

P1-105 The Development of the Group Reading Therapy Program in Psychiatric Day Hospitalized Patients

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Purpose: The purpose of the study was to develop a reading group therapy program for psychiatric patients in day hospitalized.

Methods: The group therapy program was developed by an expert panel. And consensus had set up as group reading therapy program, which including story telling, book reading, role play, making own book, and group discussion. The content of program based on the self express and interpersonal relationship, which between friends or family. The closed program was 15 courses, once a week, 90 minutes a time during April to July on 2013. The group consisted of 24 patients in psychiatric day hospitalization in Taiwan. Data were collected by a self reported questionnaire.

Results: The results revealed that participant's attendance rate was 90%. The patients' satisfaction of promoting interpersonal relationship was 92%, relieving stress was 90%, increasing the expression knowledge and ability was 87%, and enhancing thinking ability was 83%. A total of 95% participants wished to continually attend reading group therapy.

Implications for Practice: By using a reading group therapy as an intermediary, we provide the listening, speaking, reading, and writing in the program. This program enhances patients' skills and thinking, self-expression, and caring for each other, in which improving their social interaction. The study suggests the reading group programs would be a good strategy in group therapy in psychiatric day hospitalized patients.

Key Words: group reading therapy, ppsychiatric day hospitalized patients.