

Tennessee State University

Digital Scholarship @ Tennessee State University

Student Research

Research and Sponsored Programs

3-28-2022

Clinician Perception of Treatment for Schizophrenia: Sensory-Based Therapy or Medication

Sydney Hill

Alexa Almond

Kelsie Moosmann

Sara Boggs

Follow this and additional works at: https://digitalscholarship.tnstate.edu/rsp_students



Part of the [Pharmacy and Pharmaceutical Sciences Commons](#), and the [Psychiatric and Mental Health Commons](#)

Clinician Perception of Treatment for Schizophrenia: Sensory-Based Therapy or Medication

Sydney Hill, OTS; Alexa Almond, OTS; Kelsie Moosmann, OTS; & Sara Boggs, OTS

ABSTRACT

Purpose

The purpose of this study is to evaluate clinicians' perception of treatment and lived experience of occupational therapists treating clients diagnosed with Schizophrenia. The two identified treatment variables will be medication and sensory-based therapy and their relation to emotional regulation.

Methods

This study uses a mixed method, correlational design and data will be collected using an online Google Forms platform. Participants include licensed and registered occupational therapists who are currently treating individuals diagnosed with Schizophrenia. The survey was written to branch to relevant questions based on participants' answers. This branching method allows us to collect perception of treatment and lived-experience from clinicians through open ended questions, contributing to the qualitative portion of our study. Multiple choice questions were used to contribute to the quantitative portion of this study.

Findings

Data collection is in progress and data will be included as part of the poster presentation

Contribution to Discipline

It is intended that upon completion of this study, results will aid occupational therapists in determining what combination of treatment is perceived most successful in emotional regulation in patients diagnosed with Schizophrenia.

Professional Writing

We anticipate submitting this research to a peer-reviewed journal.

