

## CLINICAL AND COUNSELING PSYCHOLOGY

August 20-21, 2018 Singapore

**Cognitive remediation in schizophrenia: An Indian study****Soni Jaiswal**

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Persons with schizophrenia are commonly found having deficits in cognitive functions. The present study was designed to develop a Cognitive Remediation (CR) module targeting cognitive functions and assess the efficacy of same in persons with schizophrenia. Twelve (12) persons diagnosed with schizophrenia were included in the study. Participants were divided into intervention group (N=6) and treatment as usual (TAU) group (N=6). They were assessed on Mini Mental Status Examination (MMSE), Tower of London (TOL) and Wisconsin Card Sorting Test (WCST). Participants of both the groups were matched on MMSE. Intervention group underwent 16 hours of CR spaced over a period of 1 month along with the routine treatment. Post-assessment were done for both the groups after 1 month. Data analysis was done through Wilcoxon signed-rank test and Mann-Whitney U test. Intervention group was significantly better than TAU group on MMSE after one month. Per-post analysis revealed significant gain in certain domains of TOL and WCST for intervention group. In conclusion, persons with schizophrenia do benefit from CR. Findings suggest that the designed module is effective in improving cognitive deficits; hence it can be included as a part of regular treatment regime for persons with schizophrenia. However more future studies with larger sample sizes are required to generalize the findings.

**Biography**

Soni Jaiswal has completed her Post-graduation in Clinical Psychology from Banaras Hindu University (BHU) and MPhil in Clinical Psychology. Currently she is working as an Assistant Professor in Department of Clinical Psychology, Amity University Uttar Pradesh, Lucknow Campus, India.

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