


Literature Review: Psychological Therapy in People with Schizophrenia

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KEYWORDS		ABSTRACT
Skizofrenia, therapy.	Psychologist	Schizophrenia is a severe mental disorder that impacts thoughts, emotions, and behavior, and psychological therapy plays a crucial role in managing symptoms, enhancing quality of life, and supporting recovery. The purpose of this study was to explore various psychological therapy intervention approaches that are effective in treating schizophrenia. The research method used was a narrative literature review of articles found in the Google Scholar database. The results of this study show that there are more than five effective therapies used in schizophrenia patients. Overall, this study shows that cognitive remediation, or cognitive remediation, is a highly effective therapist-assisted intervention that aims to improve the cognitive functioning of individuals with schizophrenia, especially with regard to memory, attention, and problem-solving skills. The goal of cognitive remediation is to improve and strengthen impaired cognitive functioning in people suffering from mental health problems, such as schizophrenia
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Introduction

Schizophrenia is a serious mental disorder that affects a person's thoughts, feelings, and behavior (Muench et al., 2022). Psychological therapy plays an important role in the management of schizophrenia because it can help individuals manage their symptoms, improve their quality of life, and support their recovery process (Kwon et al., 2020). Cognitive behavioral therapy (CBT) has been shown to be particularly effective in reducing symptoms and preventing relapse in individuals with schizophrenia (Smith et al., 2019). In addition to CBT, family therapy is another approach that can provide significant benefits by improving family dynamics and supporting the patient's recovery (Brown & Green, 2021). Moreover, psychoeducation is a critical component of the treatment process, as it helps individuals with schizophrenia and their families understand the disorder and its management (Lund et al., 2021).

Cognitive behavioral therapy (CBT) is an approach that has been shown to be effective in reducing psychotic symptoms in schizophrenia. By focusing on understanding and managing unhealthy thoughts and false beliefs, CBT helps individuals identify and change the negative thought patterns underlying their symptoms. Additionally, CBT teaches social and coping skills that can improve an individual's ability to interact with their environment.

The role of the family is crucial in supporting individuals with schizophrenia during their treatment process. Through family therapy, family members can learn how to best support

individuals with schizophrenia, understand the disorder, and share their experiences. This creates a supportive environment for recovery and strengthens family bonds.

Integrated therapy approaches combine various psychological therapy methods to provide holistic treatment tailored to individual needs. By incorporating elements of CBT and family therapy, this approach can adapt treatment according to each individual's specific condition.

Although psychological therapy has significant benefits in the management of schizophrenia, some obstacles can hinder its implementation. These include stigma against mental disorders, limited access to mental health services, and a lack of adequate social support. Overcoming these barriers requires collaborative efforts from individuals, families, mental health professionals, and society as a whole.

Psychological therapy plays a vital role in the management of schizophrenia by helping individuals manage their symptoms, improve their quality of life, and support the recovery process. Through diverse approaches such as CBT and family therapy, individuals with schizophrenia can receive treatment suited to their needs. While challenges exist in implementing psychological therapy, collaborative efforts from various stakeholders can help address these obstacles and improve access to effective treatment for individuals with schizophrenia.

Materials and Methods

The writing method used is a narrative literature review of articles from the Google Scholar database. The keyword "*Psychological Therapy in People With Schizophrenia*" was employed, and the selected articles were published between 2016 and 2023. Initially, 18 journals on psychological therapy types were identified, but 10 were excluded as they did not meet the inclusion criteria—specifically, focusing on psychological therapy for individuals with schizophrenia.

Different types of therapies have been shown to be effective in treating patients with mental disorders, particularly schizophrenia and depression. Behavioral therapies such as *Cognitive Behavior Therapy* (CBT) have improved treatment adherence in schizophrenia patients, as demonstrated by Husniati and Pratikto (2020). *Client-Centered Counseling* has also enhanced self-esteem and individuals' ability to understand and resolve their own problems, as explained by Diarfah (2021). Meanwhile, *Family Therapy* increases family participation in schizophrenic patients' care and reduces stigma, according to Tombakan et al. (2022). On the other hand, *Electroconvulsive Therapy* (ECT) has been shown to improve cognitive function and alleviate symptoms of psychotic depression, as noted by Agustina (2018). In art-based therapy, *Art Drawing Therapy* enhances the happiness of schizophrenic patients undergoing rehabilitation in psychiatric hospitals (Hertinjung et al., 2020), while *music therapy* effectively reduces auditory hallucinations in paranoid schizophrenia (Jannah et al., 2022). These therapies demonstrate diverse yet effective approaches in aiding recovery for patients with mental disorders.

