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Healing effects of well-being: a randomized control trial for people with schizophrenia

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Learning Goal:

The aim of this presentation is to describe a group protocol and the results of a RCT. The group included 11 weekly session of 90 minutes, divided into three psychotherapy modules: emotions, self-acceptance, values and purpose. Participants were evaluated before and after the intervention with measures of well-being and symptomatology.

Abstract Text:

The role of well-being in the process of recovery and prevention of psychosis has been clearly shown (Schennach-Wolff et al., 2010). In fact, some authors have recently started to advocate for a positivepsychiatry approach (Jeste et al., 2017). Unfortunately, psychological interventions for people with psychosis have mainly focused on positive symptoms and general psychopathology (Wykes et al., 2008) while showing low effectiveness on well-being (Valiente et al., 2019). We have developed a manualized group intervention focused on well-being, based primarily on positive psychotherapy (Slade et al., 2017) and ACT intervention for psychosis (Morris et al., 2013). The aim of this presentation is to describe the protocol and the results of a Randomized Control Trial.

138 individuals with severe mental illness were recruited from the recovery mental health network in Madrid and were randomly assigned to a group intervention or a waiting list control group. The group intervention included 11 weekly session of 90 minutes each, divided into three psychotherapy modules: a) emotions, b) self-acceptance, c) values and purpose. Participant were evaluated before and after the intervention with measures of well-being and symptomatology.

The results showed that the protocol was acceptable and feasible. In addition, the pre-post results of the dimensions of well-being and symptomatology for the experimental, as well as for the control condition will be presented.

In line with Keyes (2007), interventions need to have a specific focus on well-being to achieve a comprehensive recovery that incorporates connection with others, hope, positive identity, meaning and empowerment (Slade, et al., 2012).

**ON THE HEALING POWER
OF HUMAN RECONNECTION**