



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 540

**Submitting author:** Miss MUN YEE CHAN

**Post title:** Registered Nurse, Pamela Youde Nethersole Eastern Hospital, HKEC

### **A New Approach for Negative Symptoms of Schizophrenia: Nurse Led Music Group with the Concept of Recovery Model**

*Chan MY, Chung YL, Cheung KLV*

*Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital*

#### **Keywords:**

negative symptoms of schizophrenia

Music Group

Nursing Intervention

#### **Introduction**

Schizophrenia is a severe form of mental illness with chronicity affecting about 7 per thousand of the adult population, mostly in the age group 15-35 years. The mainstay of the schizophrenia treatment is medication, however first- and second- generation antipsychotics may cause side effects that affect the daily functioning of people with schizophrenia. Upon non-medication-based interventions for schizophrenia, music intervention was one of the four interventions with strong evidence support and merits application. Music intervention can be defined as the controlled use of the influence of music to bring about favourable effects in physiology, psychology, and emotion of humans. The combination of music and recovery model was a new concept on the music intervention for recovery of schizophrenia. The effect was in a knowledge gap.

#### **Objectives**

To explore the effectiveness of group music intervention with concept of recovery model on general mental state, negative symptoms and empowerment among people with schizophrenia in community.

#### **Methodology**

This was a prospective study with music intervention group and control group. Pre and post-test of the Brief Psychiatric Rating Scales (BPRS), Scale for Assessment of Negative Symptoms (SANS) and Patient Perception of Empowerment Scale (PPES) were performed before and after intervention. Comparison of the differences between the pre and post of each assessment was conducted. The study was conducted in the Community Psychiatric Service (CPS) of PYNEH and the Wanchai Integrated Community Centre for Mental Wellness (ICCMW).

#### **Result**

The sample size was 15 participants in each of the music intervention group and control group. There were totally 2 groups involved in the study, with a total of 30 participants. The result indicated that the total score of SANS of music intervention group was significantly lower than that of control group ( $p < 0.01$ ). The score of affective flattening or blunting subscale ( $p < 0.01$ ) and alogia subscale of SANS

( $p < 0.01$ ) of the music intervention group were significantly lowered. The total score of PPES was significantly increased. Music intervention group with the combination of music and recovery model held by nurse had significant effect on the reducing negative symptoms and increasing self-perception of empowerment of the schizophrenic people in community.