

HOW SESSION FREQUENCY SHAPES OUTCOMES: ACT - INFORMED GROUP ART THERAPY FOR CHRONIC SCHIZOPHRENIA

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Background

Chronic schizophrenia is associated with hospitalization stress, reduced psychological flexibility, and diminished well-being. The influence of session frequency in ACT-informed group art therapy remains unclear.

Purpose

This study examined the effects of ACT-informed group art therapy on hospitalization stress, psychological flexibility, subjective well-being, and happiness among individuals with chronic schizophrenia residing in psychiatric care facilities.

Method

Thirty-six individuals with chronic schizophrenia residing in a psychiatric care facility were randomly assigned to one of three groups:

- Intensive Intervention (5 sessions/week for 3 weeks; n = 12)
- Distributed Intervention (1 session/week for 15 weeks; n = 12)
- No-Treatment Control Group (n = 12)

Both intervention groups received the same ACT-informed group art therapy program consisting of 15 sessions. Outcomes were assessed using measures of hospitalization stress, psychological flexibility, subjective well-being, and happiness. Data were analyzed using mixed-design ANOVA to examine Group × Time effects.

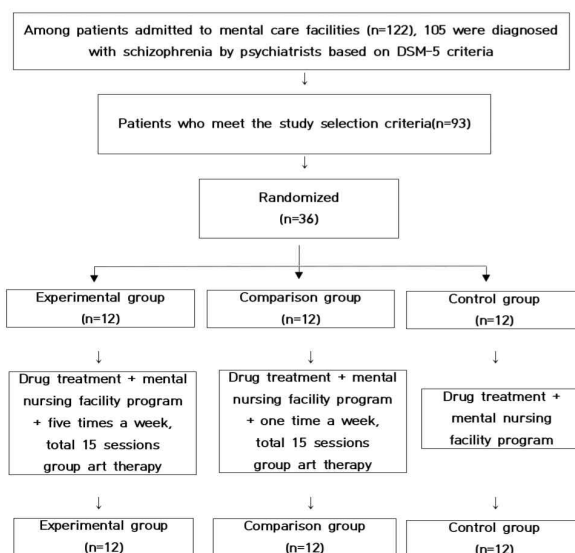


Figure 1. Flowchart of Participation in the Study.

Results

Both intervention groups showed significant improvements in hospitalization stress, psychological flexibility, subjective well-being, and happiness compared with the control group. The Distributed Intervention demonstrated greater improvements in basic needs-related stress and emotional regulation. Overall treatment outcomes were comparable across intervention formats.

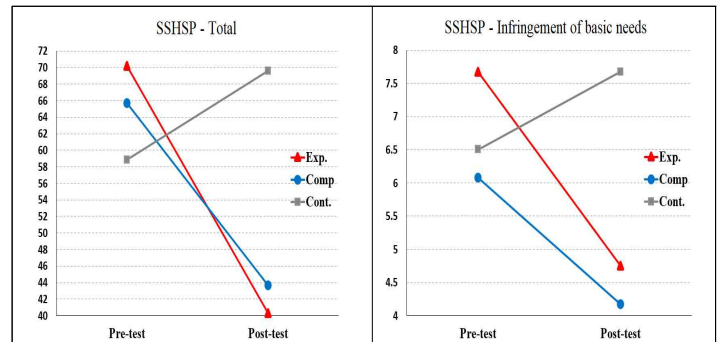


Figure 2. Comparison of SSHSP-Total among Experimental, Comparison, and Control Group.

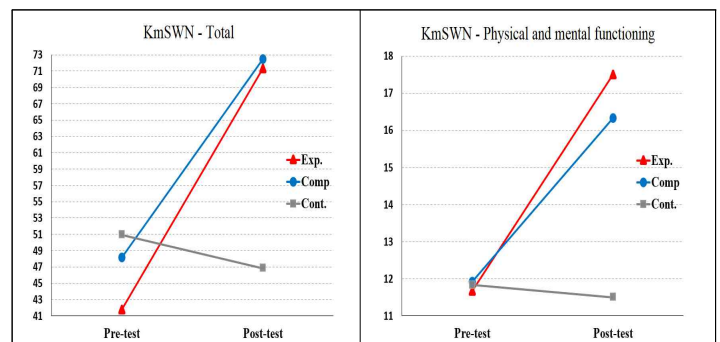


Figure 3. Comparison of SSHSP-Infringement of Basic Needs among Experimental, Comparison, and Control Group.

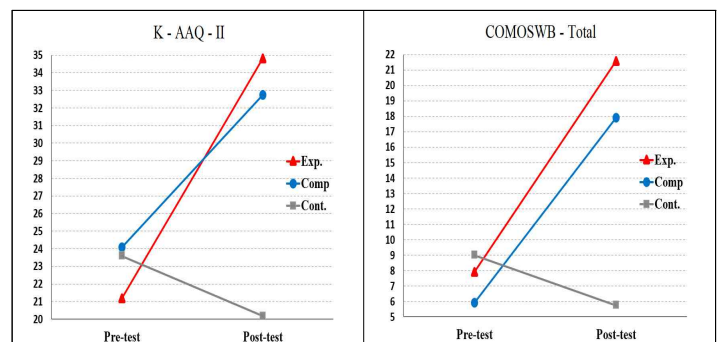


Figure 4. Comparison of KmSWN-Total among Experimental, Comparison, and Control Group.

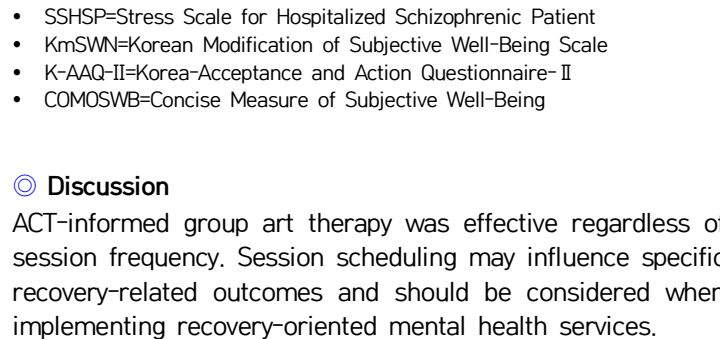


Figure 5. Comparison of KmSWN-Physical and Mental Functioning among Experimental, Comparison, and Control Group.

• SSHSP=Stress Scale for Hospitalized Schizophrenic Patient

• KmSWN=Korean Modification of Subjective Well-Being Scale

• K-AAQ-II=Korea-Acceptance and Action Questionnaire-II

• COMOSWB=Concise Measure of Subjective Well-Being

Discussion

ACT-informed group art therapy was effective regardless of session frequency. Session scheduling may influence specific recovery-related outcomes and should be considered when implementing recovery-oriented mental health services.