

## 정신분열병 환자의 사회직업기능 개선

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## ABSTRACT

## Improvement of Socio-Occupational Function in Schizophrenia

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The goal of treatment for schizophrenia has been changed since the atypical antipsychotics have been introduced. In the past, control of psychiatric symptoms of schizophrenia was the main issue in the treatment of schizophrenia. Recently, however, reintegration into society is the final goal of treatment for patients with schizophrenia and the definitions of remission and recovery are discussed among experts group and newly introduced. For this goal, the factors which affect social dysfunctions of schizophrenia have been explored and the interventions which have been known to be helpful for improvement of social dysfunction of the patients with schizophrenia have been suggested. In this article, recent findings about social dysfunction and treatment programs for social dysfunction of schizophrenia are reviewed and introduced. Cognitive dysfunction, partial or noncompliance to treatment, social stigma and discrimination are major factors contributing social dysfunction of the patients with schizophrenia. In this regard, cognitive enhancement therapy, long-acting injectable atypical antipsychotic drugs, and psychosocial interventions which enhance treatment adherence and empower the patients in the society have been known to be helpful for social dysfunction of the patients with schizophrenia. Further biological and psychosocial studies and efforts should be made for achieving the final goal of treatment for schizophrenia – ‘reintegration into society’.

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KEY WORDS : Schizophrenia · Social dysfunction · Cognitive deficit · Stigma.

## 서 론

## 가

(Epidemiologic

Eugen Bleuler<sup>1)</sup>

Catchment Area study)

0.1~1.3%

<sup>2,3)</sup>

10 30

<sup>4)</sup>: 2005 12 23 / : 2006 1 17  
교신저자 : , 135 - 720 146 - 92Hegarty <sup>5)</sup>

(meta -

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analysis) 40%

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가 . . . . . 16,17)

가

가

가 6) , 가 (reintegration)

가 가 7) (remission) 18)

가 가 (multidisciplinary approach)

가 8,9)

가 19) 20) 가

가

가

가 1950 1950

가 가

10)

가 11)

**본 론**

**1. 정신분열병의 회복에 대한 임상적 정의**

(tranquilizing effect)가  
가  
(extrapyramidal symptoms)  
(tardive dyskinesia)

(remission) (recovery) (consensus)

가 가 가

2003 4

가 (The Remission in Schizophrenia Working Group)

14,15)

가

가

30)

.<sup>18)</sup> , Liberman<sup>21)</sup>

가<sup>31)</sup>

가

가<sup>32)</sup> ,

.<sup>33,34)</sup>

가

2

가 (UK Relapse Prevention in Schizophrenia  
Consensus Group)

가<sup>7,35)</sup>

### 3. 사회적 기능 개선을 위한 시도

#### 1) 인지기능의 개선

(cognitive enhancement therapy)

Hogarty Flesher<sup>36)</sup>

가 (neural plasticity)

.<sup>22)</sup>

(reintegration into society)

### 2. 사회적 기능의 손상에 영향을 미치는 요인들

가

2

가

(social activity),

(self - care),

(social relationship),

(impulse control)

2

가

가

.<sup>23,24)</sup>

.<sup>25)</sup>

.<sup>26)</sup>

.<sup>37)</sup>

가

.<sup>27)</sup>

가

.<sup>28,29)</sup>

.<sup>7)</sup>

가

<sup>38)</sup>  
2) 증상의 효과적 조절

가

19

가 , 가

결론

, 가  
<sup>39,40)</sup>

, 가 ,

(reminders),

<sup>41)</sup>

가

<sup>42,43)</sup>

3) 사회적 편견 해소(Antistigmatization) 및 능력강화 프로그램

. 1996 (World Psychiatric Association)

<sup>44)</sup>

(Patient Empowerment Program for Schizophrenia, PEPS)

중심 단어 :

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