

Case report

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Journey From Recovery To Functional Recovery Through Physical Activity And Sports Participation: A Single Case Study Of Rehabilitated Patient With Schizophrenia

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Abstract

This qualitative study explored the positive effect of physical activity on the prognosis of chronic patient with schizophrenia. This single case study carried out on the patient with schizophrenia who was admitted at the age of 36 at Fountain House Lahore Pakistan. The member belonged to single parent and had the history of wandering behavior and ran out 4 times from house and lastly stayed around 8 months away from his home. After getting admitted at Fountain House member undergone drug therapy along with that he was involved in physical exercise, assembly and given sports responsibility by the sports therapist. After 6 months of continuous stay at Psycho social rehabilitation center and involved in the physical activities and conducting sports as assistant remarkable improvement was seen in the overall behavior of the member. The member discussed in semi structured interview that his life became disciplined, positively elevated his mood, provided him confidence and he does not feel like to be sedentary. The most encouraging remark he shared that he got more awareness about his symptoms of disease instead of reacting now he wanted to share any change in him with his father or the therapist.

Key Words: Sedentary Behavior, Functional Recovery ,Wandering Behavior to this PDF

Introduction

Schizophrenia, as one of the chronic and severe mental illness its usually onset is between 16 and 30 years old having prevalence range from 0.33 to 0.75% globally [1]. Schizophrenia is categorized in three types with reference to its symptoms. Firstly, positive and negative symptoms Positive symptoms include delusions and hallucinations. Negative symptoms consist of lack of motivation, mute behavior and social withdrawal. The cognitive symptoms include lack of executive functions, inattention and memory impairment [2]. The major hindrance with schizophrenia is poor quality of life and distorted self-image which ultimately shatters whole family [3]. Although psychotropic drugs improve positive symptoms but the negative symptoms still remain present even getting discharge from the treatment center. The convention treatment of recovery does not work on functional recovery which includes positive and negative symptoms. The paradigm shift to functional recovery has given birth to new innovative therapeutic approaches. The prolonged use of psycho tropic drugs had lesser effect on negative symptoms. Psycho social counseling as second line of treatment these therapies are expert-based require time and quite expensive. The therapeutic role of physical activity in psycho social rehabilitation is less expensive and has far reaching results.

Functional Recovery

Anthony gave classic definition of functional recovery of patients with Schizophrenia as a deeply personal, unique process of changing one's attitude, values, feelings, goals, skills, and/or roles, even with limitations caused by illness [4]. Lahera et al. further explained that functional recovery overlaps with other concepts such as quality of life, cognition and clinical remission [5]. The symptomatic remission, personal autonomy, professional activity, social relationship and environmental factors also have strong influence on functional recovery.

Method

The Single case study was carried out with 2 semi structured interviews. The themes and sub-themes emerged in the interview and were transcribed and themes domain was developed.

Ethical Consideration

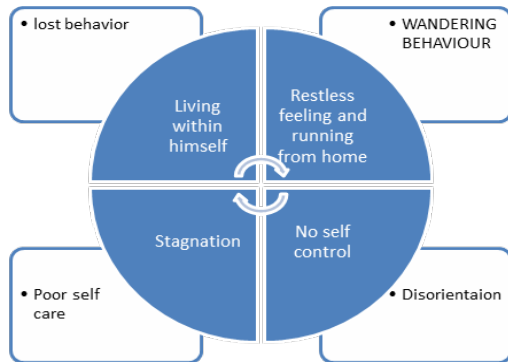
The consent of the semi structured interview was taken from the father and the member. They were briefed that their responses are being used clinically for the betterment of other members who can participate in physical activity to improve their mental health.

Procedure

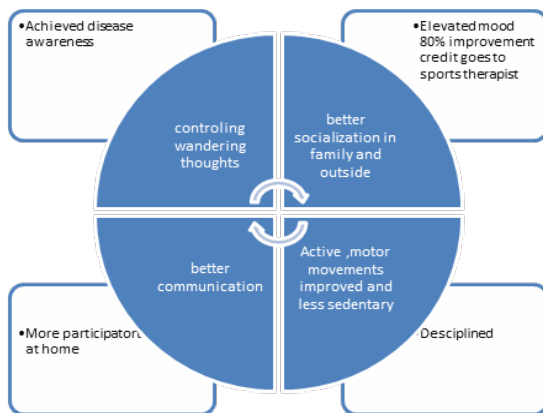
The semi-structured interview of member and his Father was conducted respectively with the prior consent. The main questions were based on prognosis, the effect of physical activity, disease awareness and behavior at home when goes home on holidays at Fountain House the member was given responsibility of Assistant sports secretary of the members of fountain house for 6 months. He carried out his duty of distributing sports items among residential members in evening and play with them for 2 hours 6 days a week under instructions of sports therapist and after 2 hours reassembles the sports items and put them in office. Similarly, he has to participate in morning assembly along with minor physical drill for half an hour. The responses of member and his father were taken and transcribed into themes and sub- themes.

