

Original Article

The effectiveness of group poetry therapy an improving happiness in chronic schizophrenic patients

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Abstract

The aim of this study was to investigate the effectiveness of group poetry therapy an improving happiness in chronic schizophrenic patients. This experimental study was conducted with a pre-test-post-test design with the control group. The population consisted of patients hospitalized in treatment and rehabilitation centers in Ardabil (2017). Among them, 22 patients were selected and they were randomly assigned to experimental and control groups. Eleven sessions of group poetry were performed for the experimental group and the control group did not receive any intervention. Oxford happiness questionnaire was used to collect data and the data were analyzed by single variable Covariance analysis through SPSS-22. The results showed that after controlling the pre-test effect, the mean scores of post-test of the patients in the experimental group were higher in happiness than the scores of the control group ($p < 0.05$). This indicates the effectiveness of group poetry therapy intervention on patients. This study showed that group poetry therapy as a non-pharmacological treatment is effective on chronic schizophrenic patients and can be used by clinical specialists in medical centers.

Keywords

Schizophrenia
Group poetry therapy
Happiness

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Introduction

In today's societies, the importance of treatment, study and more accurate diagnosis of communication and psychotic disorders is tangible and undeniable. Schizophrenia is with a prevalence rate of 0.6 to 1.9 percent of the world population (Sadock, Sadock, & Ruiz, 2015). It has attracted the attention of many researchers and therapists. According to the fifth edition of the diagnostic and statistical manual of mental disorders, some of the main criteria for diagnosing schizophrenia are the presence of at least one case of hallucinations, delusions and disturbed speech for a considerable period of time over a period of one month (American Psychiatric Association, 2013). Therefore, the assessment of the speech or language of these patients can be fruitful as an adjunct tool both in more accurate diagnosis and in determining the rate of improvement or severity of the disease deterioration, the following statement that there is no laboratory test for schizophrenia and its diagnosis is based on the opinion and evaluation of a psychiatrist or clinical psychologist (Sadock, Sadock,

& Ruiz, 2015). Also, schizophrenia is considered as a communication disorder due to disrupting a person's effective relationship with the outside world through language impairment and symptom-based non-lingual communication systems (Niznikiewicz, Kubicki, Mulert, & Condray, 2013). This debilitating disorder usually appears in late adolescence and early youth, disrupts socialization, and promotes the development of life skills and increases social isolation and failure to play social roles (Ghazi Mohseni, Soleimanian, & Heidarnia, 2016). Thinking problem is one of the most important symptoms of this disorder that leads to deficit in executive functions of patients, which impairs the individual's interactive abilities through the effect on reasoning perception and communication skills (Bosco, Gabbatore, Gastaldo, & Sacco, 2016).

After the emergence of the positive psychology movement, theorists and researchers investigated constructs such as self-control and happiness instead of merely paying attention to negative experiences or perceptions (Becerra & Garcia-Molina, 2015). Happiness is one of the most important determinants of mental feeling of well-being that has a direct relationship with

mental health (Manthey, Vehreschild, & Renner, 2016). The more stress a person experiences, the less he or she will be happy and his mental health will be threatened (Howells, Ivtzan & Eiroa-Orosa, 2016). In happiness, evaluating people from themselves and their lives can include both cognitive aspects such as judging the complacency of life and emotional aspects such as mood or emotions in response to life events (Koosh & Varasteh, 2018). Researchers believe that feelings of happiness are dependent on cognitive assessment of satisfaction in different areas of life such as family, working conditions and experiences of communicating with others and this can become a symbol of one's mental health (Howells, Ivtzan & Eiroa-Orosa, 2016). In fact, happiness is a feeling that everyone wants, but few can achieve it, and the characteristic of that appreciation is the inner feeling of happiness, the feeling of satisfaction and interest in oneself and others (Agarwal, Shivakumar, Narayanaswamy, & Sreeraj, 2019). Therefore, considering the importance of this variable, it is important to perform interventions to promote it in schizophrenic patients, studies around the world have reported the positive effect of interventions such as cognitive interventions (Proyer, Gander, Wellenzohn & Ruch, 2016) positive psychological (Berkovitch, Del Cul, Maheu, & Dehaene, 2018) on happiness.

