

# Intensive meditation intervention found to ameliorate schizophrenia symptoms

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An intensive meditation-based intervention (iMI) significantly improves positive symptoms, particularly refractory hallucinations and delusions, in male patients with schizophrenia, according to a study published online on Feb. 6 in *Psychiatry and Clinical Neurosciences*.

Ting Xue, Ph.D., from the Shanghai Mental Health Center at Shanghai

Jiao Tong University, and colleagues investigated the impact of an eight-month daily guided iMI on persistent hallucinations/delusions and health-related quality of life in 64 male inpatients with schizophrenia with treatment-refractory hallucinations and [delusions](#).

The researchers found that iMI significantly reduced Positive and Negative Syndrome Scale total scores and improved positive symptoms and hallucination/delusion items versus a general rehabilitation program at both three and eight months.

At eight months, treatment response rates ( $\geq 25$  percent reduction) for these measures significantly increased in the iMI group. Additionally, iMI significantly increased scores in [physical activity](#) and mindfulness skills at both time points compared with general rehabilitation, with a more pronounced effect observed at eight months.

"The findings support iMI as a promising adjunctive therapy alongside [antipsychotic medications](#), particularly for individuals with positive symptoms in clinical settings," the authors write.

**More information:** Ting Xue et al, Eight-month intensive meditation-based intervention improves refractory hallucinations and delusions and quality of life in male inpatients with schizophrenia: a randomized controlled trial, *Psychiatry and Clinical Neurosciences* (2024). [DOI: 10.1111/pcn.13641](https://doi.org/10.1111/pcn.13641)

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