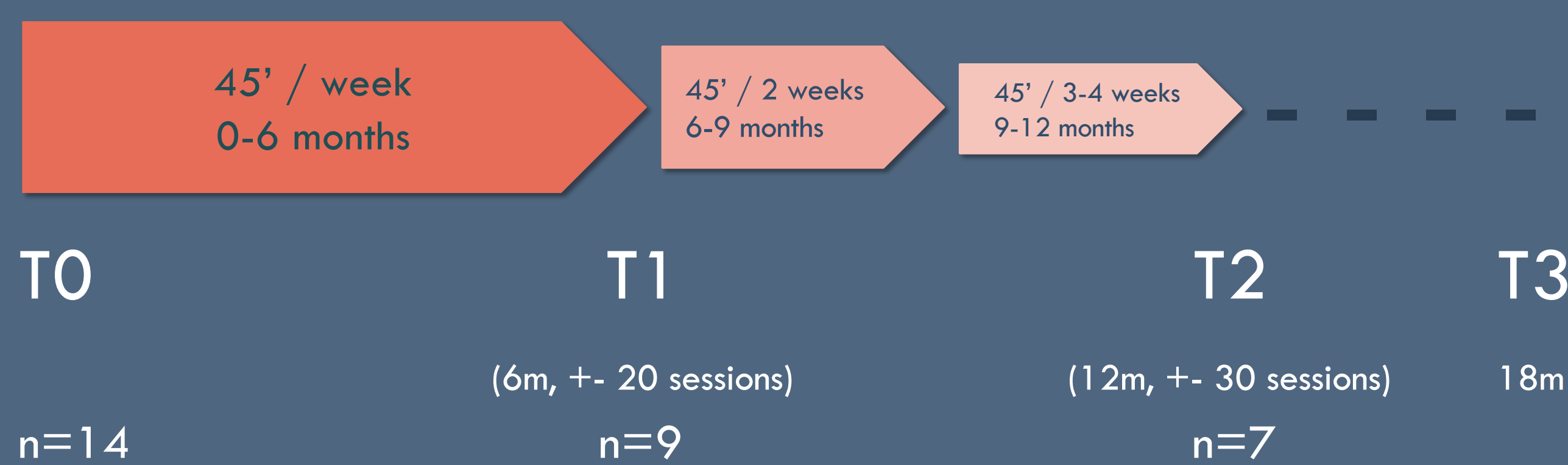
- = Best predictors (Fervaha et al., 2015)
- = Resistant to pharmaceutical treatment (Chue and Lalonde, 2014)
- = Target of only a few interventions (Lincoln and Pedersen, 2019)

➤ Goal

Develop + validate a multifactorial intervention based on models of motivational deficits in schizophrenia (Kring and Barch, 2014; Rector et al., 2005)