Lerner, a poetic scholar, believes that the art of storytelling among poetry therapists should be nurtured (Lerner, 1997). The background goes back to 1751. Benjamin Franklin (1987) treated his patients in the U.S. in ways such as reading poetry, singing and composing poetry. The positive results led Griffer, Ley Day and Lerner (1997) to make efforts to introduce this treatment method, and finally, in 1997, the National Society of Poetry Therapy was founded in the United States. After that, many studies were conducted in this field and the positive effect of poetry on psychological disturbances was confirmed, the effect of poetry on increasing self-esteem, self-affirmation and self-monitoring and reducing the rate of emotional repression and anxiety. Today, psychiatrists claim that the use of classical (ancient) poems in psychotherapy has positive results (Mazza, 2003). So far, poetry therapy has been used to resolve internal conflicts and cognitive-based psychotherapy (Cheryl, 2009). Among the reasons of poetry therapy can be mentioned: the state of reverence, crystallisation, rich searching for insight and enlightenment, a situational experience with a vague and diffuse feeling, evacuation and destruction of the nash is one of the therapeutic features of poetry (Farvardin, 2018). Considering that poetry therapy can affect positive symptoms such as disturbed speech and negative symptoms such as speech poverty, isolation and surface affection, and also considering that other researches have shown its effectiveness on the elderly (Faraji, Fallahi khoshknab & Khanke, 2013), Students' depression (Mohammadian, Shahidi, Mohammadi & Mahaki, 2010), education and entertainment of psychiatric patients (Gillispie, 2013) and the treatment of addicts. (Rahbar, 2012), Since few studies have been conducted in Iranian society focusing

on educating schizophrenic patients, the aim of this study was to investigate the effectiveness of group poetry therapy as a non-pharmacological treatment on the recovery of patients with schizophrenia spectrum. It has been done to improve happiness in patients with schizophrenia.

Method

Participants

This study was a quasi-experimental study with pre-test-post-test design with the control group. The population of this study included all patients in Ardabil rehabilitation centers (2017). Sampling was done purposefully with respect to inclusion criteria. Inclusion/Exclusion criteria were cancellation, early discharge and absence of more than one session. Among rehabilitation centers in Ardabil, Dar al-Shaffa Institute was selected and then 22 out of 50 patients in Dar al-Saffa Chronic Psychiatric Rehabilitation Institute were selected and 11 were randomly selected for the experimental group and 11 for the control group. Inclusion criteria included minimum reading and writing literacy and consent to participate in schizophrenia diagnosis based on expert opinion and recorded in patient's file, having awareness and awareness for available participation. Exclusion criteria were cancellation, early discharge and absence of more than one session. Exclusion criteria were cancellation, early discharge and absence of more than one session. Data were analyzed using covariance analysis with SPSS software version 22.

Instrument

Oxford Happiness Questionnaire:

The questionnaire was created by Argyll, Martin and Crossland (1989). It includes 29 quad sentences, the respondent reads all four sentences in each item and then specifies a sentence that best illustrates how he feels in the last week, and in the answer, marks the most appropriate answer in the column letters A, B, C, D. Each scoring is 0-1-2-3 in columns, so the highest score that the subject can achieve on this scale is 87, which indicates the highest level of happiness and the lowest score of this scale is 0, which confirms the lowest level of happiness. The higher the score, the higher the happiness and the lower the happiness score. The normal score of this test is between 40 and 42. The validity and reliability of this questionnaire in Iran has been determined and used by Alipoor and Noorbala (2017). The coefficient of internal consistency for the weighted men group was 0.94 and 0.9, respectively, and the validity of the test after 7 weeks was 0.78 and the test reliability coefficient was 0.79. The reliability of this tool was calculated by internal matching method and Cronbach's alpha was used to obtain a total questionnaire of 0.87.

