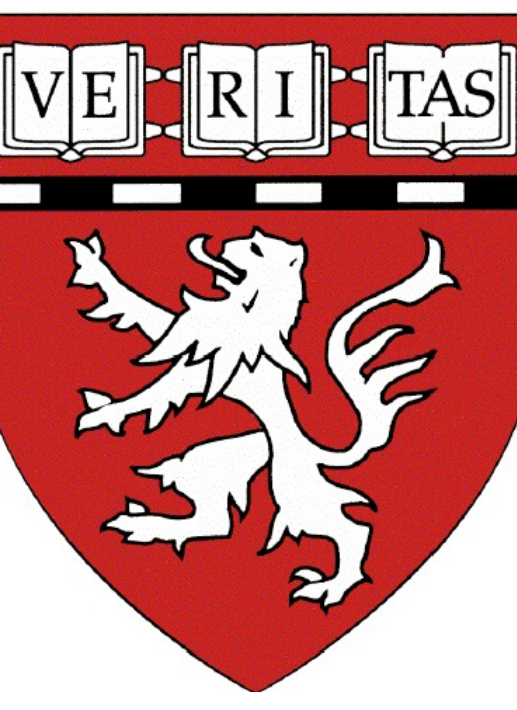




Psychotic Experiences, Emotional Reactivity, and Resilience Training

Rachel F. Sussman¹, Jordan Zimmerman¹, Nicole R. DeTore^{1,2}, McKain Williams¹, Anne Burke², Lauren Utter², Babatunde Aideyan¹, Daphne J. Holt^{1,2}

¹Department of Psychiatry, Massachusetts General Hospital, Boston, MA; ²Department of Psychiatry, Harvard Medical School, Boston, MA



Introduction

- **Psychotic experiences**, such as hallucinations, delusions, and paranoia, are predictive of serious mental illness¹. Thus, interventions to address the emergence of psychotic experiences could benefit at-risk youth.
- Heightened **emotional reactivity** has been linked with psychotic symptom severity², highlighting emotional reactivity as a candidate therapeutic target^{2,3}. However, it is unknown which interventions improve emotional reactivity, and if changes in emotional reactivity in turn affect psychotic experiences.
- We studied (1) if the **Resilience Training** intervention improves emotional reactivity, and (2) if changes in emotional reactivity in turn affect psychotic experiences.

