

The effect of an activity therapy program for chronic patients within a therapeutic milieu

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The aim of this study aimed to evaluate the effects of an integrated activity therapy program on the social competence of chronic hospitalized psychiatric patients.

Over a period of 10 weeks, 12 chronic psychiatric patients (mostly schizophrenic) were subjected to a rather intensive schedule of group activities within a structured therapeutic milieu.

An assessment of performance in activities as well as in different aspects related to social competence was carried out by the NOSIE and BPRS at the beginning and at the end of the program. The results of assessment of performance in the group activity program indicate a definite global improvement in daily life activities and psychiatric symptomatology.