Poetry Therapy Sessions

Table 1. Summary of meetings

Meeting	Description of meeting
meeting1	Telling patients the rules of the group (such as the necessity of paying attention to the speaking member, confidentiality, not interrupting the speaker's words, mutual respect, and the necessity of attending regular meetings) Explaining how the healing process works and asking them to express their feelings and to speak all that comes to their minds regardless of its value.
meeting 2-6	Reading poems with the content of complaints, anger, annoyance, romance and complaints from the lover or the day to drain negative emotions, talk about delirious beliefs, possible hallucinations and repressed inner high impulses.
Meeting7-8	Reading satirical poems for patients to encourage them to change their view of life from a humorous point of view and find a way to cope with life issues in a way other than negative weaving, extreme seriousness and emotional repression or negative emotional expression.
Meeting9-11	Reading poems with the content of motivation, hope and interest in life, such as Sohrab Sepehri's Voice of Water, aims to evoke a sense of life expectancy, accept problems, and enjoy life under any circumstances, the value of living just because it is alive. At the end of the eleventh session, the past sessions were summarized, the items learned from the poems and the treatment process, the feelings of each patient towards other people in the group, and the necessity of continuing to enjoy poetry even after the completion of these sessions (either in groups or individually).

Results

Table 2. Demographic information of the subjects studied

Age Group	Experimental Group		Control Group	
	Number	Percentage	Number	Percentage
30-25	1	9/1	1	9/1
35-31	1	9/1	0	0
40-36	3	27/3	1	9/1
45-41	6	54/5	9	81/9
Total	11	100	11	100
Economic situation	Number	Percentage	Number	Percentage
good	1	9/1	2	18/2
Medium	3	27/3	3	27/31
Weak	7	63/6	6	54/5
Total	11	100	11	100
History of illness	Number	Percentage	Number	Percentage
Sub-10	2	18/2	3	27/3
10-20	3	27/3	5	45/4
Top 20	6	54/5	3	27/3
Total	11	100	11	100

Table 3. Mean and Standard deviation of happiness between experimental and control groups in pre-test and post-test stages

Variable	Control Group		Experimental Group		
	Average	Standard deviation	Average	Standard deviation	
Happiness	Pre-test	21/27	4/81	19/50	4/60
	Post-test	19/36	5/33	22/50	1/17

Table 2 shows the mean and Standard scores of happiness between the experimental and control groups in pre-test and post-test stages. As can be seen, the

scores of the experimental group in the post-test stage showed a slight decrease in happiness, while this index increased significantly in the poetry therapy group.

Table 4. Results of Covariance Analysis of Happiness Posttest Scores by Controlling the Effect of Pretest

Component	Levene's		Pre-test effect		The main work of the group		
	F	P	F	P	F	P	ETA
Happiness	3.46	0.054	0.25	0.62	6.67	0.019	0.53

Significant difference ($p < 0.05$)

* Considering that the number of subjects in both groups was equal, there is no problem to use the parametric covariance analysis test (Molavi, 2000).

The quarrians analysis test in Table 3 shows that in happiness index, the subjects in the experimental group

had a significant difference. However, this change was not significant in the control group. Eta square shows that the difference between the two groups is significant according to the dependent variable.

Discussion

The aim of this study was to investigate the effectiveness of group poetry practice on improving happiness of chronic schizophrenic patients and confirmed the results of this study and the results were in line with Smith et al. (2015), Agarwal et al. (2019), Khalatbari et al. (2021), Li and others (2017), patients with this disorder.

