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THE EFFICACY OF COGNITIVE- BEHAVIOR GROUP THERAPY AND SOCIAL SKILL TRAININGS ON REDUCTION OF NEGATIVE SYMPTOMS OF SCHIZOPHRENIC PATIENTS

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**Introduction:** Schizophrenia is a destructive disease that can break the personality structure down in severe conditions and causes disturbance of thoughts, feelings and actions, and thus affects the personal ,family and social performance and relationships, and disturbs them.

**Aims:** The aim of this study is the investigation of the efficacy of cognitive -behavior therapy and social skill trainings on reduction of negative symptoms of schizophrenic patients.

**Methods:** The present study is experimental design based on pre-test ,post-test with control group and to select randomly, the available sampling method was used. (15persons)were selected for each group and they were randomly assigned to two groups: experimental group (combination of cognitive-behavior group therapy and social skill training) and control group (cognitive- behavior group therapy).

**Results:** After three months the administration of combination program of cognitive-behavior group therapy and social skill training than cognitive- behavior group therapy, the negative symptoms of experimental group decreased significantly. Also, social skills of experimental group were significantly higher than the control group that causes the significant reduction of negative symptoms of schizophrenic patients.

**Conclusions:** The obtained results show that: on improvement of symptoms of schizophrenic patients, the efficacy of combination of cognitive -behavior group therapy and social skills is more than cognitive- behavior group therapy.