THERAPEUTIC MOVEMENT THERAPY (TMT) AND THE
HEALTHY LIFE STYLES EDUCATION (HLS) IN THE DAY
HOSPITAL (DH) - REFLECTIONS AND SUGGESTIONS

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Background

TMT and HLS in the DH are part of the program for the psychiatric patients (dg. depression, anxiety, grief, psychosomatic, stress related disorders)

Material & Methods

Questionnaire about these activities were completed by twenty patients discharged from the DH after at least three months of treatment.

Results

- 70% without any physical activities before DH
- 90% rate TMT very useful
- 85% find breath exercises and relaxation techniques the most useful
- 68% practice TMT after the discharge from the DH
- 70% find HLS useful
- Calculating body mass index, daily calorie intake and daily calories chart were the most useful for 72% of patients
- Half applies the knowledge from HLS in everyday life after discharge

Conclusion

- TMT and HLS - important parts of treatment in DH.
- Three months exercises and HLS - influence more than 50% patients after the discharge, which shows importance of these parts of program of DH
- It is obvious that they must be present much more within different preventive programs for somatic and psychic health in adults.