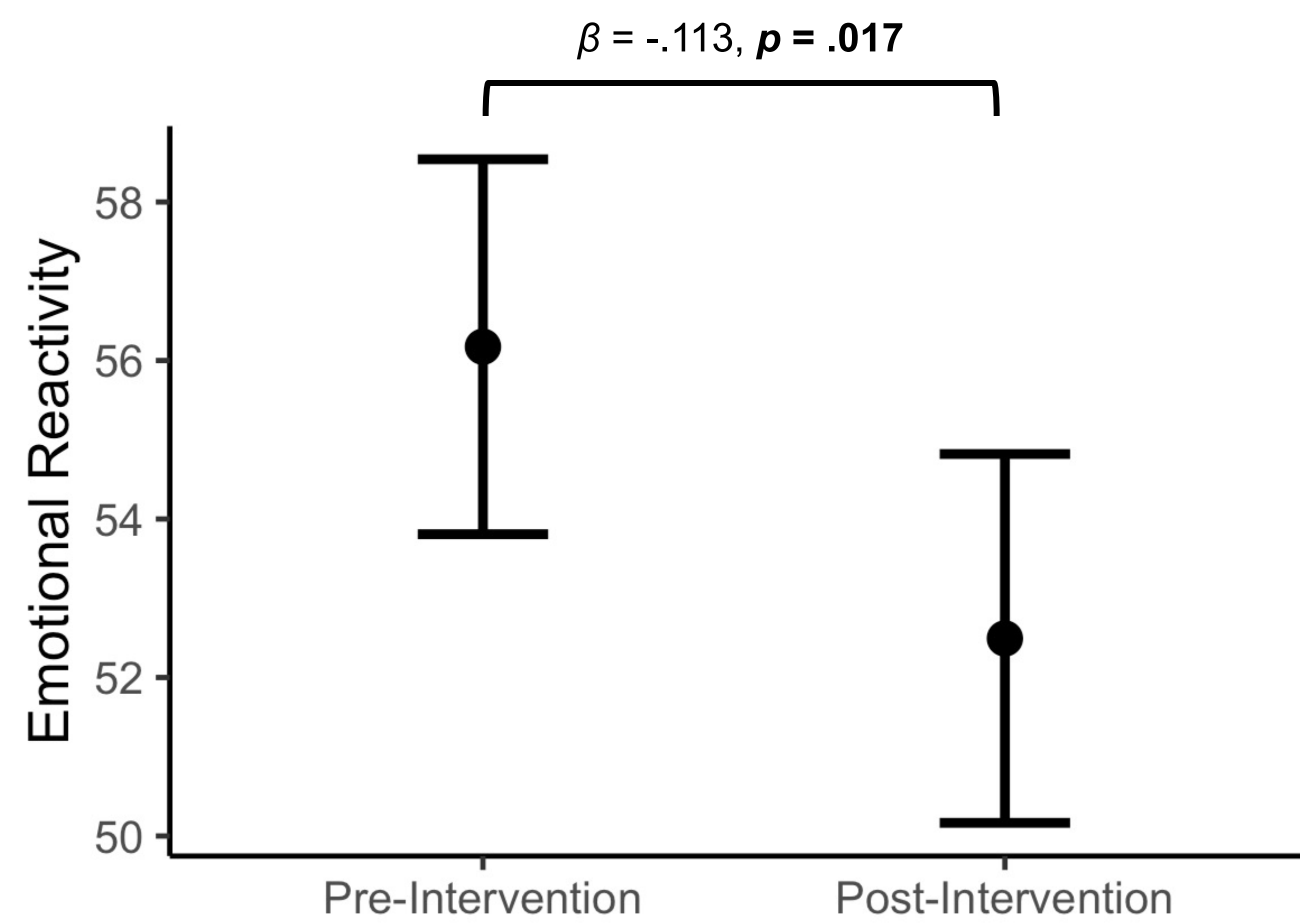
Methods

- 69 college students endorsing subthreshold psychotic experiences or depressive symptoms participated in our four-week Resilience Training intervention.
- Resilience Training is a 4-week group-based intervention delivering resilience-enhancing skills such as mindfulness, mentalization, and self-compassion.
- We collected self-report measures on the following outcomes before and after the intervention:
 - Emotion Reactivity Scale (ERS)⁴
 - Five Facet Mindfulness Questionnaire (FFMQ)⁵
 - Mentalization Scale (MentS)⁶
 - Self-Compassion Scale (SCS)⁷
 - Launay-Slade Hallucination Scale (LSHS)⁸
 - Peters et al. Delusions Inventory (PDI)⁹
 - Paranoia Checklist – 5 Item (PC-5)¹⁰
- We ran multiple regression models to assess the effects of the intervention on emotional reactivity.
- We ran a regression within a structural equation model to assess how changes in emotional reactivity relate to changes in psychotic experiences.
- All analyses controlled for demographic factors correlated with emotional reactivity.

