Exploring the Experiences of Three Management Strategies in Auditory Hallucinations in Chronic Schizophrenic Patients

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Purpose: This study is to clarify the experience of auditory hallucination symptoms in chronic schizophrenia patients who using auditory hallucination management strategies.

Methods: This is a cross-sectional study and using group therapy to understand the experience of employing auditory hallucination management strategies in patients. There were three strategies used, including listening music, concentrating and talking to someone. A total of 13 chronic schizophrenia patients who with auditory hallucination from a psychiatric hospital in the Northern Taiwan were included in the study. In addition, the group met once a week, each time is 60 minutes and a total is 12 times.

Process and Results

1. Understanding Past and Current Auditory Hallucination (AH) Experience

- Vocal voice
- Non-vocal choice
- Doubtfulness
- Verification
- Content
- Timing
- Stress
- Isolation
- Doing nothing
- Mood
- Identification
- Coping strategies
- Engagement
- Extraction

2. Teaching AH Management Strategies

1. Listening music
2. Concentrating
3. Talking to someone

3. Responses for AH management strategies

- Prerequisite
- Medicine Adherence
- Involvement
- Diversification
- Preoccupation
- Appropriation
- Difficulty factors

Conclusion: The results show that chronic schizophrenia patients who have AH can use AH management strategies to enhance the skill of symptom management and rehabilitation motivation. Therefore, this study can be used as a reference for clinical nursing programs for understanding the patients who have AH. Furthermore, it can assist patients in reducing the effect of AH and promoting patients' quality of life.

References: