Terapia cognitivo conductual para el tratamiento de trastornos del sueño en comorbilidad con síntomas psicóticos: avances investigativos

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Trabajo de Investigación presentado como requisito para optar el título de:

Especialista en Psicología Clínica

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RESUMEN

Los trastornos del sueño son una manifestación frecuente en personas con diagnóstico de psicosis, asociados a un mayor riesgo de recaídas, exacerbación de síntomas positivos y negativos, y disminución de la calidad de vida. La terapia cognitivo-conductual (TCC) se ha consolidado como una intervención psicológica con evidencia para el abordaje del insomnio y otros problemas de sueño en diferentes patologías. El objetivo de la presente monografía fue identificar la evidencia científica entre 2020 y 2024 de la terapia cognitivo-conductual en el abordaje de los trastornos del sueño en pacientes con síntomas psicóticos. Se realizó una búsqueda de artículos científicos en la base de datos Web of Science en inglés y español. Se identificaron 86 artículos y, tras la revisión, se incluyeron 5 que cumplieron con los criterios de inclusión establecidos. Los hallazgos confirman que las intervenciones cognitivo-conductuales son efectivas para el tratamiento no

farmacológico de los trastornos del sueño en comorbilidad con síntomas psicóticos e impactan significativamente en la calidad y cantidad de sueño. Se observaron reducciones en la latencia para conciliar el sueño, disminución en la frecuencia y duración de despertares nocturnos, así como un aumento en la eficiencia y continuidad del descanso en esta población. Además, se encontraron beneficios sostenidos en el tiempo como la disminución de la somnolencia diurna, mejoras en el funcionamiento global, el estado de ánimo y la calidad de vida. Las intervenciones incluyeron técnicas específicas como psicoeducación, higiene del sueño, reestructuración cognitiva, activación conductual y regulación de ritmos circadianos. Se concluye que la evidencia disponible respalda el uso de la Terapia Cognitivo-Conductual como una herramienta efectiva, adaptable y sostenible en el tratamiento de los trastornos del sueño en personas con síntomas psicóticos. Su impacto abarca tanto dimensiones fisiológicas como psicológicas y funcionales, lo que justifica su integración en los programas de atención integral a la psicosis. No obstante, las investigaciones recomiendan investigar su eficacia en poblaciones más amplias y culturalmente diversas, así como en estudios con seguimiento longitudinal.

Palabras clave: Terapia Cognitivo-Conductual, Psicosis, Trastornos del Sueño, Insomnio, Intervención Psicológica.

ABSTRACT

Sleep disorders are a frequent manifestation in individuals diagnosed with psychosis, and are associated with an increased risk of relapse, exacerbation of positive and negative symptoms, and a decrease in overall quality of life. Cognitive Behavioral Therapy (CBT) has been established as an evidence-based psychological intervention for addressing insomnia and other sleep-related problems across various clinical conditions. The objective of this monograph was to identify scientific evidence published between 2020 and 2024 regarding the use of Cognitive Behavioral Therapy in the treatment of sleep disorders among patients with psychotic symptoms. A literature search was conducted in the Web of Science database, including studies in both English and Spanish. A total of 86 articles were identified, of which 5 met the established inclusion criteria. Findings confirm that cognitive-behavioral interventions are effective as a non-pharmacological treatment for sleep disorders comorbid with psychotic symptoms and have a significant impact on both the quality and quantity of sleep. Results showed reductions in sleep onset latency, decreased frequency and duration of nighttime awakenings, and increased sleep efficiency and continuity in this population. Moreover, sustained benefits were observed over time, including reductions in daytime sleepiness and improvements in global functioning, mood, and perceived quality of life. The interventions incorporated specific techniques such as psychoeducation, sleep hygiene, cognitive restructuring, behavioral activation, and circadian rhythm regulation. The available evidence supports the use of Cognitive Behavioral

Therapy as an effective, adaptable, and sustainable approach to treating sleep disorders in individuals with psychotic symptoms. Its impact spans physiological, psychological, and functional domains, justifying its inclusion in comprehensive psychosis care programs. However, further research is recommended to examine its efficacy in larger and more culturally diverse populations, as well as through longitudinal studies that assess long-term outcomes.

Keywords: Cognitive Behavioral Therapy, Psychosis, Sleep Disorders, Insomnia, Psychological Intervention.

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