

COGNITIVE BEHAVIOUR THERAPY (CBT) TO REDUCE NEGATIVE SYMPTOMS IN DISORGANIZED SCHIZOPHRENIA - A CASE STUDY

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ABSTRACT

The aim of this case study is to find the effectiveness of CBT in reducing negative symptoms. The subject of this case is a 19 years old female, who diagnosed with disorganization schizophrenia for one year and was prescribed antipsychotic medication but have not get any psychological therapies yet. The methodology used a single case experiment design. Data collection method are observation, interview and psychology tests. To measure the effectiveness of intervention used Scale for The Assessment of Negative Symptoms (SANS). Intervention given 12 meetings for 3 months with the combination of cognitive therapy and cue exposure. The subject exhibited significant improvement in her negative symptoms especially in anhedonia-asociality. SANS total score decrease from 18 to 12 and got remarkable insight about how to behave in social life.

Keywords: Disorganized Schizophrenia, Cognitive Behavioural Therapy, Negative Symptoms.