

The Application of Cognitive Behavior Therapy to Decrease Avolition Symptom in Paranoid Schizophrenia

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Abstract

Paranoid schizophrenia is a type of schizophrenia, which having some delusions and hallucinations. The main features of paranoid schizophrenia is dominating delusions and auditory hallucinations which the cognitive function and the affect is unchanged. There are some features that following the symptoms like anxiety, apathetic, and rebellious. One of the negative symptoms that the schizophrenia have is avolition or apathy, which refer to lack of motivation and does not having interest or disabilities to do daily activities. Some research said that CBT is effective to treat schizophrenia and some are not. This research aim is to apply CBT to decrease the avolition symptoms in paranoid schizophrenia. This research used mixed methods which is using interview and the measuring tool of negative symptoms. The result from the intervention using CBT in this research is, CBT is not effective to decrease the avolition symptoms of schizophrenia. Based on the measurement of The Scale for The Assessment of Negative Symptoms (The SANS), there is no sign of the avolition symptoms decreasing from the score before and after the intervention.

Keywords: Schizophrenia, Avolition, Cognitive Behavior Therapy, Negative Symptoms