



Application of Rational-Emotive Behavior Therapy in the Nursing Experience of a Patient with Schizophrenia and Comorbid Obsessive-Compulsive Behavior

Jia-Rong Li

Chiayi Branch, Taichung Veterans General Hospital

Background

- Schizophrenia is a severe and complex mental disorder often accompanied by the presence of obsessive-compulsive behaviors.
- These behaviors include obsessive thoughts and compulsive actions that cause distress and impairment in the daily lives of individuals.
- This article describes a case of a person with schizophrenia and comorbid obsessive-compulsive behavior.
- The individual engages in compulsive handwashing due to irrational thoughts, spending prolonged periods occupying the bathroom sink and excessively scrubbing the skin, resulting in skin damage.
- When prevented from engaging in these behaviors, the individual displays significant anxiety reactions, leading to ongoing interpersonal conflicts. In order to help the individual improve irrational thoughts and enhance coping abilities, the author utilized Rational Emotive Behavior Therapy (REBT).

Methods

- The case involved a 35-year-old male admitted to a psychiatric acute care unit with a diagnosis of schizophrenia and comorbid obsessive-compulsive behavior.
- The individual received care from January 27, 2023, to March 6, 2023. The author employed behavioral observation records and supportive counseling sessions.
- Through the application of REBT, using the ABCDE model as the core approach, the individual was guided to identify triggering events and irrational beliefs associated with compulsive handwashing.
- The self-belief process check form was then utilized to assist the individual in learning how to challenge irrational beliefs and transform them into rational beliefs, thereby establishing appropriate emotional and behavioral responses.

Results

- Through the implementation of the self-belief process check, the individual began to recognize and modify their irrational thoughts.

- Following cognitive changes, the duration of compulsive handwashing reduced from 30 minutes, 25-30 times a day, to 5 minutes, 5-10 times a day.
- The results indicate that as the individual underwent cognitive changes, the symptoms of compulsive behavior improved, negative emotions and compulsive handwashing decreased, leading to improved positive interpersonal interactions and a regained sense of self-control for the individual.

Conclusion

- Rational Emotive Behavior Therapy proves to be an effective treatment approach for individuals with schizophrenia and comorbid obsessive-compulsive behavior.
- By addressing and challenging irrational beliefs, this therapeutic intervention not only reduces the frequency and intensity of compulsive behaviors but also assists in establishing healthier, more rational thinking patterns, enhancing coping abilities, and improving overall quality of life.
- However, it is important to note that each case is unique, and treatment methods should be tailored and individualized based on the individual's specific needs. Further research and clinical practice can explore additional effective interventions for individuals with schizophrenia and comorbid obsessive-compulsive behavior, aiming to provide more comprehensive and targeted interventions.
- In conclusion, Rational Emotive Behavior Therapy offers a powerful treatment approach for individuals with schizophrenia and comorbid obsessive-compulsive behavior.
- By addressing and challenging irrational beliefs, individuals can reduce compulsive behaviors, improve emotional regulation, and experience positive transformations in their interpersonal relationships. The findings of this study hold important implications for clinical practice and the treatment of individuals with schizophrenia, contributing to their overall well-being and psychological health.