COMPUTERISED METACOGNITIVE COGNITIVE REMEDIATION PROGRAMM FOR SCHIZOPHRENIA – CIRCUITS.
VALIDATION IN A SICILIAN SAMPLE

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Computerised metacognitive cognitive remediation program for schizophrenia – CIRCuiTS
- Poor level of functioning
- Are not financially independent
- Need for supportive housing
- Don’t have stable relationship (marriage, friendship) and/or job
- Have less rate of general health
Psychological treatments can help people with schizophrenia to improve cognitive performance and daily functioning; so that they are now recommended to be options in the total care package (Lehman et al., 2004).

Particularly, cognitive-behavioural therapies, such as Cognitive Remediation Therapy, seem to be more efficacious to improve abilities of psychotic patients and to increase the level of quality of life.
Our CRT/CIRCUiTS (Wykes & Reeder, 2005)

- Individual and supported by therapist
- Employs different modules (e.g. Cognitive Shift, Memory, Planning)
- 40 x 1hr sessions – 2/3 days per week
- Follows a manual, but individually tailored and gradually increasing in difficulty
- Uses evidence-based training techniques (e.g. errorless learning, positive reinforcement)
- FOCUS ON METACOGNITION
The **metacognitive model** suggests that the transfer of cognitive skills to daily activities depends on adequate metacognitive skills.

Wykes & Reeder, 2005
Antonio: Learning a list of icons
Recalling a list of icons

Learning a list icons

Prova a memorizzare questi oggetti. Collocarli nelle scatole della categoria corrispondente può essere d’aiuto per memorizzare più facilmente.

Accertati di avere imparato a memoria i nomi di tutti gli oggetti perché più tardi ti sarà chiesto di ricordarli.

Recalling a list icons

In un compito precedente ti è stato chiesto di memorizzare una serie di oggetti. Cerca di ricordarne il più possibile. Usa le strategie che hai appreso precedentemente per rendere il tuo compito più facile.
• VIDEO ANTONIO
METACOGNITION:

- Antonio estimated level of difficulty correctly.
- He needs therapist’s help to choose a good strategy to solve the task.
- Therapist uses positive reinforcement.
Vedi test

Scegli un compito:

Codes
Comparisons
Comprehension
Cut the line
CV
Dual task
Extract the gist
Gist recall
Hands and feet
Image copy
Image copy recall
Learning a list icons
Learning a list words
Moving arrows
Multiple memory faces
Multiple memory faces recall
Multiple memory places
Multiple memory places recall
Overlapping figures
Perspective taking
Plan a day
Recalling a list icons
Recalling a list words
Recipe
Rotations
Seating Plan
Supermarket
Timing the journey
Train Journey
Vigilance

27 tasks,
12 difficulty
levels
2 types of task

Abstract task

Exercise

Overlapping figures

Train journey
Sandro – Task: vigilance

Instruction:
1. “push bottom ok on apple-banana and tomato”.
2. “push bottom ok on backery products”.
3. “push bottom ok on dairy products”.

Cognitive functions involved:
Attention- concentration- speed of processing - inhibition of the response
• VIDEO Sandro – Task: vigilance
1. **Deficit:**
   - attention
   - inhibition to the response
   - poverty of speech

2. **Techniques:**
   - verbalization
   - positive reinforcement
Sandro – Task: dual task

Instruction
“Try to do two things in the shame time: put colored cubes in the corresponding wooden platform and select category corrisponding to every item”.

Cognitive functions involved:
Attention, cognitive flexibility, inhibition of the response
• VIDEO Sandro – Task: dual task
1. **Deficit:**
   Metacognitive strategies

2. **Techniques:**
   - verbalization
   - positive reinforcement
CIRCUITS

Introduction

My goals/achievements

My Thinking skills

My strategies

My Daily life