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Insights from our  
patients

# The ASPIRE-Study:

## Rethinking inpatient treatment for psychotic disorders (PDs) with ACT

INTRODUCTION

- Only 15-20% of patients suffering from schizophrenia reach functional remission within a year
- Standard inpatient group-psychotherapy does not outperform basic psychosocial interventions in terms of efficacy and relapse-prevention

METHODS

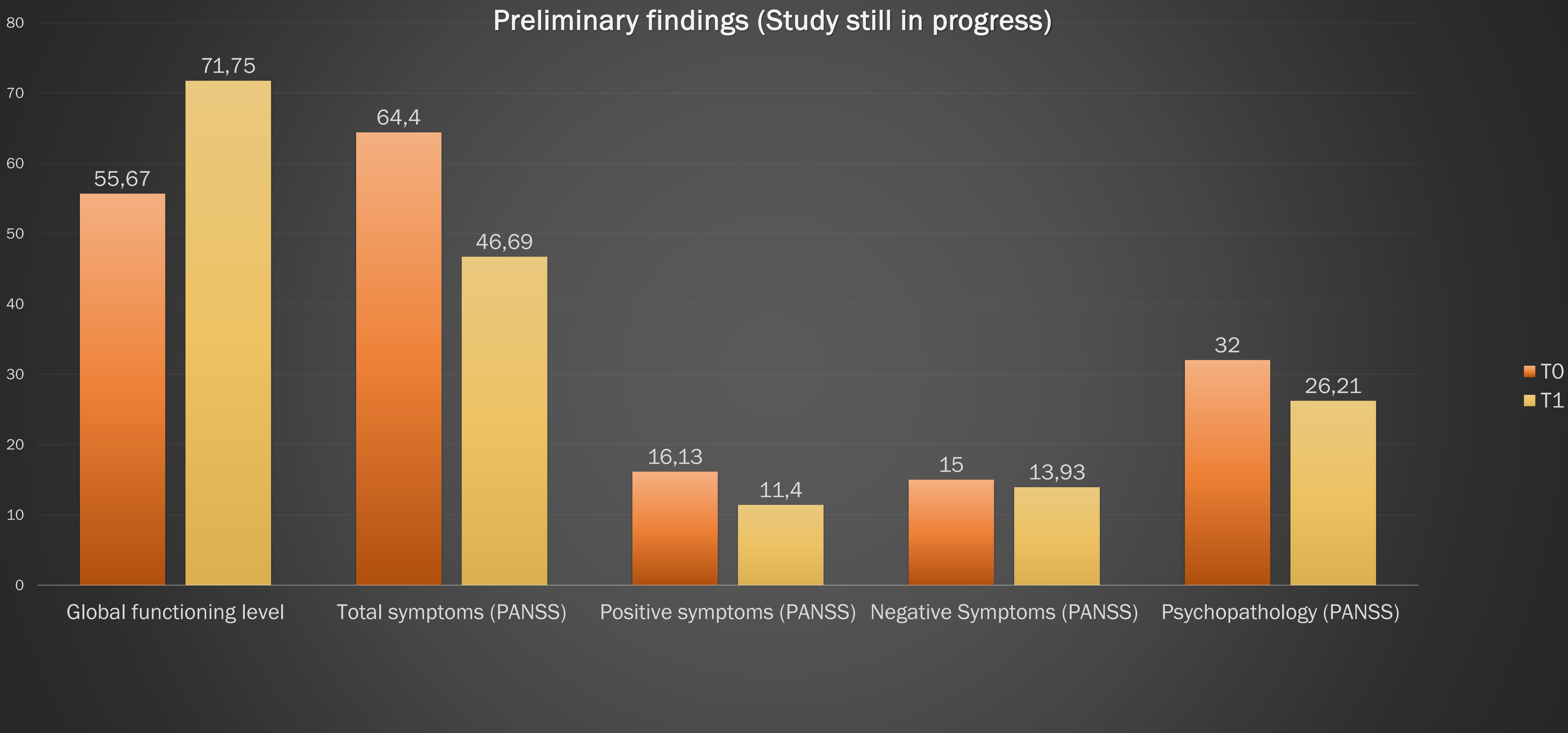
1. Sample: Inpatients from the Vivantes Klinikum Am Urban psychosis-unit (public hospital in Berlin, Germany)
2. The entire caregiving, medical and therapeutic staff is continuously trained in a holistic ACT-based concept which involves a 4-week high frequency group-therapy program (12 sessions in total)
3. Patients are interviewed and asked to fill out questionnaires before admission (T0), directly after (T1) and 6 months after treatment (T2)

FIRST RESULTS (not finalized)

- From interviews:
  - Overall treatment and a large number of ACT-specific and unspecific circumstances were perceived as helpful
  - About 1/3 found it difficult to engage in mindfulness exercises
  - Personal circumstances often toned the overall experience
- Quantitative measures display positive trends regarding different clinical measures
- Patients report an average of 27.21 on treatment satisfaction scale (range 8 – 32)

DISCUSSION

- First results appear promising, while underlining both feasibility of the implementation and the need for RCTs



“So this focusing, this mindfulness? [...] The voices don't disappear, but you can gain control over the voices and say: Okay, I'll listen for two minutes, but no longer [...].”

“That this has jumped into my consciousness, that I am actually right here and now, ... that nothing is bothering me right now, that nothing is being asked of me right now, that I can just be, right?”

“Well, simply that, at the end of the day, you're only human. That not everything happens immediately, that everything takes time.”



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