

ABSTRACT

The current study was conducted to assess the impact of psychosocial rehabilitation program on symptoms as well as quality of life of patients with schizophrenia for the improvements of patients with schizophrenia. The study was carried out on 24 male patients admitted in a residential rehabilitation centre, Fountain House Lahore, with the diagnosis of schizophrenia. The duration of study was three months. The age ranged from 21-70 years, ($M=38, SD=11$). Positive and Negative Syndrome Scale (PANSS) and WHO Quality of Life Brief was used as pre and post assessment tools to measure symptoms and quality of life of patients with schizophrenia. During the three months patients participated in daily psychosocial rehabilitation activities and psycho-education teaching module which took care of areas like social skills training, money management training, role playing exercises and coping strategies. Two —way Repeated —measures ANOVA conducted on aggregate scores of PANSS and QOL showed significant differences on pre- and post- rehabilitation. There was a significant increase in quality of life at post rehabilitation, while schizophrenic and other symptoms decreased as a result of rehabilitation program. Individual analysis on sub-scales of PANSS also showed significant decrease in negative, positive and general psychopathology scores of the patients after participating in rehabilitation activities. The results of this study highlight the importance of rehabilitation programs structured according to behavioral paradigms in improving the symptomatic condition as well as general functioning of the patients with schizophrenia. The study suggests a need to initiate more of these programs in country for psychosocial rehabilitation of the patients.