

**Name of the Article:** Mindfulness-based interventions for patients with schizophrenia spectrum disorders: A systematic review of the literature

**Article Summary:**

**Purpose of the article:** Currently Mindfulness-based interventions have emerged including elements of mindfulness-based stress reduction, and mindfulness cognitive therapy. While these programs have been adopted for physical, and mental illness, only a few programs are explicitly adapted for psychosis. This systemic review aims to structure different mindfulness protocols so they can be applied to patients with schizophrenia spectrum disorder.

**Methods:** Systemic review conducted in PubMed, Embase and PsycINFO.

**Criteria for selection:** 22 RCT involving 1500 patients. Presenting data must have patients diagnosed with a schizophrenia spectrum disorder conducting a comparison between mindfulness-based interventions and a non-specific control intervention or treatment-as-usual. Cross-over RCT were excluded due to the uncertainty surrounding carry-over effects of the considered mind-body therapies.

**Results:** Cognitive base therapy component when added to mindfulness-based stress reduction program appears to benefit patients with SSD. This program help patients with SSD to listen to other patients and express their thoughts and emotions. As such, mindfulness training in groups also helps to enhance empathy. Additionally, it was found group-based aspect of MBIs could be potentially considered more effective in negative symptom reduction than individual acceptance and commitment therapy. Mindfulness training has been found to enhance attention, and regulation of emotions, and is relevant for patients suffering from schizophrenia spectrum disorder. Additionally, studies found that mindfulness training was associated with better cognitive and psychological flexibility with decrease in rumination, and depression symptoms.

**Weakness:** One of the major weakness the authors found was there was no clear consistent guideline on how long patients should continue mindfulness-based therapy. Questions that need to answered are is group therapy more effective than single therapy. How early within being diagnosed with schizophrenia would these interventions work that benefits the patient.

**Bottom-line conclusion:** Mindfulness-based programs are effective and safe interventions for patients with SSD. MBCT-like programs showed promise in reducing negative, depressive symptoms and preventing relapse. Further studies need to be done on the timeliness of each program.