



## Service Priorities and Programmes Electronic Presentations

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### **Innovation in Psychiatric In-patient Setting: Emotion-oriented Programme for People Suffering from Schizophrenia Spectrum Disorder**

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#### **Keywords:**

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Emotion

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#### **Introduction**

In psychiatric intensive care unit (PICU), people suffering from schizophrenia spectrum disorder experiences higher level of negative emotion and it may be reflected by an underlying ineffective emotion regulation. Under the ineffective emotion regulation, patient always presented with physical and/or verbal aggression and self-harm behavior. Emotion regulation is a crucial component of effective coping strategies in this group of people. Thus, an emotion-oriented programme has been developed aiming at fulfill their psychological need since 2017. This is a 5-session (90 minutes per session) programme for people with schizophrenia spectrum disorder. It takes an interactive approach by using various group games, sharing and discussion to enhance effective emotion regulation and increase happiness level.

#### **Objectives**

To promote participants' emotion self-regulation  
To reduce participants' undesirable behavior in related to emotion  
To increase participants' happiness level

#### **Methodology**

The in-patients with schizophrenia spectrum disorder who aged from 16 to 64 under care of general adult team were recruited into the pilot programme. Subjective Happiness Scale (SHS) was used to measure the pre and post happiness level. Satisfactory survey and narrative comment were collected in group after the programme.

#### **Result**

Two groups had been completed in 2017. There were 9 participants recruited (M:F= 4:5; mean age= 53) and 8 of them completed both pre and post assessments. The mean score of SHS increased by 3.4 (paired t-test,  $p < 0.05$ , 95% C.I.= 0.28 to 6.47). All participants showed satisfactory in this programme and positive narrative comments were given by participants such as "I realize emotion is a normal part of daily life", "I learnt some skills to avoid temper outburst". It is concluded that

emotion-oriented programme is effective to increase happiness level of people suffering from schizophrenia spectrum disorder in psychiatric in-patient setting and participant showed positive narrative feedback. Based on the encouraging and supportive results, it is concluded that the emotion-oriented programme is applicable to people suffering from schizophrenia spectrum disorder and feasible to be implemented in psychiatric in-patient setting.