

Assessing schizophrenia in daily life : the experience sampling method

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Assessing Schizophrenia in Daily Life

— The Experience Sampling Method —

Philippe A.E.G. Delespaul

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- Schizophrenia is a part-time illness with full-time consequences.
- The Experience Sampling Methodology is the best possible assessment strategy of subjective experience and its environmental reactivity — even in schizophrenia.
- While 80% of the mental health budget is assigned to schizophrenia in most developed countries, only 10% of the mental health budget in The Netherlands is spent on this potentially treatable illness. This is shameful.
- Models in schizophrenia research — such as “vulnerability-stress” — lack appropriate assessment tools and are, therefore, of little use for research and clinical practice.
- “Behaviorism” has created a lacuna in psychiatric research by propagating inappropriate and reductionistic indicators of psychic symptomatology and banning subjectivity.
- Quantitative data, ordered and structured, disclose qualitative relations.
- Modern multi-variate techniques serve as number-RORSCHACH-tests for statisticians.
- “Beter één klinische psycholoog in de hand dan 10 psychiaters in de lucht.”
- Social psychiatry is dead. Long live ecological psychiatry. The study of contextual influences on mental health should not be restricted to social factors alone.
- European Economic Community “justice”: The salaries of 15000 Belgian employees working in the Netherlands were cut by 6% on 1-1-94 resulting in the Dutch economy profiting from 2000000 work hours each year for free!
- Real world democracy is being able to vote for the president of the USA.