Every year developed countries to improve the human life and help the treatment of diseases tolerate huge drugs and treatment, and in search of a way to eliminate human problems and reduce these costs, many research. Sweeterman is one of the efforts that have achieved significant successes (Khalatbari Zamanpoor, Pahlevanzadeh, & Alimohammadi, 2021). These studies show that the transmission of emotion and emotional emotion from the speaker to the listener is one of the capabilities of poetry to influence the audience that can help patients with mental disorders to have a more appropriate treatment process. In our country, unfortunately, despite the rich background of the general literature and its diversity, this method has not been introduced and the necessary research has not been done. Classical poetry can be a very rich source for therapists (Li, Hu, D. Deng, Tao, Hu, Yang, Zhang, 2017). The acquaintance of therapists with poetry and basic literature, the correct reading of poetry and the choice of appropriate themes can be effective in treating patients. The therapist's poetry was effective in transferring the emotional emotional and to spell the audience. Contrary to the impression, challenging themes did not only cause stress in the patient, but in creating emotional and logical issues (Arruda, Garcia, & Garcia, 2016). These themes, including positive issues, such as congratulation, creation issues, enrichment, to negative issues such as betrayal and spontaneous tensions, had a significant tensile role of hypercussed and increased their optimism (Heravi, Hatami, & Ahadi, 2020).

In general, in explaining this finding, it can be stated that poetry therapy is an application of poetry supply and other exciting literature to achieve therapeutic goals and personal growth, and the interactions between the therapeutic triangle, poetry (literary work) and references are emphasized that poetry therapy often anicits an optimistic reaction and hearty persuasion that the listener can manage logical and emotional affairs about a field. Launch creative aspects of a person's psyche. Considering the above and also the interventionist efforts in setting up positive expression in the final three sessions (focused on Sohrab Sepehri's footsteps poetry), it is not far from the expectation that the level of happiness of these patients has increased. The poetry of the voice of water with content based on the value of life in every condition, and the value of human resources, despite the lack of special facilities, has had a special effect on accepting the difficult living conditions and family issues caused by the disease. On the other hand, Sterling showed in 1999 that writings aimed at treatment cause positive changes in people's

cognition, self-esteem and adaptive behaviors (Thomas, Green, & Hellemann, 2017). This self-actuality by the patient creates a good relationship with the therapist. Poetry therapists believe that poetry, whether written by clients or used in treatment, has the ability to create deeper levels of emotional insight in patients than normal conversations (Holmes, 2013).

It can be said that poetry therapy is an educational program that primarily focuses on the major individual and psychological factors that drive a person to start more satisfaction and a greater sense of happiness, and in the second place emphasizes on the development of personal and social skills, and makes schizophrenic patients have more control over their lives and feel more belonging to beliefs and changes than they do. Newer become more receptacle. Schizophrenia patients feel happier when they have healthy and friendly social relationships with others, in which this satisfaction requires receiving poetry therapy training. People with schizophrenic disorder are easily losing their motives due to motivation and achievement strategies in dealing with obstacles. People with a low level of hope in overcoming obstacles are difficult to achieve their goals, and subsequently experience more negative emotions (Duncan, Jaini, & Hellman, 2018) in the therapeutic poetry to create more motivations and strategies in order to deal with obstacles. To maintain their motivation and use successive passages (Bahari, 2014). Schizophrenic patients are difficult to overcome obstacles to achieve their goals and, as a result, experience more negative emotions. In explaining the effects of therapeutic poetry on increasing happiness, the therapeutic poetry increases the feeling of progress by strengthening targeting skills and determining transparent, logical and measurable goals, and also helps people with multiple pathways and paths to achieve the goal. Consider their motivation and therefore more successful (Bahramian, Zaharakar, & Rasouli, 2014).

Conclusion

According to the results of this study, it can be concluded that as the poetic therapy is effective in other neurotic and psychotic disorders, this research also increased the happiness of these patients to play a useful and effective role.

Limitations and Suggestions

One of the most important limitations of this study is the sample size, which has a statistical significance, especially when the aim of studying the tires of poetry therapy in control group compared to the control group has been under tires. According to the results, it is suggested that this study be performed on non-chronic patients of schizophrenic spectrum, as well as the implementation of this treatment on female schizophrenic patients. Therapists should be deeply familiar with poetry and its subjects. It seems that preparing books for this solution with the efforts of

poetry technologists with regard to the excellent themes of Persian poetry and the weights of stimulus and vibrant, can be the first step to start this treatment method in our country. Of course, further research in this field will help to introduce and institutionalize this method in the country's medical centers.

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