

# 6<sup>TH</sup> LUBLIN INTERNATIONAL MEDICAL CONGRESS FOR STUDENTS AND YOUNG DOCTORS

LUBLIN, 28<sup>TH</sup> - 30<sup>TH</sup> NOVEMBER 2019



[WWW.LIMC.UMLUB.PL](http://WWW.LIMC.UMLUB.PL)



6TH LUBLIN INTERNATIONAL MEDICAL CONGRESS FOR STUDENTS AND YOUNG DOCTORS  
LUBLIN, 28<sup>TH</sup> - 30<sup>TH</sup> NOVEMBER 2019

# 6<sup>TH</sup> LUBLIN INTERNATIONAL MEDICAL CONGRESS FOR STUDENTS AND YOUNG DOCTORS

LUBLIN, 28<sup>TH</sup> - 30<sup>TH</sup> NOVEMBER 2019

STUDENTS' SCIENTIFIC SOCIETY  
OF THE MEDICAL UNIVERSITY OF LUBLIN



Published under the CC-BY-NC-SA license

LUBLIN 2019

## **EFFECTIVENESS COMPARISON OF THE PSYCHOSOCIAL REHABILITATION BETWEEN HOSPITALIZED PATIENTS AND OUTPATIENTS**

Kotryna Liberyte

**Scientific supervisor:** Dr. Marius Karnickas

Department of University and Psychosocial Rehabilitation, Republican Vilnius Psychiatric Hospital, Faculty of Medicine, Vilnius University, Lithuania

**Introduction:** Psychosocial rehabilitation (PSR) is a recovery model of mental illness, it is a process of making people hopeful, empowered, skilled and supported. This research is focused on finding the difference of the effectiveness of the PSR among the outpatients and hospitalized patients.

**Methods:** A prospective study was conducted; 75 hospitalized patients and outpatients were interviewed before and after programme of PSR. The Clinical Outcomes in Routine Evaluation-Outcome Measure (CORE-OM) was used. The domains are subjective well-being, symptoms, functioning and risk. The sum of all statements in CORE-OM score reflects the overall level of psychological distress. The data were systematized and statistical analysis performed using SPSS 23.0 statistical package. Significance level -  $p < 0,05$ .

**Results:** A paired-samples t-test was conducted to compare CORE-OM scores among patients before the programme of PSR and at the end of it. 47 outpatients completed the questionnaire: 19 women and 28 men, average age of  $36,8 \pm 11$  years and 28 hospitalized patients: 19 women and 9 men, average age of  $49,7,8 \pm 16,5$  years. The most common diagnoses in both groups - schizophrenia, schizotypal and delusional disorders (76,6% outpatients and 53,6% hospitalized patients), followed by affective disorders (23,4% outpatients and 32,1% hospitalized patients). A significant score differences before the treatment of outpatients ( $60,93 \pm 19,51$  points) and after ( $47,23 \pm 21$  points),  $p < 0,05$  as well as before the treatment of hospitalized patients ( $42,86 \pm 22,14$  points) and at the end of it ( $27,82 \pm 16,99$  points) were established. The difference between the score changes before and after the programme of these two groups is not statistically significant ( $p < 0,05$ ). In both outpatient and hospitalized patient groups all four domains decreased statistically significantly after the treatment. In the outpatient group the change of the domain of well-being was the most significant meanwhile in the group of hospitalized patients the biggest change was seen in the domain of symptoms.

**Conclusions:** The level of distress is statistically significantly lower in both PSR outpatient and hospitalized patient groups. The effectiveness of the treatment among these groups is not statistically significant.

**Keywords:** psychosocial rehabilitation, CORE-OM, psychological distress level.