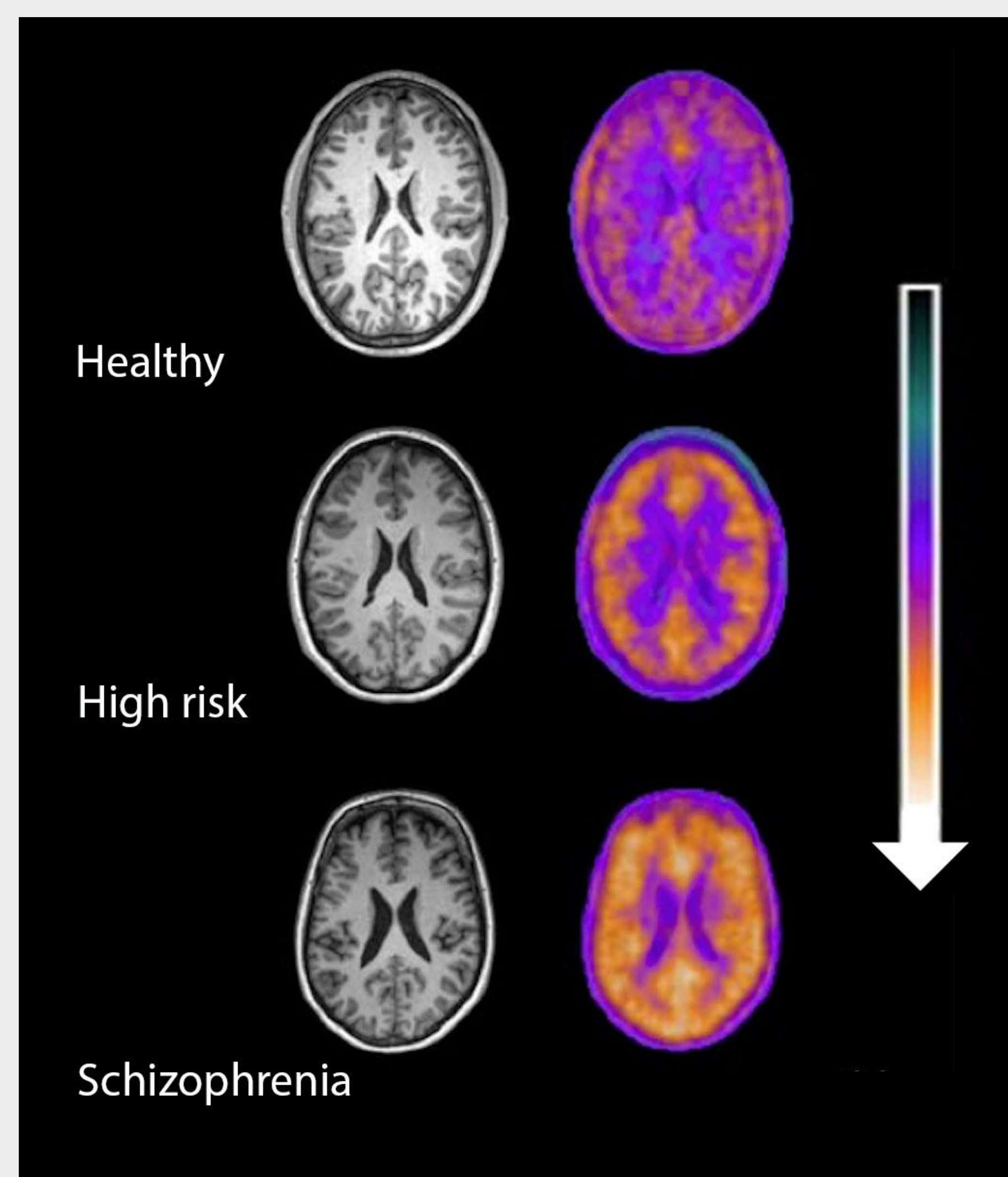
CONTACT

Sydney Hill, Alexa Almond, Kelsie Moosmann, Sara Boggs

tsustudentresearch@gmail.com

INTRODUCTION

Although there seems to be supportive information regarding the value of sensory-based therapy and medication administered separately, no studies were found that compare these treatments to one another, or the benefits of the combination of both treatments. The purpose of this study is to determine which treatment option, sensory-based therapy or medication, is more preferred by clinicians in improving emotional regulation in patients with schizophrenia. After a thorough analysis of each treatment option is examined, we will determine which method has a greater influence on improving overall emotion. Once completed, this study will support its clinical practice by assisting clinicians in determining the most appropriate treatment option when attempting to regulate emotions of their patients with schizophrenia.



MATERIALS AND METHODS

Study Design

A mixed method, correlational design was used to collect our data. The format was a web-based Google Forms survey to which participants had one month to respond.

Procedures

Participants (N = undetermined amount) in our study are licensed and registered occupational therapists who are currently treating individuals diagnosed with schizophrenia. These occupational therapists focus their interventions on sensory-based therapy or medication. Inclusion criteria requires that all occupational therapists are English speaking and located within the United States of America. Participants will be excluded if they are non-English speaking and do not work with clients who have Schizophrenia. The clients treated by our study participants must be diagnosed with schizophrenia, but may have additional diagnoses, and must be eighteen years or older.

Recruitment

Participants in this study will be recruited through an AOTA forum. A flyer has been posted in AOTA forums to communicate study intent. The flyer also includes an email address for participants to contact regarding any questions they may have. Participants work within the United States and will be informed that if they no longer wish to take part in this study, they can exit the survey at any time.

Setting

Initial surveys will be conducted online. For further qualitative information, there are open-ended questions.

Variables

Independent variables for our research will include medication and sensory-based therapy interventions, while our dependent variable will consist of the emotional regulation of the client. Our target population is clinicians treating individuals with a diagnosis of schizophrenia. As a mixed-methods study, we will include both quantitative and qualitative elements in the conduction of our research. Completing the quantitative portion of our research will consist of a survey inquiring whether clinicians use medication or sensory-based therapy for treatment of their clients with schizophrenia. The qualitative portion will include additional survey questions inquiring into the clinicians' lived experience using their preferred method of treatment. The inclusion of qualitative and quantitative questions increases the rigor and reliability of our findings by elaborating on an overall consensus of a clinician preference of medication or sensory-based therapy.

DISCUSSION

Our research questions are "Do clinicians prefer the use of sensory-based therapy or medication, for improving emotional regulation in adults with schizophrenia?" and "How do clinicians describe their lived experience using their preferred method of treatment?"

Based on current literature and our OT education, we have formed the following hypothesis. We hypothesize that occupational therapists treating clients diagnosed with schizophrenia will report their preference of a combination of sensory based therapy in addition to their clients' prescribed medications. The furthering of our research is crucial, because the present literature is lacking rigor in exploring a combination approach or comparing the two treatment methods. With this study, we could contribute to the field in a way that would improve client's overall quality of life.

RESULTS

Although research has just begun, we plan to analyze our results using descriptive analysis and coding. Specifically, quantitative data will be analyzed using descriptive analysis, including visuals such as graphs. Qualitative data will be analyzed by open coding and axial coding using excel.

CONCLUSIONS

In conclusion, the relationship of medication, sensory-based occupational therapy treatment, and regulation in clients with schizophrenia is an important study to complete. The furthering of research in this area will contribute to greater care of clients in need. Our team is in the process of collecting data.

REFERENCES

- Barnette, T. (2017). *Sensory-based Group Treatment in Reducing Physically Acting out Behaviors and Perceived Levels of Distress*. [Unpublished doctoral dissertation]. Eastern Kentucky University.
- Baxendale, M. (21, September 18). *Schizophrenia and you: the signs and symptoms and how to get help*. New Roads Behavioral Health. [Symptoms and Signs of Schizophrenia | New Roads Behavioral Health \(newroadstreatment.org\)](https://www.newroadstreatment.org/symptoms-and-signs-of-schizophrenia/)
- Lally, J. & MacCabe, J. H. (2015). Antipsychotic medication in schizophrenia: a review. *British Medical Bulletin*, 114 (1) <https://doi.org/10.1093/bmb/ldv017>
- White, V. (16, October 2015). *Inflammation of the brain linked to risk of schizophrenia*. Drug Target Review. [Inflammation in the brain linked to risk of schizophrenia \(drugtargetreview.com\)](https://www.drugtargetreview.com/brain-linked-to-risk-of-schizophrenia/)