

정신분열병 환자를 위한 인지재활훈련 프로그램의 개발*

- 한국형 인지분화훈련 프로그램 -

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Development of a Cognitive Rehabilitation Program for Patients with Schizophrenia*

- Korean Cognitive Differentiation Program -

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국문초록

연구목적 :

방 법 :

28 (n=14) (n=14)
 1 60 , 2 , 11 22 K - WAIS ,
 가 . 가 ,

: 1998 9 30

: 1998 12 30

1996

1998

41

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결 과 :

결 론 :

중심 단어 :

서 론

program) ¹⁾⁹⁾

¹⁰⁾

¹⁻⁴⁾ 가 , , Bre - (In -

가 , nner 1980 tegrated Psychological Therapy)

, (schemata) . Brenner ⁵⁾

⁵⁾

가

가

가 ⁶⁾⁷⁾

가 ⁶⁾

(Cognitive Differentiation), (Social Perception), (Verbal Communication), (Social Skills), (Interper - sonal Problem Solving) -

가 ⁵⁾

가 ⁸⁾⁹⁾

(macro level) (psychosocial (shifting attention), (sustained focused attention)

(stimuli abstraction), (concept for -
 mation), (concept discrimination),
 (concept modulation), (concept
 recall) (conceptualization)
 (card sorting
 exercise) (verbal concept exercise)

가
 (object guessing exercise)

5)11)

1

11 - 18)

연구대상 및 방법

16)

1. 연구대상

DSM - IV¹⁹⁾

32

가

16)

12

가

6

6

18)

8

12

가

16)

18)

18)

가

2

14

14

2. 연구방법

15)

(trait factor)

(state factor)

1) 한국형 인지분화훈련 프로그램의 개발 과정

()

Brenner

1996

1997

1

(conceptual hierarchies exercise), (synonyms exercise), (antonyms exercise), (word definition exercise), (word clue exercise) (context-dependent word exercise) (1).⁵⁾¹¹⁾

1

가

Brenner

10

3 가

가

가

가

가

2) 한국형 인지분화훈련 프로그램의 적용

1 1

가

2

11

22

가

2

2

가

(,

가)

20)

(1).

3) 인지기능, 정신병리 및 문제해결기술의 측정

1

1
(arithmetic),
(similarities),
K - WAIS²¹⁾
(vocabulary),
(picture completion)

POS PSSS SPSI
POS , PSSS SPSI
POS , PSSS SPSI
0.83, 0.88, 0.87
0.94, 0.92, 0.94

22)
(Positive and Ne -
gative Syndrome Scale,
PANSS)²³⁾

24)
SPSI
POS 21 , PSSS
SPSI 0.92²⁵⁾

3. 연구설계 및 통계

가 (1
) 가
30
가 Spearman
0.73(p=0.001),
0.74(p=0.002),
0.56(p=0.03) 가
PANSS 가

KWAIS
, PANSS
(POS), SPSI
(PSSS)
SPSI

가
가 PANSS
가
(Social Problem - Solving Inventory,
SPSI)²⁴⁾ (2)²⁵⁾ 가

(repeated measures Analysis
of Variance)
0.05
(version 6.0)
SPSS for WIN

결 과

SPSI
Scale, POS)
Solving Skill Scale, PSSS)
POS 가 , PSSS

1
(chlorpromazine
equivalent dose)
t- (in -
dependent t - test) ,
2
(1).

가 SPSI
가 . POS 30 , PSSS
40 5
POS
PSSS

1. 한국형 인지분화훈련이 정신분열병 환자의 인지기
능에 미치는 효과
K - WAIS
2

Table 1. Demographic and clinical profiles between training and control group^a

	Training group (n = 14)	Control group (n = 14)	t
Sex(male/female) ²	6/8	7/7	
Age(years)	34.3 ± 6.1	34.0 ± 8.2	- 0.10
Education(years)	11.1 ± 2.0	12.8 ± 2.5	2.00
Onset age(years)	25.1 ± 5.0	23.3 ± 6.7	- 0.80
Illness duration(months)	110.6 ± 85.5	128.6 ± 63.8	0.63
Chlorpromazine equivalents(mg)	916.4 ± 664.6	666.3 ± 418.0	- 1.19

a : Values are mean ± standard deviation 2 : ² test : ² = 0.144, p = 0.71

Table 2. Comparisons of pre- and post-treatment cognitive function mean between training and control group^a

Tests ^b	Cognitive function mean				p-value determined by RMANOVA ^c		
	Training group (n = 14)		Control group (n = 14)		Groups(A)	Training(B)	A × B
	Pre-	Post-	Pre-	Post-			
Arithmetic	6.79 ± 2.29	8.92 ± 2.06	8.43 ± 2.13	9.00 ± 2.69	N.S.	<0.05	<0.05
Vocabulary	8.14 ± 2.06	9.29 ± 3.05	9.21 ± 2.51	10.14 ± 2.60	N.S.	N.S.	N.S.
Similarities	8.07 ± 2.65	10.43 ± 2.90	9.50 ± 2.79	11.00 ± 2.29	N.S.	<0.05	N.S.
Picture completion	7.50 ± 3.30	8.64 ± 3.70	7.43 ± 1.22	8.36 ± 2.13	N.S.	<0.05	N.S.

a : Values are mean ± standard deviation

b : Tests are subtests of Korean-Wechsler Intelligence Scale

c : RMANOVA indicates repeated measures Analysis of Variance

Table 3. Comparisons of pre- and post-treatment psychopathology mean between training and control group^a

