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学位論文の題名	Brief Psychoeducation for Schizophrenia Primarily Intended to Change the Cognition of Auditory Hallucinations: An Exploratory Study (幻聴への認知の変化を主目的とした統合失調症に対する短期心理教育: 予備的研究) The Journal of Nervous and Mental Disease. Vol. 202: P.35-39,2014
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Abstract

Objective: Auditory hallucinations and delusions are core symptoms of schizophrenia, which interact with each other. The attribution of auditory hallucinations to other people is considered to lead to secondary delusions. This study examined whether brief psychoeducation can change the cognition of auditory hallucinations, particularly, their attribution, and thus alleviate secondary delusions.

Method: Twenty-two schizophrenic patients with auditory hallucinations were recruited in this open study. The intervention consisted of five sessions during the course of 4 weeks. Outcome measures were used to assess delusions, beliefs about auditory hallucinations, and depression.

Results: At the end of the intervention, statistically significant reduction was observed in both delusions and depression. Beliefs about hallucinations showed statistically significant improvement in terms of malevolence, omnipotence, and resistance but not in terms of benevolence and engagement.

Conclusions: The present study suggests that psychoeducation might be useful in reducing secondary delusions without exacerbating a depressive state.