

INTERPERSONAL AND SOCIAL RHYTHM THERAPY (IPRST)

For Depression Associated with Schizophrenia Spectrum Disorders

Wong Guitard, 2025

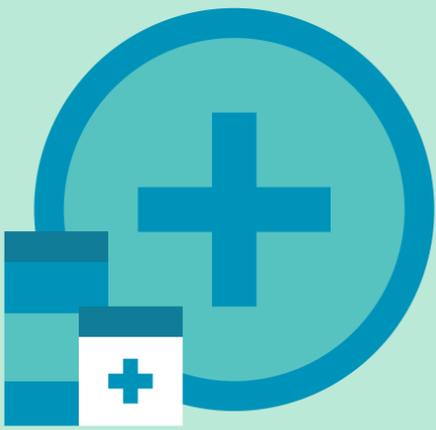
WHAT IS IPRST?

IPRST is a subtype of interpersonal therapy that treats depression symptoms and targets disrupted social rhythms.



WHAT ARE SOCIAL RHYTHMS?

Social rhythms are the amount of time in routines it takes to do something, like the time it takes to get out of bed and the time it takes to say hi to a friend... Changes to social rhythms can lead to physiological symptoms (e.g., sleep pattern) which can affect your cognitive functioning.



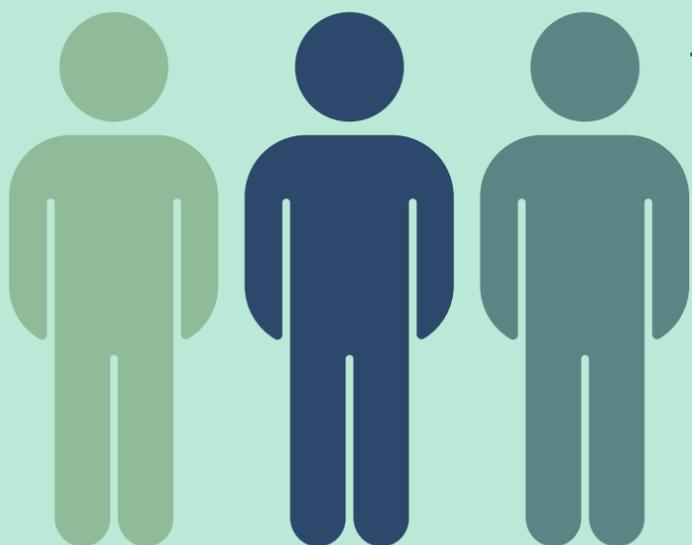
HOW IS IT USED?

Clinicians help the patient improve and stabilize their mood by helping to navigate conflicts in the patient's life and get them back to a social rhythm (i.e., routine). They provide psychological information and set targets to track. This type of therapy works best for individuals who struggle to keep up with their medications.



WHAT ARE THE OUTCOMES?

- Lowers depressive symptoms
- Promotes outside engagement and activities (i.e., socializing)
- Processing and feeling emotions
- Medication adherence
- Improved self-care



Reference:

Bonfils, Kelsey A., and Danielle M. Novick. "Application of Interpersonal and Social Rhythm Therapy (IPSRT) for Depression Associated with Schizophrenia Spectrum Disorders." *American Journal of Psychotherapy*, vol. 74, no. 3, 15 Jan. 2021, p. appi.psychother, <https://doi.org/10.1176/appi.psychotherapy.20200024>.