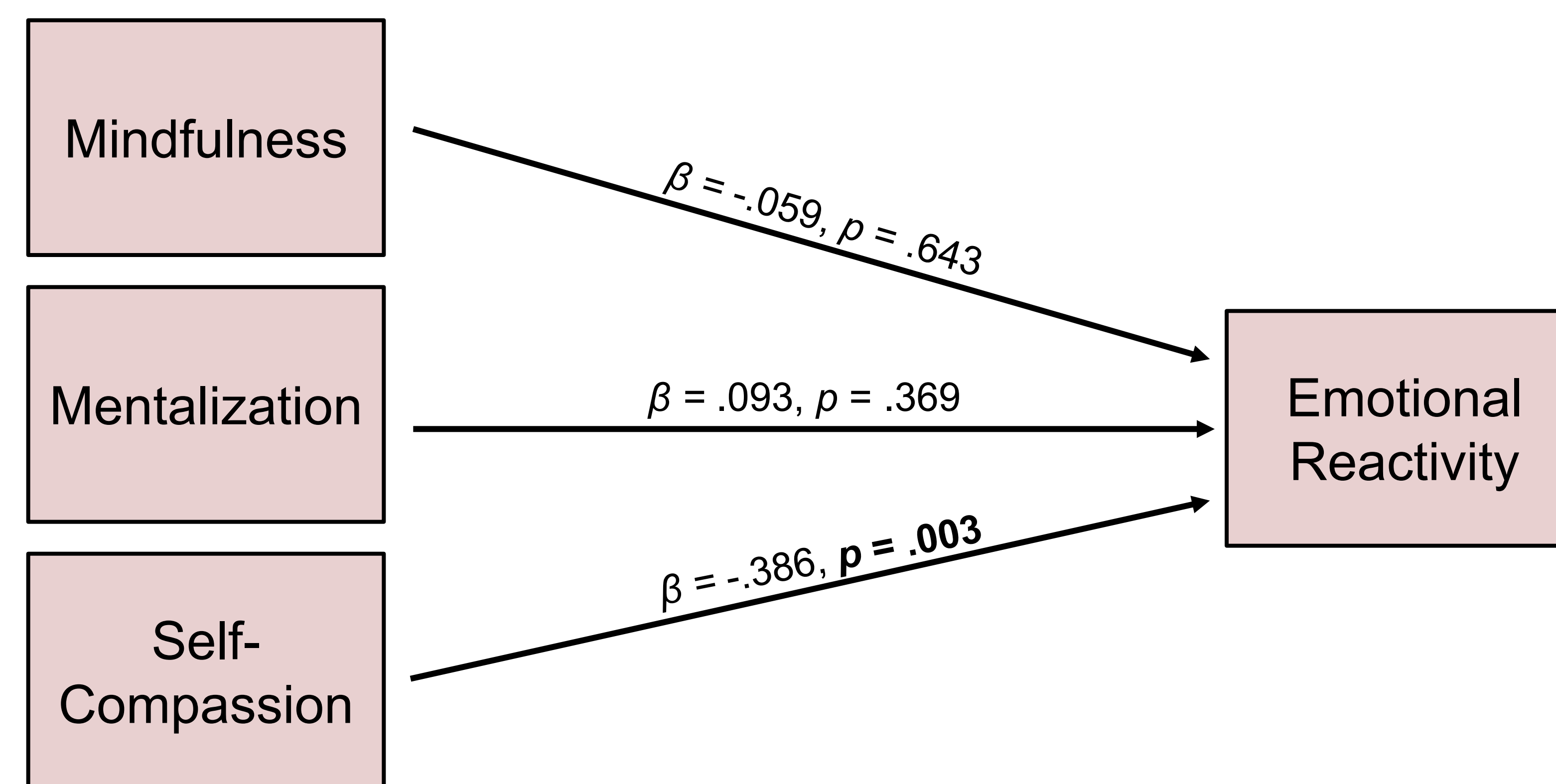
Demographics

Age	Gender	Years of College	English as a First Language	Childhood Trauma ¹¹	Race
19.3 (M)	78% Female	1.9 (M)	84% Yes	23.1 (M)	4% Indigenous 30% Asian 2% Black
1.6 (SD)	22% Male	1.1 (SD)	16% No	9.5 (SD)	2% Pacific Islander 48% White 14% Other

