Exploring the cognitive insight of people with schizophrenia spectrum disorders in Hong Kong: use of the Beck Cognitive Insight Scale

Wa C(1)
(1)Occupational Therapy Department, Kwai Chung Hospital

Keywords:
Schizophrenia
Cognitive Insight
Self-reflectiveness
Self-certainty

Introduction
Insight is one of the concerned areas in clinical practice. In recent years, the attention towards cognitive insight was raised. Cognitive insight referred to a person’s ability to evaluate own abnormal experience or interpretation of unusual event. Research findings showed primitive evidences that cognitive insight was impaired for people with schizophrenia spectrum and related to other variables, including psychotic signs and symptoms and neuro-cognition. This study aimed at examining if people with schizophrenia spectrum disorders had relative poor cognitive insight when comparing to people without psychiatric diagnosis.

Objectives
To investigate whether the cognitive insight of people with schizophrenia spectrum disorders is different from the people without psychiatric diagnosis in Hong Kong.

Methodology
80 subjects with schizophrenia spectrum disorders and 80 subjects without psychiatric diagnosis were recruited and completed the Beck Cognitive Insight Scale (BCIS).

Result
People with schizophrenia showed higher score of self-certainty than normal control group (Z=-2.611, p<0.01). No difference found for the score of self-reflectiveness and composite index between two groups. Also, difference on the score of self-certainty among single, married and divorced participants in study group was found (chi-square=9.94, p<0.01). Little strength, negative correlation between the score of self-reflectiveness and the total duration of hospitalization was found for study group.
(rs=-0.22, p=0.048). Fair strength, positive correlation was found between the age and the score of self-certainty for both groups (studying group:rs=0.267, p=0.017; control group:rs=0.321, p<0.01). Little strength and negative correlation was found between age and the composite score for the study group (rs=-0.242, p=0.031). People with schizophrenia spectrum disorder had greater self-certainty into themselves when comparing to people without psychiatric disorder in Hong Kong. Also, the self-reflectiveness score was lower if participant had longer total hospitalization duration. The self-certainty score was higher for older participants in both groups.