Various studies have explored ways to improve the quality of life for individuals with schizophrenia. Agustina (2018) found that *Electroconvulsive Therapy* (ECT) enhances cognitive function in patients with mental disorders. Afconneri and Puspita (2020) identified that social support, family understanding, treatment adherence, and social activities significantly impact schizophrenia patients' quality of life. Daulay et al. (2021), through a systematic review, showed that family support, treatment, and individual coping strategies influence the quality of life of *Orang Dengan Gangguan Jiwa* (ODGJ). Diarfah (2021) reported that *Client-Centered Counseling* boosts self-esteem in schizophrenia patients. Fitriani (2018) stated that *supportive psychotherapy* effectively manages hebephrenic schizophrenia symptoms and improves social relationships. Florensa et al. (2016) demonstrated that CBT enhances self-efficacy and reduces

depression in adolescents. Immanuel (2016) found that *Transcranial Magnetic Stimulation* (TMS), as an adjunct therapy, reduces negative symptoms and improves cognitive function in schizophrenia. Rini and Hadjam (2016) emphasized that *cognitive remediation* enhances attention, memory, and problem-solving skills. Waluyo (2022) proved that *anger control techniques* reduce violence risk and improve patients' quality of life. Finally, Yudhantara and Istiqomah (2018) provided a comprehensive overview of schizophrenia, including its symptoms, risk factors, diagnosis, and management. These studies collectively affirm the importance of a multidimensional approach in treating schizophrenia.

This study aims to evaluate the effectiveness of combined *Cognitive Behavioral Therapy* and *Family Therapy* in managing schizophrenia symptoms. The research focuses on how this integrated approach influences symptom management, social functioning, and quality of life. The expected benefit is to provide more comprehensive treatment options addressing both psychological and familial aspects, potentially improving recovery outcomes. Additionally, the study aims to reduce stigma and enhance access to mental health services by promoting an inclusive and effective treatment framework.

Results and Discussions

Based on data from the World Health Organization, the World Health Organization (WHO), in the world today, there are 21 million people affected by Schizophrenia. In general, schizophrenia can be diagnosed in late adolescence and early adulthood. Basically, schizophrenia occurs at the age of 25-35 years for women and 15-25 years for men. Psychological therapy is a method used to help people with schizophrenia control symptoms and reduce the adverse effects of the disease. There are several types of psychological therapy used in the treatment of people with schizophrenia, namely; Electroconvulsive therapy (ECT), Cognitive Behavioral Therapy (CBT), Family Therapy, Art Therapy, and Transcranial magnetic stimulation (TMS).

Cognitive behavior therapy is a form of psychotherapy that is usually used to overcome various mental health problems, including schizophrenia. This therapy has the principle that our emotions, thoughts, and behaviors are interconnected and affect each other. Cognitive behavioral therapy helps patients deal with various difficulties that a person experiences in various aspects of life. In addition, cognitive behavioral therapy (CBT) also helps an individual to improve skills in coping mechanisms, lower anxiety and increase self-esteem (Wheeler, 2008).

Family therapy refers to interactions with family members about mental health and other biopsychosocial issues that affect them, often in a structured, organized, and planned manner. The focus of family therapy is to improve the interpersonal relationships of problematic family members with other family members (Sadock & Sadock, 2009). The expected outcomes of family therapy are to be able to explore dynamic relationships within the family and its relation to psychopathology, to increase the internal power and potential resources in a family, to be able to reorganize maladaptive interaction patterns, and to strengthen the family's ability to cope with problems (Sholevar & Schwaeri, 2003).

The main goal of behavioral therapy is to find unhealthy or maladaptive behaviors and replace them with more positive and adaptive behaviors. This approach is based on the principle that an individual's behavior is learned through interaction with his environment and with himself. Positive reinforcement is a technique that is often used in behavioral therapy. This means giving people a pleasant reward or reward after they behave in the desired way. When a schizophrenic patient shows progress in managing psychotic symptoms or completing daily tasks, the therapist

can provide positive reinforcement. This method increases the desire for change and reinforces the expected behavior, which allows for more sustainable change (Husniati & Pratiko, 2020).

One of the most common types of medical therapy used to treat severe mental disorders, such as major depression that is unresponsive to other therapies or life-threatening psychotic conditions, is electroconvulsive therapy (ECT). Electroconvulsive therapy is a somatic treatment that uses an electric current in the brain through electrodes placed on the temples. This therapy is generally carried out for 6-12 times which is given 2-3 times a week. Indications for the administration of electroconvulsive therapy in patients with bipolar disorder amounted to 70%; and patients with schizophrenia amounted to 17%. The three most obvious indications for ECT are major depressive disorder, manic episodes and in some cases schizophrenia. In this process, a controlled electrical current is used to trigger electrical activity in the brain. The goal is to cause a controlled seizure attack. Even in patients who do not respond to other treatments, ECT has been shown to be effective in reducing severe depressive symptoms in a relatively short period of time, although it is still controversial and often considered bad. One of the most common side effects is headaches, temporary confusion, and short-term memory problems. However, with more advanced techniques and careful medical supervision, this risk can be reduced (Diarfah, 2021).

Supportive Therapy is a psychotherapy method that focuses on providing emotional, psychological, and practical support to patients to improve coping, increase endurance, and speed recovery. This method is often used to manage long-term mental disorders or conditions that require long-term support, such as schizophrenia or bipolar disorder. Therapists discover and address everyday problems with patients and create new ways to deal with stress and crises. Supportive Therapy can also improve a patient's quality of life through strong therapeutic relationships and provide hope and encouragement for gradual improvement. Supportive therapy creates a safe framework by looking at individual needs in a holistic way (Agustina, 2018).

Visual arts therapy, also known as visual arts therapy, is a type of creative therapy that utilizes artistic expression to help people explore, express, and process their experiences, emotions, and thoughts. This method utilizes the expressive and creative process of creating drawings or paintings as a way to address mental problems, reduce stress, and improve mental well-being. In addition, art painting therapy does not require any special art skills; Instead, it emphasizes the process of self-exploration and self-expression, without being influenced by external criticism or expectations. Patients are encouraged to express feelings that are difficult to express in words through the use of a variety of artistic mediums, such as pencils, watercolors, or even collage techniques. Therapists typically assist in this process by providing emotional support, assisting in interpreting artwork, and encouraging self-reflection to aid personal development and recovery (Hertinjung et al., 2020).

Electroconvulsive therapy for clients with mental disorders improves their cognitive function, according to the study's results. Before the intervention, the average score of the Mini-Mental State Examination (MMSE) was 20.10, and increased to 23.50 after the intervention, showing significant improvement. Onboarding, registration, calculations, short- and long-term memory, and language skills all improve overall scores. The results show that electroconvulsive therapy not only helps with the symptoms of mental disorders but can also improve important cognitive aspects of daily life. This improvement suggests that electroconvulsive therapy may be an effective intervention to improve patients' cognitive function. Therefore, this therapy can be considered an alternative option for the complete treatment of mental disorders that have an impact on cognitive function (AGustina, 2018).

The results of the study show that several factors affect the quality of life of schizophrenia patients. These factors include social support, the family's understanding of the patient's condition, adherence to treatment, and involvement in social activities. Social support and family understanding of the patient's condition are essential to reduce stress levels and improve the patient's health. Adherence to medication is also important for maintaining a good quality of life because regular medication can help better manage the symptoms of schizophrenia. Patients feel more connected and active in their daily lives because they are involved in social activities. Overall, social support, family education, medical adherence, and regular social activities can significantly improve the quality of life of schizophrenic patients (Afconneri & Puspita, 2020).

The results showed that, compared to the control group, the treatment group had a better quality of life after the Self Help Group (SHG). Various factors, such as medication, family support, social support, and individual psychological assistance, affect the quality of life of people with mental disorders (ODGJ). The lives of schizophrenic patients are usually good, but cognitive behavioral therapy for schizophrenia, or CBTp, has not been shown to reduce relapse symptoms. The quality of life of ODGJ is improved by family support, social support, individual coping and treatment. In addition, self-stigma and the perception of ODGJ greatly affect their well-being. Although ODGJ is very common in Indonesia, the quality of life of ODGJ can be significantly improved with effective treatment and adaptive coping approaches (Daulay et al., 2021).