Results: Resilience Training & Emotional Reactivity

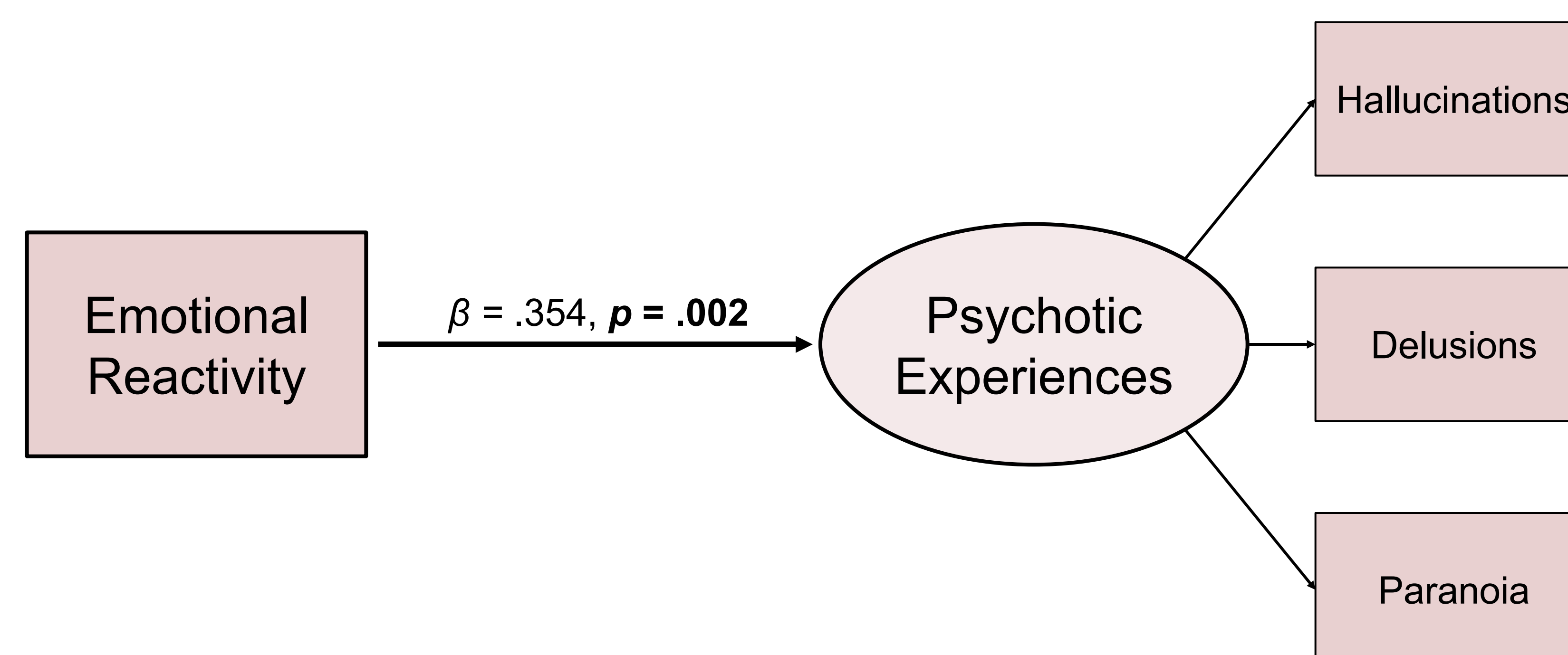


Resilience Training decreased emotional reactivity.



Of the skills learned in the Resilience Training intervention, changes in self-compassion, but not changes in mindfulness or mentalization, predicted changes in emotional reactivity.

Results: Emotional Reactivity & Psychotic Experiences



Changes in emotional reactivity predicted changes in psychotic experiences, as characterized by a latent variable comprised of measures of hallucinations, delusions, and paranoia.

Conclusions

- The Resilience Training intervention, in particular the acquisition of self-compassion skills, reduced emotional reactivity.
- Changes in emotional reactivity predicted changes in psychotic experiences (hallucinations, delusions, and paranoia) across the intervention, such that participants with improved emotional reactivity also endorsed comparatively fewer psychotic symptoms.

Significance

- Resilience Training, especially the self-compassion module, is a useful intervention for at-risk youth that could protect against the development of serious mental illness.

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Contact

For more information or future collaborations, please contact Rachel F. Sussman (RachelF_Sussman@mgh.harvard.edu), Nicole R. DeTore, PhD (ndetore@mgh.harvard.edu), or Daphne J. Holt, MD PhD (dholt@mgh.harvard.edu).