

WHAT ARE MULTICOMPONENT INTERVENTIONS IN EARLY PSYCHOSIS?



A multicomponent intervention is a person-centered treatment that has one or more types of therapy provided simultaneously

SOME EXAMPLES?

Multicomponent interventions combine medication, cognitive behavioural therapy, support in seeking employment, group recovery programs, treatment of other difficulties present, physical health monitoring, family therapy and cognitive remediation training.



WHAT'S THE EVIDENCE?

In studies comparing multicomponent interventions with usual treatment, multicomponent interventions are found to lead to better outcomes in several ways, including better engagement with therapy, reduced hospital admissions, few symptoms, and better recovery in daily life activities.



WHY USE THIS APPROACH?

In short, a multicomponent intervention applies several approaches and underlying therapeutic principles with the aim of improving recovery



WANT TO KNOW MORE?

Scan the QR code for references and further info:



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