Results

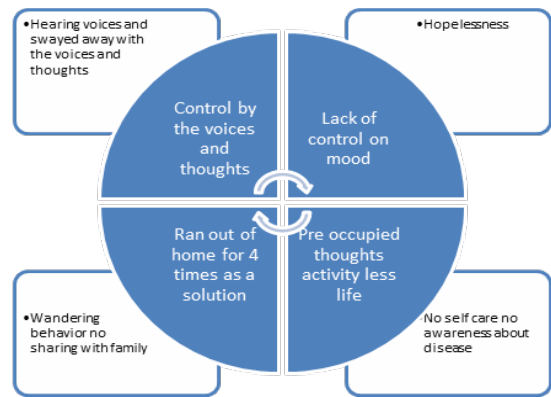
Themes emerged from the interview of the father of the member Pre-admission and participation in physical activity and sports.



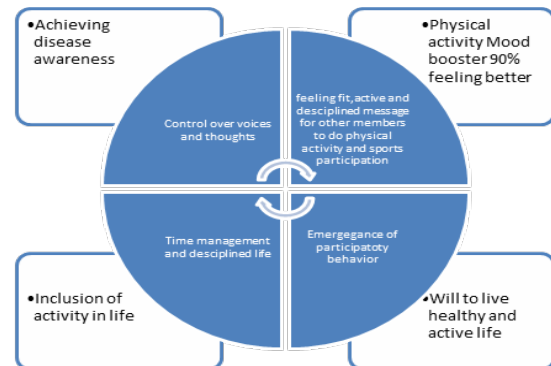
Semi structured themes emerged from the Response of the father of the member post admission in psycho social rehabilitation center and participation in physical activity and sports.



Semi structured interview themes emerged from the member before admission at the psycho social rehabilitation center and participation in physical activity.



Semi structured interview themes emerged after admission in psycho social rehabilitation center and participation in physical activity



Discussion

The results have clearly shown of that physical activity and sports participation has pivotal role in functional recovery of the patient with schizophrenia the psychotropic drugs can improve positive symptoms but the confidence, motivation, discipline and improved quality of life are improved with supervision and persistent physical activities and systematic feedback. The results of this single case study has given new hope to the mental health professionals that there not only psychotherapies can be helpful in the treatment of Schizophrenia but other allied therapies can also be beneficial in the functional recovery of the patients with schizophrenia which are less expensive and less time consuming [6]. Wei, Yang et al, in their systematic review with meta-analysis on 13 studies with 1.159 showed significant effects in favor of mind –body exercises like Tai Chi, yoga and Qigong the MBEs (mind body exercises) are defined as mild to moderate –intensity of exercises. Pierce, Lester et al. in their paper on the role of physical activity and sport in mental health discussed the importance of physical activity in enhancing self-esteem the outdoor sports activities improve cognitive performance and reduce anxiety [7]. According to Rosenbaum Physical activity participation is the primary source of achieving mental wellbeing [8]. The regular participation in sports and phys-

ical activity reduces stress, anxiety and enhances confidence and self-esteem and above all it improves quality of life after getting discharged from the treatment center.

Viljoen discussed the relationship of physical exercise and the patient with Schizophrenia [9]. According to him patient with schizophrenia are taken care of with antipsychotic medications, as the first line of therapy, usually decrease the positive symptoms, while their negative and cognitive symptoms are not totally treated. The sedentary behavior of the patient restricts his life even after discharge from hospital which hampers his quality of life [9]. Viljoen and Roos in their systematic reviews and meta-analysis found the importance of physical activities as an add-on to pharmacological therapy, to minimize psychiatric symptoms and improve quality of life [10]. Stubbs explained the EPA (European Psychiatric Association) shared the importance of physical activity and provided guidelines on physical activity for severe illness suggest aerobic exercise of moderate –to-vigorous intensity at a frequency of 2-3 times a week, achieving 90-150- minutes of moderate –to- vigorous physical activity per week. Better results of physical activity and sports participation among patients with schizophrenia can be seen if there is inclusion of motivational influences and supervision by exercise professionals.

Limitations of the Study

1. The physical activity and sports participation in the treatment Schizophrenia was just considered routine activity rather than considering its therapeutic importance which was made realized with constant supervision of sports therapist.
2. The member due to chronicity of illness of Schizophrenia had sedentary behavior which was constant resistance in the beginning of the physical activities and sports participation.

Implications of the Study

1. The physical activity and sports participation should be integral part of psycho social rehabilitation intervention of patients with Schizophrenia under close supervision of Sports Therapist to attain Functional recovery of the patient.
2. There is dire need of paradigm shift from recovery to functional recovery of the patients with schizophrenia for remission of positive, negative symptoms and cognitive impairment.
3. The sports therapy plays vital role in providing confidence and minimizing the feeling of internal and social stigma in the patient with Schizophrenia through group participation and mood booster.
4. The mental health professionals and specialists of other non-communicable diseases (cardiac, diabetic, cancer) should work on the therapeutic efficacy of sports to improve the overall quality of life and daily living activities (DLA) of patient to lead healthy life.

Acknowledgements

I wish to express my thanks to the member of the Fountain House whose functional recovery through physical activity and sport participation gave me motivation and new hope to work rigorously on sports therapy and its effect on patients with schizophrenia to attain overall functional recovery of the patients with Schizophrenia. Furthermore, I am grateful and appreciate the professional spirit of Mr. Rafique Bhatti Sports Therapist who worked with consistence and persistence on the member and supervised his sports activities and made it possible for the patient to improve his overall quality of life and daily living activities(DLA) and enhanced his confidence and positive activeness.

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