PANSS ^b	Psychopathology mean				p-value determined by RMANOVA ^c		
	Training group (n = 14)		Control group (n = 14)		Groups(A)	Training(B)	A × B
	Pre-	Post-	Pre-	Post-			
Positive	20.14 ± 6.35	16.14 ± 5.84	8.43 ± 2.13	9.00 ± 2.69	N.S.	<0.05	N.S.
Negative	20.29 ± 6.72	16.43 ± 3.90	18.43 ± 6.14	15.57 ± 6.22	N.S.	<0.05	N.S.
General psychopathology	34.86 ± 8.51	28.79 ± 5.65	35.00 ± 10.15	31.00 ± 8.58	N.S.	<0.05	N.S.

a : Values are mean ± standard deviation

b : Summation of positive, negative, and general psychopathology scales of Positive and Negative Syndrome Scale(PANSS ; Kay et al 1987)

c : RMANOVA indicates repeated measures Analysis of Variance

(F = 6.35, df = 1, p = 0.018).

3. 한국형 인지분화훈련이 정신분열병 환자의 문제해결기술에 미치는 효과

SPSI, POS, PSSS, PANSS

SPSI (F = 6.35, df = 1, p = 0.018), PSSS (F = 4.88, df = 1, p = 0.036), POS

2. 한국형 인지분화훈련이 정신분열병 환자의 정신병리에 미치는 효과

고찰

Brenner ⁵⁾

Table 4. Comparisons of pre- and post-treatment mean scores of problem solving skills between training and control group^a

	Psychopathology mean				p-value determined by RMANOVA ^c		
	Training group(n = 14)		Control group(n = 14)		Groups(A)	Training(B)	A × B
SPSI ^b	Pre-	Post-	Pre-	Post-			
Total	136.79 ± 21.72	143.29 ± 23.09	132.07 ± 23.09	124.21 ± 15.88	N.S.	N.S.	<0.05
POS	51.64 ± 11.49	54.50 ± 10.75	48.36 ± 9.74	47.29 ± 10.65	N.S.	N.S.	N.S.
PSSS	85.14 ± 12.14	88.79 ± 15.14	83.71 ± 11.32	76.93 ± 14.46	N.S.	N.S.	<0.05

a : Values are mean ± standard deviation

b : Summation of total, problem orientation subscale, and problem-solving skills subscale scores of Social Problem-Solving Inventory(Thomas and Arthur 1992, SPSI)

c : RMANOVA indicates repeated measures Analysis of Variance

(6.79, 8.43) 가

가

WAIS

22)

가

Bre -

5)

K - WAIS

K - WAIS

22)

가

가

가

가

4

22)

가가

가

(t = 1.96, df = 26, p = 0.61) 가 Brenner

K - WAIS

가

가
Brenner

16)
3

12 가

11
Brenner

가

가

exercise) 가 (drill and 28)29)

가

가

가

가

K - WAIS

Spaulding²⁶⁾

K - WAIS

가 가

(practice effect) 가

가 가

가 가

30)

26)

가

(3) 가

(11) 가 가

가 가 가

1)

Roder²⁷⁾

5)8)

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Development of a Cognitive Rehabilitation Program for Patients with Schizophrenia

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Objects : The purpose of this study was to investigate the effects of cognitive differentiation training program-Korean version(a training program of attention and conceptual abilities) on cognitive function, psychopathology and problem solving skills in patients with schizophrenia.

Methods : A total of patients diagnosed as schizophrenia using DSM-IV were randomly assigned to 2 groups. The training group went through a total of 22 sessions of cognitive differentiation training (60min/session \times 2sessions/wk \times 11wks). The attention-placebo control group received psychoeducation program during the same period. Arithmetic, vocabulary, similarities, picture completion of Wechsler Adult Intelligence Scale-Korean version, Positive and Negative Syndrome Scale, and Social Problem Solving Scales were administered to all patients, both before and after the training program.

Results : In the arithmetic scores ($F = 6.35$, $af = 1$, $p = 0.018$) of Wechsler Adult Intelligence Scale-Korean version, and total scores ($F = 6.35$, $af = 1$, $p = 0.018$) and problem solving skill scale scores ($F = 4.88$, $af = 1$, $p = 0.036$) of social problem solving scale, interaction effects of training was significant.

Conclusion : Our findings suggest that cognitive differentiation training program-Korean version is effective on improving auditory attention and problem solving skills in patients with schizophrenia.

KEY WORDS : Cognitive differentiation training program-Korean version · Schizophrenia · Cognitive rehabilitation · Integrated psychological therapy.

□부 록 1 □

1. 개념 위계 연습의 한 예

: , , ,
 : , , , , ,
 : , , ,
 : , , , , , ,

2. 십자말 풀이 연습의 한 예

	2		3	4		
1				7	8	
	5	6				
		9	10			
12	13		11			

() 가

1. (:)
3. (: 醫師 - 意思 - 義死)
5. (:)
7. , ,
9. 가 가
11. (: 溫井)
- 13.

()

2. (:)
4. (: () - 謝過)
6. 가 ,
 (: 湖水 : 戶數)
8. 가 , (: 首都 - 水道 - 修道)
10. (- 高溫)
- 12.

()

1	2	3	4	5	6	7	8
9	10	11	12	13			

□부 록 2□

번안한 사회문제해결 척도의 일부

	1.	(1, 2, 3, 4, 5)
	3.	(1, 2, 3, 4, 5)
	26. 가 가	(1, 2, 3, 4, 5)
	47.	(1, 2, 3, 4, 5)
	9. 가	(1, 2, 3, 4, 5)
	19. 가	(1, 2, 3, 4, 5)
	41. 가	(1, 2, 3, 4, 5)
	48.	(1, 2, 3, 4, 5)