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[09]

IMPACT OF DANCE, DRAMA, YOGA AND MUSIC THERAPY WORKSHOPS ON SYMPTOM REDUCTION IN A GROUP OF PATIENTS WITH SCHIZOPHRENIA: A RANDOMIZED CONTROLLED STUDY

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ABSTRACT

Drama, dance, yoga and music therapy (Creative therapy) is known to promote self-confidence, enhance interpersonal communication in patients with schizophrenia. Studies done to assess the impact of similar adjunctive treatments for symptom reduction have remained inconclusive. The aim is to measure the impact of creative therapy for reduction of positive and negative symptoms of schizophrenia as well as the effect on a patient's self-confidence. Seventy-three patients with schizophrenia were randomly allocated to the creative therapy workshops which span over two months (test group; n=33) and to 'treatment as usual' (control group; n=40). Both groups were assessed using PANSS scores before and after the intervention. Rosenberg self-esteem scale (RSES) was administered to the subjects in the test group before and after the workshop. There was no significant difference between the two groups in PANSS scores prior to commencement of the study. Both test and control groups showed significant improvements in the positive, negative, general psychopathological and cumulative scores of the PANSS, but there was no statistically significant difference among them. When non forensic patients were analyzed separately, a statistically significant difference was observed. There was no statistically significant improvement in forensic patients. In the test group there was a significant improvement in the self-esteem score. In conclusion, exposure to dance, drama, yoga and music therapy lead to symptom reduction as well as a positive effect on self-esteem in the short term, in patients with schizophrenia.

Keywords: Schizophrenia, creative therapy, drama therapy, dance therapy, music therapy, yoga.