

INPLASY

Effects of Horticultural Therapy on Symptom and Emotion in Schizophrenia

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ADMINISTRATIVE INFORMATION

Support - Not applicable.

Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202440073

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 18 April 2024 and was last updated on 30 May 2024.

INTRODUCTION

Review question / Objective Patient: Schizophrenia spectrum disorder. Intervention: Horticultural therapy. Comparison: Treatment as usual or other non-drug intervention. Outcome: Total symptom, positive symptom, negative symptom, depression and anxiety. Study design: Limited to randomized controlled trials.

Condition being studied The inclusion criteria for this study were as follows: (1) Participants diagnosed with schizophrenia, (2) Application of horticultural therapy, (3) Studies assessing symptoms and emotional aspects, (4) randomized controlled trails.

METHODS

Participant or population patients with schizophrenia spectrum disorder.

Intervention Horticultural therapy including participatory horticultural therapy and observational horticultural therapy.

Comparator Treatment as usual or other intervention.

Study designs to be included Randomized controlled trial.

Eligibility criteria The exclusion criteria for this study were: (1) studies that have irrelevant outcomes, (2) studies were dissertations or conference proceedings.

Information sources We conducted a systematic search in the following databases: Pubmed, Embase, Cochrane Library, CINAHL, CNKI, Wanfang database, Yigle and CEPS. The search was conducted up to March 2024. We also manual searched for potentially eligible studies in the relevant review articles.

Main outcome(s) The main outcomes included the acute effect (intervention lasted less than 3 months) and chronic effect (intervention lasted more than 3 months) on total symptom, positive symptom, negative symptom, depression and anxiety.

Quality assessment / Risk of bias analysis Risk of bias tool in the Cochrane handbook for the included studies. We assessed the certainty of evidence using the Grading of Recommendations, Assessment, Development, and Evaluations (GRADE).

Strategy of data synthesis We assessed the pre-post changes of the aforementioned outcomes. We calculated Standardized mean difference with 95% confidence interval.

Subgroup analysis There was no sub-group analysis in this study.

Sensitivity analysis We conducted a sensitivity analysis with the leave-one-out method.

Language restriction No.

Country(ies) involved Taiwan.

Other relevant information (1) The search texts were as follows: schizophrenia, severe mental illness, gardening, horticultural therapy, plant, farm, pressure, depression, anxiety, mood, affect, stress, symptom.

(2) Meta-regression was performed by using the mean age of participants, duration of illness, percentage of female participants, and weekly dosage of intervention in minutes.

Keywords schizophrenia, horticultural therapy, meta-analysis, psychiatric symptoms, emotion.

Contributions of each author

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