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THE EFFECT OF COGNITIVE FLEXIBILITY ON SKILL REHABILITATION TRAINING OF SCHIZOPHRENICS IN COMMUNITY

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Objective: To study the effect of cognitive flexibility on skill rehabilitation training of schizophrenics in community.

Methods: 150 schizophrenic outpatients in their rehabilitation stage were randomly divided into skills training group (100 cases) and control group (50 cases with five drop out). The training lasted for 24 weeks and the patients were followed up for 12 weeks. The assessing instruments included PANSS (positive and negative symptom scale), MRSS (morning side rehabilitation stage scale) and cognitive flexibility (WCST, Stroop test and Trail making).

Results: 133 subjects completed the trial. The scores of PANSS, the negative subscale, the General Psychopathology subscale in both groups decreased significantly after treatment ( $P < 0.05 \sim P < 0.01$ ). The scores of MRSS, Dependency subscale, Inactivity subscale, effects of Current Symptoms and Deviant Behavior Subscale in the skills training group decreased significantly after treatment ( $P < 0.05 \sim P < 0.01$ ); the reductions of PANSS, MRSS between two groups were not significantly different; Relapse rate was lower in the skills training group than that in the control group, without a statistical significance. Within skills training group, the numbers of continuous error (WCST) and correct error in effective group was better than those in ineffective group.

Conclusion: Community reintegration skill is of benefit to rehabilitation of schizophrenics in decreasing symptoms, improving social function and decreasing defect. The cognitive flexibility and the effect of skill training rehabilitation in chronic schizophrenia patients has certain relations.