

Poster presentation

Group therapy in patients in a mobile psychiatric unit of care in countryside

I Segredou*, G Skartsila, E Moustafa and P Sakellaropoulos

Address: Company of Social Psychiatric and Mental Health, Department of Komotini

* Corresponding author

from International Society on Brain and Behaviour: 1st International Congress on Brain and Behaviour
Hyatt Regency Hotel, Thessaloniki, Greece, 20–23 November, 2003

Published: 23 December 2003

Received: 1 November 2003

Annals of General Hospital Psychiatry 2003, **2**(Suppl 1):S106

This article is available from: <http://www.general-hospital-psychiatry.com/content/2/S1/S106>

Introduction

Group therapy is a form of psychotherapy, which includes two or more patients and one or more therapists, that meet regularly, in a determined place, for long period of time and aims at the improvement of patient's symptoms, the change in their disadaptable behaviors and comprehension of their sentimental situation. In this project we try to investigate the help that group therapy can offer to the quality of life of patient and more specifically of psychotic patients, so that their functionalism is restored, their self respect is increased and feeling of acceptance acquired.

Materials and Methods

In 13 psychotic patients that participate in two therapeutic groups, that take place in the Mobile Psychiatric Unit of Care of Countryside, Company Social Psychiatric and Mental Health, in the capital of prefecture Rodopi, Komotini, were tested the improvement of social dexterities, the responsibility, the interpersonal communication, the self-esteem and their self-confidence and the progress of their symptoms. Three measurements of the above parameters took place. The first one before their integration in the groups, the second, six months afterwards and the third 18 months afterwards. As measurement tools were used the questionnaire of social Functionalism of Paul Clifford and Isobel Morris and the Brief Psychiatric Rating Scale (BPRS). The statistical analysis of results became with the method of t-paire test.

Results

From the 13 patients, that were selected to participate in the two therapeutic groups, for the last 1.5 year, four of the members withdrew prematurely. At the remaining

members the improvement of examined parameters was found statistically important after their first half-year period of attendance in the groups (1st–3rd measurement on average $p \approx 0,00003$)

Discussion

Group therapy offers rebuttal of feeling of uniqueness of patient, this only is a powerful source of alleviation. The feelings of indisposition and disability, deep loneliness and isolation are decreased, knowledge in the mental illness, the symptoms and interpersonal dynamic is acquired and, with the help that each member offers to other members, each and everyone of them feels useful and essential to the other.