The results showed that counselling interventions focused on clients with schizophrenia showed a significant increase in self-esteem. After intensive counseling, clients who previously may have felt inferior or worthless begin to show positive changes. The subject's ability to get a part-time job is one indicator of the success of this intervention. This not only makes them feel more confident and independent, but also gives them the opportunity to be a more active part of society. Even if you work part-time, having a sense of responsibility and doing something you do increases your self-esteem (Diarfah, 2021).

The results of this study include the discovery that supportive psychotherapy is effective in managing symptoms of hebephrenic schizophrenia, which often includes irregular behavior, cognitive impairment, and unstable emotions. One of the key findings is that supportive psychotherapy can help sufferers have better social relationships. Patients gain better social skills, improve the way they interact with others, and strengthen their social support network through this therapy. This is especially important because social isolation is a frequent problem in patients with hebephrenic schizophrenia. Supportive psychotherapy has also been shown to be effective in reducing the levels of anxiety and depression that often occur in schizophrenic patients. This therapy provides patients with the opportunity to express their feelings, get emotional support, and also to develop coping strategies to deal with anxiety and stress (Fitriani, 2018).

This study shows that the use of CBT can improve adolescents' self-efficiency and reduce depression. CBT is a type of psychotherapy that focuses on changing unhealthy or maladaptive mindsets and behaviors. Teens are taught to identify and change these negative mindsets, which often lead to depression and confidence issues. One of the important findings of this study is that adolescents who undergo CBT experience increased self-efficacy. Self-efficacy is a person's belief in their ability to achieve goals and overcome challenges. In adolescence, increased self-efficacy is essential because it is an important period in a person's development where they form their own identity and independence (Forensa et al., 2016).

The results showed that, compared to the control group, the TMS group showed significant improvements in both negative symptoms and cognitive function. In particular, the Trail Making (TMT) and Mini-Mental State Examination (MMSE) tests showed improved cognitive function in

the TMS group. They also experienced a decrease in symptoms of depression and anxiety, rated by the Hamilton Rating Scale for Depression (HAM-D) and the Hamilton Anxiety Rating Scale (HAM-A), respectively. These results suggest that transcranial magnetic (TMS) can be useful as an adjunct therapy for schizophrenia patients, particularly in reducing symptoms of depression and anxiety and improving cognitive function (Immanuel, 2016).

Overall, this study shows that cognitive remediation, or cognitive remediation, is a highly effective therapeutic intervention in improving the cognitive function of schizophrenic patients, especially in terms of memory, attention, and problem-solving skills. Cognitive remediation is intended to train and improve impaired cognitive function in people suffering from mental disorders, including schizophrenia. In daily activities, good attention is essential for an effective information processing process. Patients can improve the way they focus their attention on the task assigned with attention-focused exercises (Rini & Hadjam 2016).

Anger control techniques have proven to be an important part of the behavioral treatment of schizophrenic patients who are at risk of violent behavior. The results of the study suggest that these techniques can help patients control their anger. They can also significantly reduce violent behavior and improve their quality of life. First of all, keep in mind that schizophrenia is often associated with symptoms such as delusions, hallucinations, and thought disorders, which can increase the likelihood of patients reacting impulsively to situations that cause frustration or stress. Dealing with situations like this without resorting to violence or aggression is one of the main problems in managing schizophrenia. Anger control techniques help patients identify, control, and reduce their anger reactions (Waluyo, 2022).

Conclusion

Psychological therapy plays a crucial role in treating schizophrenia, aiding in symptom management, improving social functioning, and enhancing patients' quality of life. Various therapeutic approaches—including *Cognitive Behavioral Therapy* (CBT), *Family Therapy*, *Supportive Therapy*, *Electroconvulsive Therapy* (ECT), and *Art Therapy*—have demonstrated positive impacts on patients' psychological well-being. However, therapeutic effectiveness also depends on family support, treatment adherence, and social engagement.

A holistic, collaborative approach is therefore essential to maximize the success of psychological interventions for schizophrenia. Future research should investigate the integration of multiple therapies, particularly the synergy between CBT and *Family Therapy*, to develop more comprehensive treatment models. Additionally, efforts must focus on strengthening social support systems and reducing mental health stigma to improve treatment accessibility and adherence.

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