

Conclusions. Prisoners before their release, especially young prisoners under 35 years old, are more likely to have anxiety or irritability. Although the number of prisoners who are troubled with this psychological state and ask for help from supervisors is not large, and the number who take the initiative to plan their life before they are released from prison is also not large, most prisoners still hope to get care and help from the prison in their future life or have a job before they leave prison. Therefore, it is very important to pay more attention to the psychology of pre-release prisoners, especially the young people.

A clinical study on the effect of risperidone combined with cognitive behavioral therapy on symptoms of schizophrenia

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Background. Schizophrenia is a common mental disease in clinic, which is a mental disorder with slow loss of function and decline. Schizophrenia is usually treated with drugs, such as risperidone. However, with the increase of schizophrenic patients and the enhancement of drug resistance, the effect of drug treatment alone has declined. Cognitive behavior therapy is a widely used psychotherapy method to treat mental disorders, which can be seen as a combination of cognitive therapy and behavior therapy. Cognitive behavior therapy can change individual behavior by adjusting individual cognition, and reconstruct individual irrational cognition through training. Therefore, the study will combine cognitive behavior therapy with risperidone to treat schizophrenia patients for clinical diagnosis and treatment.

Subjects and Methods. In this experiment, 98 schizophrenics in a hospital were selected as the research object. 45 of them were treated with risperidone alone, which was regarded as group A. The other 53 patients were treated with cognitive behavioral therapy on the basis of risperidone, and were regarded as group B. The basic data of the two groups were compared, such as age, sex, etc., to ensure the feasibility of this experiment. At the same time, the cognitive functions of the two groups were compared. Before and after treatment, a cognitive ability test consensus scale was used to quantify the cognitive abilities of patients. SPSS21.0 statistical software was used for statistical analysis. The results were shown in Figure 1.

Results. Cognitive dysfunction is an independent core symptom of schizophrenia. From the experimental results, the score of group B before treatment was 42 ± 7.61 , which was higher than 41.57 ± 6.25 of group A, but lower than 50.47 ± 7.65 of group A after treatment, which was 47.21 ± 8.45 . Among them, the scores of most indicators such as connectivity, visual learning, and social cognition in group B were higher than those in group A before treatment, but all indicators were lower than those in group A after treatment. To sum up, the method of risperidone combined with cognitive behavioral therapy selected in the study has certain effectiveness in alleviating the cognitive disorder of psychiatric patients, and can effectively alleviate the clinical symptoms of schizophrenia patients.

Conclusions. The cognitive impairment of schizophrenic patients has been paid more and more attention. In the actual work process, schizophrenics often show behaviors such as denying illness or refusing to take medicine, which will further aggravate their illness. Therefore, on the basis of the use of risperidone, combined with cognitive behavioral therapy, it can strengthen patients' self-cognition, overcome their bad mentality, enhance patients' attention to drug treatment, improve drug compliance, improve negative symptoms, and achieve treatment goals. It has high practicability in clinic.

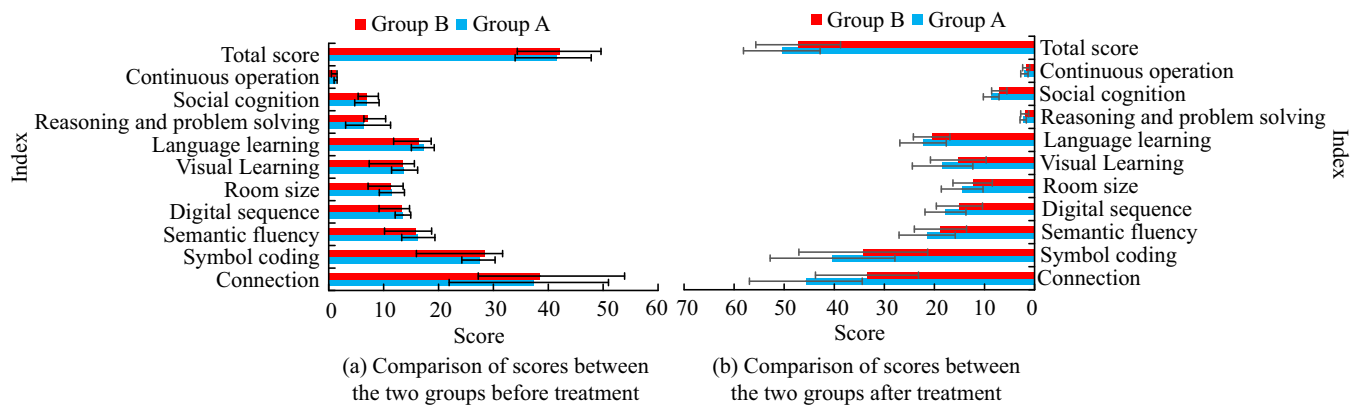


Figure 1. Scores of cognitive abilities before and after treatment