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Exploring Emotion Regulation in Schizophrenia: A Qualitative Study

Emma Rolland-Carlichi¹, Céline Baeyens¹, Clément Dondé^{2,3,4}, Benjamin Gouache⁵, Catherine Bortolon^{1,5,6}

¹Univ. Grenoble Alpes, Univ. Savoie Mont Blanc, LIP/PC2S, ²Univ. Grenoble Alpes, GIN, INSERM, U1216, Grenoble, ³Psychiatry Department, CH Alpes-Isère, Saint-Egrève, ⁴Psychiatry Department, CHU Grenoble Alpes, ⁵C3R – Centre Référent Réhabilitation Psychosociale et Remédiation Cognitive, CH Alpes-Isère, Grenoble,

⁶Institut Universitaire de France (IUF), Paris, France

INTRODUCTION & BACKGROUND

Emotion regulation (ER) has emerged as a key mechanism involved in the onset and maintenance of **psychosis** (Ludwig et al., 2019; Bartolomeo et al., 2022). However, research about ER in psychosis has been largely quantitative, often **overlooking patients' perspectives** on how they appraise contextual information, select, implement and change strategies during ER (ER components and stages), as well as the factors that may influence it and ways to improve it.

To address this gap, this study aims to **qualitatively explore ER in schizophrenia** focusing on:

- 1 The components and stages of ER from the participants' perspective
- 2 Individual and environmental factors
- 3 Participants' perspectives on improving ER and/or therapeutic interventions

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- Braun, V., & Clarke, V. (2021). *Thematic analysis: A practical guide*.
- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of general psychology*, 2(3), 271-299.
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METHODOLOGY

Participants

- 20 adults (18-60 years old) diagnosed with schizophrenia or schizoaffective disorder
- Recruited from local hospitals and online
- 14 participants included so far

Semi-structured interviews - Topics explored

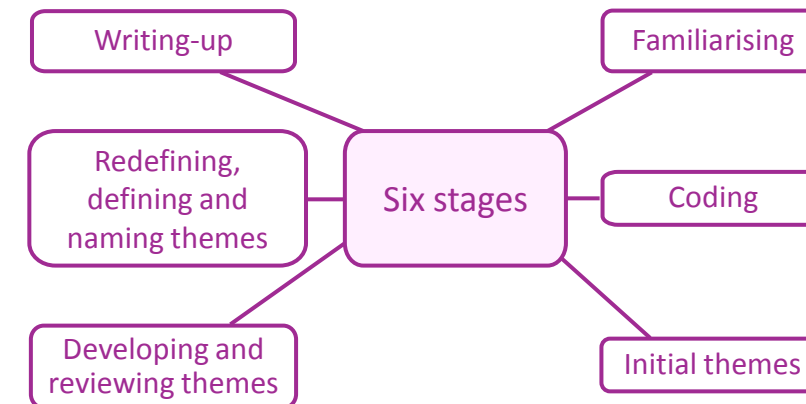
- ✓ How participants experience emotions
- ✓ The strategies they use to regulate them
- ✓ What helps or challenges their ER
- ✓ Their beliefs on what and how to improve ER

DATA ANALYSIS

Reflexive Thematic Analysis (RTA) (Braun & Clarke, 2006):

- ☐ Suitable for various theoretical frameworks and research questions on people's experiences, perceptions, and influencing factors
- 2 Both **inductive and deductive approaches** to generate meaningful themes
- 2 No specific hypotheses

REFLEXIVE THEMATIC ANALYSIS STAGES



RESEARCH & CLINICAL IMPLICATIONS

- 2 Improving understanding of emotional regulation in schizophrenia
 - Review and reformulate hypotheses about ER in relation to schizophrenia for quantitative testing
- 2 Improving treatment targeting ER for schizophrenia
 - Develop individual-tailored approaches