

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

Martić-Biočina S., El Hasan P, Pjević Z. , Barić V., Draguzet K.

University Psychiatric Hospital Vrapče, Zagreb, Croatia

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 .