Seeking connection between meaningful occupation and goal-oriented change in schizophrenia
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Introduction

Individuals with schizophrenia continue to struggle with residual negative symptoms despite psycho-pharmacological interventions, with more than half continuing to experience negative symptoms and physicians reporting ineffective negative symptom control in the majority of patients (1, 2).

Negative symptoms have been associated with a variety of functional deficits including decreased motivation, deficits in verbal and nonverbal communication, restricted affect, and impaired cognition and social functioning (1, 3).

Clinician reflections within an adult day treatment program (schizophrenia and other psychotropic disorders) suggest that these ongoing symptoms can result in difficulty with engaging in goal-directed behaviours and meaningful occupations.

Objectives

1) To review an occupational therapy group intervention designed to address the functional impairments associated with negative symptoms (primarily amotivation)
2) To share reflections in the development of a group intervention focused upon client-centred meaningful change

Group Development

• In March 2013, initial idea to provide open participation learning about goal-setting and motivation (SMART goal, Action Over Inertia (AOI)) (4).
• Two tools selected as group outcome measures: Intrinsic Motivation Inventory for Schizophrenia Research (IMI) (5) and the Activity Engagement Measure from AOI (6).
• Early content revisions made based on observations that group member goal-setting possibly not meaningful because goals were not being achieved as anticipated.
• In October 2014, radial switch to process-oriented sessions along with the inclusion of the Readiness Assessment exercise from the Motivational Communication framework (6).
• In March 2015, introduction of the Mind mapping (7) and Obstacle mapping brainstorming exercises to create ideas to better understanding of the relationship between activity, meaning and change.
• In February 2016, division of larger group into three smaller groups based upon member content comprehension and activity follow through.

Intervention Approaches

Purpose: A twice a week process-oriented open group aimed at promoting motivation and change as well as introducing the idea of goal-setting and the need to have goals in everyday life.

Goals:
1) Define a goal
2) Define motivation and change
3) Define and explain daily activity categories (self-care, productivity, leisure, and rest)
4) Define and introduce Mind mapping as brainstorming tool (7)
5) Define and introduce Obstacle mapping as brainstorming tool
6) Define and introduce Readiness Assessment (from Motivational Communication) (6)

What is Mind Mapping?
• Brainstorming tool
• Diagram used to picture and organize information
• Used as a group strategy to encourage individuals to identify relevant activities and values
• Key questions posed attempt to identify potential actions and benefits. Examples: What will be different? Why does this matter? What will change? What do I hope for?
• Strategy goal is to build or rebuild a connection of meaning for the activity or activity category

What is Obstacle Mapping?
• Brainstorming tool to identify barriers and more importantly to identify strategies to solve them
• Diagram used to picture and organize information
• Used as a group strategy to encourage individuals to identify barriers or challenges to completing desired activity
• Key questions posed attempt to identify potential actions and benefits. Examples: What could get in the way? Why? How do I deal with it?
• Strategy goal is to build readiness for change

Reflections

• Mind mapping and Obstacle mapping enable clients to use a balanced perspective to consider the meaning behind their goals and why their chosen activity is important.
• Observed participation trend towards perceived internal locus of control for meaningful activity identification.
• Process-oriented approach creates ideal group dynamics for supportive change and to instill hope based on member dialogue and feedback.
• Small groups based on cognitive capacity level have shown promise for increased concept comprehension and use.
• Recent client anecdotal feedback indicates that clients find Mind mapping to be a beneficial strategy to create dialogue and support when trying to “set and get” goals.

Next Steps

• Client anecdotal feedback indicates need to further define and refine concepts.
• Further collaboration with AHS Decision Support Team (DST)* to explore differences in client intrinsic motivation (before and after the introduction of mind mapping) based on IMI results.
• Initial investigations suggest a trend towards improvement with a slight increase in scores with inclusion of Mind mapping.
• Further statistical analysis is warranted to determine if this change is significant.
• Consider alternative outcome measures that will capture participant progress observed in sessions.

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*Carnat Centre is an adult day treatment program for schizophrenia and psychosis in Addictions and Mental Health, Calgary zone.

References: