

Effects of Psychosocial Rehabilitation Interventions for Schizophrenia Patients in Hospitals: Literature Review

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ABSTRACT

Background: Schizophrenia is one of the major mental health problems in Indonesia. Pharmacotherapies alone are not sufficient, psychosocial rehabilitation interventions also should be included in the treatment plan. Handling schizophrenia using pharmacotherapy alone is not enough, psychosocial rehabilitation intervention is also needed to complement the treatment. Psychosocial rehabilitation seeks individual independence by improving psychosocial function. Many interventions can be given, but not all of them can be applied in hospitals in Indonesia. **Objective:** This literature review aims to identify psychosocial rehabilitation interventions in hospitals in Indonesia and how it affect for schizophrenia patients. **Method:** The research was conducted using Google Scholar. The keywords used was “psychosocial rehabilitation intervention, schizophrenia patient, hospital”. The searched literature is limited from 2020 -2024. Based on the search result, 10 relevant articles were obtained. **Result:** In all articles, psychosocial rehabilitation interventions implemented in hospitals are aimed at individuals. Interventions for families and communities have not been facilitated. The interventions found included Cognitive Behavior Therapy (CBT), Vocational Rehabilitation, Occupational and Art Therapy (OAT), and Social Skill Training (SST). They can increase treatment adherence, reduce relapse, improve functioning, and enhance recovery. **Conclusion:** Psychosocial rehabilitation intervention has positive impacts for schizophrenia patient. But support from family and community will optimize the return of social function for schizophrenia sufferers.

Keywords: hospital, psychosocial rehabilitation intervention, schizophrenia

INTRODUCTION

Schizophrenia is a type of chronic disease (WHO, 2019). It is characterized by the appearance of psychotic symptoms that cause changes in perception, thoughts, and behavior. Data shows that schizophrenia affects 1 in 300 people worldwide. Among adults, the prevalence is 1 in 222 people. This disease is not like other mental disorders that are commonly found. Schizophrenia strike most in late adolescence and at about 20 years of age, and the onset in men tends to be earlier than in women (WHO, 2022). In 2018, the prevalence of schizophrenia in Indonesia in individuals over 15 years old according to Riset Kesehatan Dasar was 7 out of 1000 households with a member of schizophrenia.

Schizophrenia is among the most severe mental illness and incurs the highest cost of treatment per patient

compared to other disease (Hasan et al, 2020). It is characterized by a high recurrence rate, a decrease in quality of life and reduced social and work participation (Hasan et al, 2020). Families consider schizophrenia is a shameful and embarrassing disease that bring disgrace to the family. People are also often found behaving unpleasant for the families of people with schizophrenia. Both words or actions directly addressed to family or friends. Empowerment of people with schizophrenia is very much needed reduce the burden of care felt by families and overcome stigma public. They require skills to make them dignified.

Antipsychotics and mood stabilizers are essential to reduce symptoms, prevent relapse, and to reduce functional impairment (Ceraso et al, 2020). Management schizophrenia with pharmacotherapy alone is not enough.

The treatment plan should also include psychosocial rehabilitation interventions. The main goal of psychosocial rehabilitation is to increase the efficacy of treatment by ensuring patient adherence to treatment. In Addition, psychosocial rehabilitation can also prevent recurrence by improving coping skills, improving coping skills, improving psychosocial function, and empowering patients against stigmatization (Novick et al, 2019). Research result by Rasmus et al (2021) shows that psychosocial rehabilitation programs can help overcome barriers and difficult situations by using positive and improving ability to adhere to medication.

Franck (2021) reported that there are 5 steps in psychiatric rehabilitation. First, commitment to care, to build a positive therapeutic relationship and assess willingness for rehabilitation. Second, multidisciplinary evaluation of the person's capacities, goals and needs. Third, together build psychiatric rehabilitation and recovery projects, which requires health public policy and community action. Fourth, psychiatric rehabilitation care includes psychoeducation, cognitive remediation and social skills training. Last, generalization and transfer based on the application of the benefits of the treatment session.

In Indonesia, psychosocial rehabilitation for people with schizophrenia that has been widely carried out is hospital-based. Not all Puskesmas provide psychosocial rehabilitation services for people with mental disorders. And only a few private foundations provide this service with all its limitations. In fact, community-based psychosocial rehabilitation in other country has proven effective in improving the quality of life of people with mental disorders (Satuhu et al, 2023). Advocacy is needed so that policy makers know the importance of continuing psychosocial rehabilitation from hospital-based to community-based. This begins with echoing the impact of hospital-based psychosocial rehabilitation on the recovery of schizophrenia sufferers.

According to (Yildiz, 2021), psychosocial rehabilitation has several

interventions. They are cognitive behavioral therapy, compliance therapy, family education, skills training, assertive community care, vocational rehabilitation, occupational and art therapy, peer support, and social support. The management of psychosocial rehabilitation in hospitals in Indonesia is still varies. Therefore, this literature review was conducted to identify psychosocial rehabilitation interventions in hospitals and their impact on schizophrenia patients.

METHODS

This research used the literature review method, so it does not require ethics. Article search was conducted through Google Scholar. The keywords used were “psychosocial rehabilitation intervention, schizophrenia patients, hospital”. The literature search was limited by the following inclusion criteria:

1. The study was conducted between 2020 and 2024
2. The study was conducted in a hospital in Indonesia
3. Has been published in a journal indexed by SINTA 3 or higher
4. Specifically discuss about psychosocial rehabilitation for schizophrenia patient in hospital, and
5. Open-access availability

Exclusion criteria in this research include systematic review articles, literature reviews, and meta-analyses.

Articles was obtained through keywords, namely 814 publications. Then, these articles selected according inclusion and exclusion criteria. A total of ten relevant articles to be analyzed in this study. The researcher continued to document articles in tabular format, and thoroughly examine, analyze and emphasizing those related to research findings. Furthermore, the researcher conducts a comparative analysis of the results obtained with other scientific journals and then formulates a conclusive statement.

The literature search and article selection were carried out using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) technique shown in Figure 1 below.

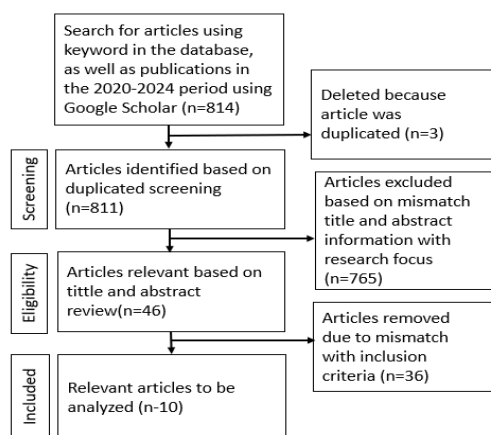


Figure 1. Literature search result using PRISMA method

From the search result through an online database, 814 relevant articles were found on Google Scholar. Next, articles are selected based on title, year of publication and full text. Then 10 articles were selected based on inclusion and exclusion criteria.

Of the 814 articles, most were excluded because they did not meet the requirements for inclusion. The journal did not meet SINTA 1, 2 and 3. And the articles did not specifically address psychosocial rehabilitation for schizophrenia patients in hospital. Table 1 is the results of the review of eligible articles.

RESULTS AND DISCUSSION

Table 1. Result of Literature Review

No	Researcher and year of publications	Source	Place of Research	Study Design	Intervention	Result
1	Atika Putri Faradiba et al (2023)	Joong-Ki Jurnal Pengabdian Masyarakat Vol 3 No.1 Hal. 222-227	Regional Specialty Hospital Dadi Makassar	Experiment	Physical exercise and brain gym activities	Physical exercise and Brain Gym have a positive impact in improving concentration in schizophrenia patients.
2	Novia Widianingsih and Sugeng Astanto (2020)	Jurnal Ilmu Sosial dan Ilmu Politik Vol 17 No.1 Hal: 39-46	Marzuki Mahdi Mental Hospital Bogor	Descriptive	Non vocational and vocational training	The achievement of independence for patients with schizophrenic mental disorders that has been achieved is independence in the social, emotional and intellectual aspects, while independence in the economic aspect has not yet been well realized.
3	Ayu Lavenia et al (2023)	Inovasi Jurnal Pengabdian Masyarakat Vol 1 No.1 Hal: 27-36	Sambang Lihum Mental Hospital	Descriptive	Paint	The patient experiences changes in feelings after painting, feel more comfortable, peacefull and calm. They are able to express emotion.
4	Nely Husniati and Herlan Pratikto (2020)	Philanthropy Journal of Psychology, Vol 4 No.2 Hal: 93-104	Menur Mental Hospital Surabaya	Case Study	Cognitive Behaviour Therapy	CBT changed medication adherence behavior after being carried out in 10 sessions for 2 months. Medication compliance behavior also persisted during monitoring 2 weeks after discharge from the hospital
5	Enjang Saputri (2023)	Jurnal Bimbingan Konseling Islam, Vol 3	Regional Public Hospital Banyumas	Descriptive	Psychotherapy, counseling, sports,	The recovery process is faster and optimal, prevents relapse, becomes independent

No	Researcher and year of publications	Source	Place of Research	Study Design	Intervention	Result
		No.2 Hal: 87-98			religious rehabilitation, also singing together	and productive again
6	Siti Wardaya Yaman et al (2022)	Joong-ki Jurnal Pengabdian Masyarakat Vol 1 No.2 Hal. 200-203	Regional Specialty Hospital Dadi Makassar	Descriptive	Music therapy	The emergence of positive emotions for patients and the opportunity to interact with each other.
7	Novi Yanti Pratiwi et al (2023)	J-CEKI Jurnal Cendekia Ilmiah, Vol 3 No. 1	Regional Specialty Hospital Dadi Makassar	Descriptive	Storytelling and wall magazines	Patients seemed to be opening up and getting involved in preparing the materials creatively. They started telling about their condition, what they felt and what they liked.
8	Eka Ayu Cahyaningsih et al (2024)	Malahayati Health Student Jurnal, Vol 4 No.1	Lampung Province Regional Mental Hospital	Experiment	Activity Daily Living independence rehabilitation on therapy	Activity Daily Living rehabilitation interventions can improve independence in self-care.
9	Mutmainnah Budiman (2023)	Devoyion: Jurnal Pengabdian Psikologi, Vol 2 No.1	Regional Specialty Hospital Dadi Makassar	Descriptive	Share stories, experiences and complaints during treatment	Sharing activities are effective in fostering a spirit of recovery and improving the quality of life of patients.
10	Meiti Subardhini et al (2020)	Ar-Risalah: Media Keislaman, Pendidikan dan Hukum Islam, Vol 20 No.1 Hal: 196-207	Menur Mental Hospital Surabaya	Case Study	Expressive writing therapy	Expressive writing therapy is effective for expressing emotions.

Of the 10 articles selected and presented in table 1. Five articles discussed one type of psychosocial rehabilitation intervention specifically, and five articles discussed combinations of two or more. All articles show that psychosocial rehabilitation interventions given to schizophrenia patients produce positive impacts.

Several activities of psychosocial rehabilitation followed, namely: cognitive behavior therapy with 1 article, vocational rehabilitation with 1 article, occupational and art therapy with 4 articles (1 articles is about music therapy, 1 article is about painting, 1 article is about physical exercise and 1 article is about activity

daily living), social skills training with 3 articles (1 article is about share stories, 1 article is about expressive writing and 1 article is about storytelling and writing on wall magazine), and combinations of some interventions with 1 article.

Based on the results, psychosocial rehabilitation interventions implemented in hospitals are aimed at individuals. Interventions for families and communities have not been widely facilitated. According to (Yildiz, 2021) psychosocial rehabilitation has some interventions. Apart from those aimed at individuals, there are three interventions aimed at families and communities, namely family educations, assertive

community treatment, peer and social support. Most patients in mental hospitals are not attended by their families, this means that family intervention is not yet covered. The family only gets little information when sending the patient home without receiving in-depth training.

In fact, by providing psychoeducation to families consisting of education, skills, emotional, and social components, it can change family behavior in caring for patients so that the role of the family as a caregiver is more optimal and is able to form family support groups (Jayanti et al, 2020). Family and community involvement in psychosocial rehabilitation is also important in increasing social support. Social support is one of the factors that can influence medication adherence in outpatients with schizophrenia, the higher the social support given to outpatients with schizophrenia, the higher their medication adherence (Noviyanti et al, 2024). Social support creates a sense of calm, being loved, cared for, being appreciated, and having self-confidence (Dewi and Sukmayanti, 2020). Therefore, hospitals need to consider family involvement in psychosocial rehabilitation activities and the government should pay more attention to community-based psychosocial rehabilitation.

