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Multidimensional Approach in Persons with Schizophrenia Spectrum Disorders.

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Introduction:

Schizophrenia is a chronic disorder which severely limits the social and occupational functioning.

Employment, education, relationships, housing and health are among the most frequently stated life and treatment goals among persons suffering from schizophrenia.

Rehabilitation for persons with schizophrenia aims at preservation and improvement of psychosocial functions, promotes recovery-oriented interventions and, therefore, serves the central goals of affected persons.

Objectives:

The goals of these models focus on improving knowledge, coping, self-care, social support and self-management strategies.

Aims:

The aims of this cases report is to underline the effectiveness of multidimensional approach, which included drug treatment, psychosocial therapeutic interventions, supported employment, peer-supported housing.

Methods:

We report 8 patients with a early onset psychosis, detected with EriRaos and clinical interview.

Results:

Diagnostically, these patients had a real improvement of their psychosocial functions in areas such as work, social relationship and independent living skills.

Conclusions:

Cognitive functioning, education, negative symptoms, social support and skills, age, work history and rehabilitation service to restore community functioning have proven to be strong predictors for successful psychiatric rehabilitation.