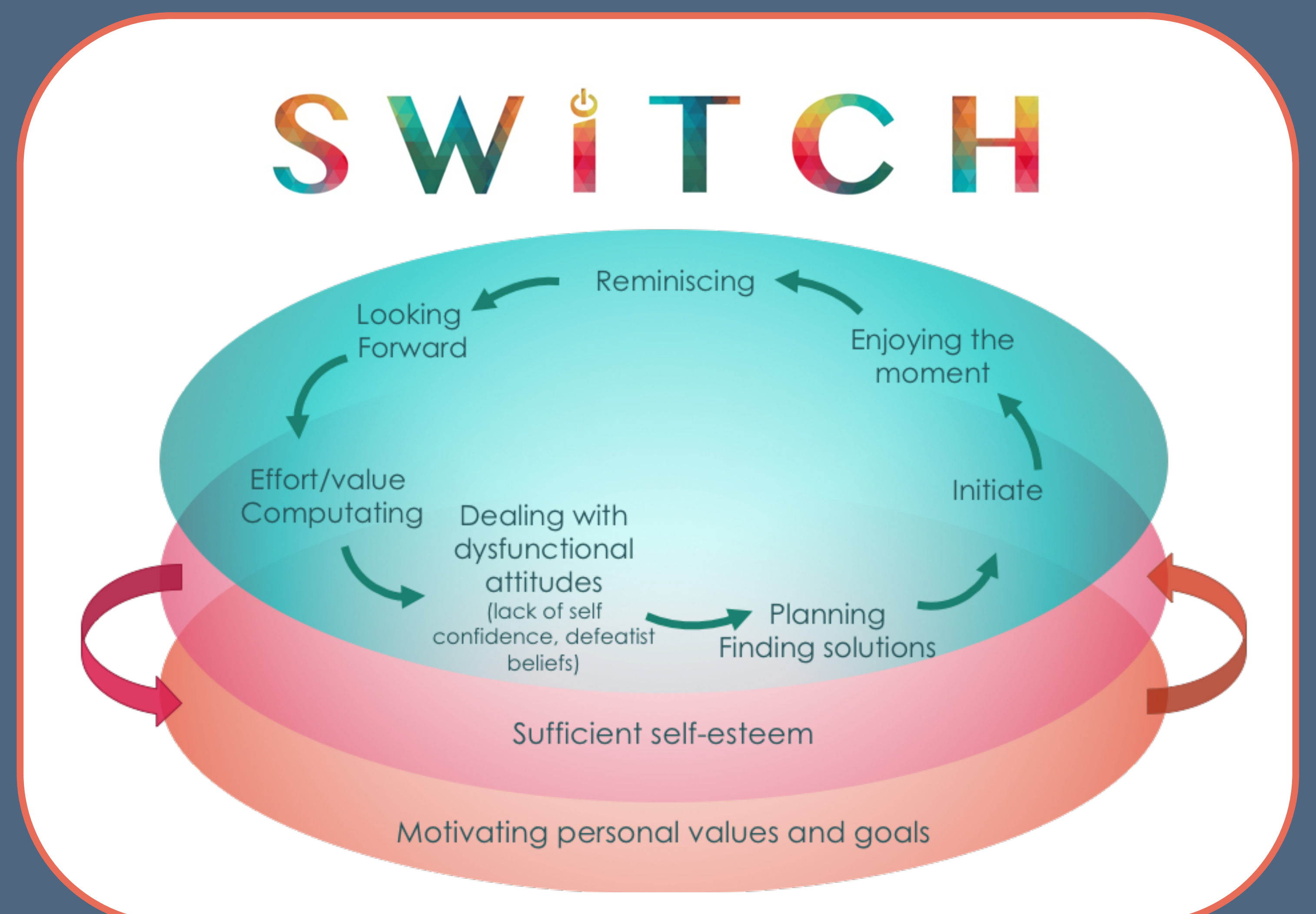
Methods

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

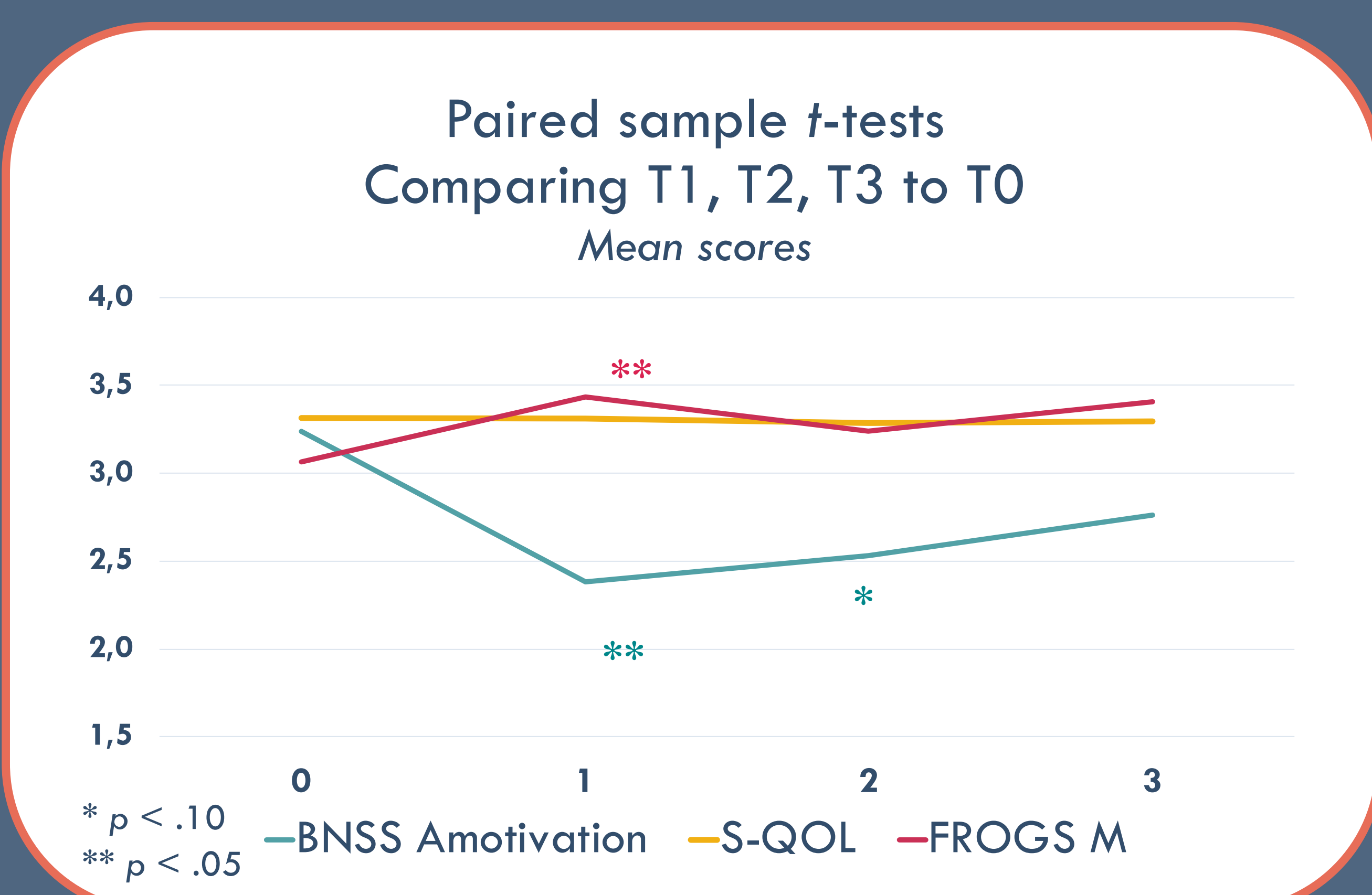


Assesment (T0-T3):

- 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.