Related to interventions for individuals on these outcomes are:

Cognitive Behavior Therapy (CBT)

There are 1 article discussing CBT. Like the result of research by (Husniati and Pratikto, 2020), Cognitive Behavior Therapy (CBT) is able to change compliance behavior subjects took medication after 10 sessions over 2 months. And also control of medication taking behavior after being discharged from hospital for 2 years week and the results are that the subjects are compliant in taking medication. The cognitive behavioral approach is based on the relationship between thoughts, feelings, and behavior. The goal is to help patients cope with psychotic symptoms and distress, relieve symptoms such as depression and anxiety, and improve functioning. Yildiz (2021) states that CBT has been shown to increase treatment adherence, reduce relapse, improve functioning, and enhance recovery. Although CBT is most effective when

carried out by trained professionals, families and communities have an important role in supporting schizophrenia patients through the application of CBT principles at home. Families and communities are expected to create an environment that supports the recovery process. Families need to understand the symptoms of schizophrenia and how CBT works. With this knowledge, they can be more effective in helping patients manage symptoms, recognizing negative thought patterns and discussing more positive alternatives and assisting patients in implementing coping techniques.

Vocational Rehabilitation

There are 1 article discussing about vocational and non-vocational rehabilitation. The result of research by (Widianingsih and Astanto, 2020) shows that vocational training increases independence in social, emotional and intellectual aspects. Yildiz (2021) stated that schizophrenia patients lose interest in their work both in acute and chronic phases. Disability makes them unable to do their jobs. Vocational rehabilitation provides skills training options tailored to each patient's interests and talents. For example, making handicrafts such as making broomsticks, making dusters, making pillowcases, clothes sequins, cooking fried peanuts, making cassava/banana chips (Shinta et al, 2023). Vocational activities that have been trained while the patient is being treated in the hospital will be better if they can be continued at home. But there are many obstacles that may arise, such as the limited ability of the family to guide and the availability of facilities, tools and work materials. So support from the government and the surrounding community is needed for the sustainability of this activity.

Occupational and Art Therapy (OAT)

There are 4 articles discussing about occupational and art therapy. Occupational therapy and art therapy consist of a series of occupational and art activities using psychotherapy techniques. These techniques include technique for developing creative expression, improving communication and socialization skills (Yildiz, 2021). The activities include painting, music,

dancing, drama, handicrafts, etc. The result of research by (Lavenia et al, 2023) showed that patient's feeling changed after painting activities. They felt more comfortable, peaceful, calm and able to express emotions. Art therapy can be useful as a medium for catharsis or channeling negative emotions to overcome life stress. Painting therapy can make a person express pent-up feelings and emotions onto canvas. In other research, Yaman, et al (2022) stated that music therapy emergence of positive emotions for patients and the opportunity to interact with each other. Several forms of behavioral changes occur in schizophrenia patients with auditory hallucinations. After being given music therapy, the signs and symptoms of hallucinations decrease, making patients comfortable, reducing anxiety, reducing emotional behavior, an improving interpersonal function (Apriliani et al, 2021). Listening to music is something that can be done anywhere. Painting and dancing can also be done at home. Activities used in occupational therapy should also be continued to be practiced at home after returning home from hospital care. Families and communities need to be educated about the benefits of these activities for the recovery of schizophrenia patients, so that they can facilitate and optimize them as a form of support in the home care process.

Social Skill Training (SST)

There are 3 articles that use social skills training interventions. Social Skills Training (SST) is a skills development training designed to relieve stress in social environment and improve social relationships. This training tries to help patients evaluate social cues appropriately and react appropriately to the situation (Yildiz, 2021). The technique used is to develop verbal and non-verbal communication skills. The example verbal communication skill is story telling or story sharing. Story telling activities are effective for patients in fostering a spirit of recovery. Patients begin to open up, tell their conditions, what they feel and what they like (Budiman, 2023). While the example of non-verbal communication skill is expression writing. The patient's emotions or feelings is effectively expressed through expressive writing

activities (Subardhini et al, 2020). Verbal and nonverbal communication training at home is very important so that patients are more easily accepted in society. Storytelling and writing expression training is very possible to continue at home with the guidance of family, friends or other people around them. In this case, community action to support and create a supportive and stigma-free environment is very much needed.

CONCLUSION

Psychosocial rehabilitation carried out while patients are hospitalized has a positive impact on schizophrenia patients. However, support from family and community will optimize the return of social function for schizophrenia patients when they return to society. There needs to be a continuity of psychosocial rehabilitation services from hospital-based to community-based.

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