

**THE EFFECTIVENESS OF GROUP
THERAPY TO IMPROVE PERFORMANCE
IN ADLs FOR PATIENTS WITH
SCHIZOPHRENIA**

By

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ABSTRACT

Title: *“The Effectiveness of Group therapy to improve performance in ADLs for patient with Schizophrenia.”*

Objectives: To evaluate effectiveness of group therapy to improve performance in ADLs for patients with schizophrenia.

Method: An experimental quantitative same-subject design was used to evaluate the effectiveness of group therapy to improve performance in ADLs for patient with schizophrenia.

Settings: This study was conducted at National Institute of Mental Health (NIMH), Dhaka, Bangladesh.

Sampling: Fifteen patients with a primary diagnosis of schizophrenia (as diagnosed by the treating psychiatry according to DSM-4) were selected using convenience sampling from indoor department of National Institute of Mental Health (NIMH), Dhaka, Bangladesh.

Material used for data collection: For pre-test and post-test measurement of performance of patients, Canadian Occupational Performance (COPM) was used as measurement tool.

Results: Group therapy was significantly better to improve performance in Activities of Daily Livings (ADLs) for patients with schizophrenia. Group therapy reported a greater improvement (large score) in performance, which was lower than before group therapy program. Significantly performance levels of patients were increased (in COPM, $p < 0.005$) after providing group therapy program.

Conclusion: This relatively small project study suggested that group therapy is effective to improve performance in ADLs for patients with schizophrenia. But it is not possible to generalize the result in wider population due to small number of sample size. But in conclusion current evidence supports group therapy as a promising approach to improve performance in ADLs for patients with schizophrenia.