

# SELF ESTEEM AND I : A SERVICE USER'S PSYCHOLOGICAL PERSPECTIVE

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## Aims :

To collaboratively complete a psychological formulation of a service user's presenting difficulties including focusing on psychosis, low self-esteem and identity difficulties.

To complete a psychological intervention using a Cognitive Behavioural Therapy (CBT) approach on self-esteem and assertiveness. Further, to evaluate the effectiveness of this intervention.

To complete a Wellness Recovery Action Plan to aid the service user's discharge planning and reinforce relapse prevention skills.

## Methods:

A Speciality Doctor has collaboratively contributed to the development of a psychological formulation of presenting difficulties, alongside the service user and a Clinical Psychologist.

A Speciality Doctor has delivered a ten-session CBT self-esteem and assertiveness programme on an individual basis with the service user under the supervision of a Clinical Psychologist.

A range of psychometrics (HADS, ISS and Rosenberg Self-Esteem Scales) were used to gather both quantitative and qualitative data pre- and post-intervention. Alongwith evaluation of effectiveness of this psychological intervention.

A Speciality Doctor facilitating the completion of a Wellness Recovery Action Plan with a service user under the supervision of a Clinical Psychologist.

## Background:

A CBT approach has been employed in order to generate a psychological formulation of presenting difficulties including the exploration of core beliefs, underlying conditional assumptions and negative automatic thoughts.

Precipitating, perpetuating and protective factors were also considered.

The cognitive model of persecutory delusions was also considered in the case, which provided further profound and novel insights. Prevalent themes were also explored with regard to more specific psychiatric symptomatology associated with psychosis.

## Results:

- The results of psychometrics from pre- and post-intervention were evaluated both quantitatively and qualitatively. Ethical considerations have also been considered within this process.
- The service user's perspective regarding engagement in his psychological formulation of presenting difficulties and completion of the CBT self-esteem and assertiveness intervention was explored.
- All 3 psychometrics showed a substantial improvement on completion of the intervention.
- MDT and Care Team noticed improvements in patient's presenting difficulties, namely assertiveness, self-esteem and self-identity.
- Speciality Doctor also reflected on experiences and reflections on completing a psychological assessment and intervention with a service user under the supervision of a Clinical Psychologist.

	Pre-Intervention Score	Post-Intervention Score
Hospital Anxiety and Depression Scale (HADS)	Anxiety Score: 17 Depression Score: 13	Anxiety Score: 7 Depression Score: 11
Internalised Shame Scale (ISS)	68	51
Rosenberg Self-Esteem Scale	11	18

