

“Work and you”; Implementation of a cognitive remediation and labour insertion program in stabilized first-episode of psychosis patients. Preliminary results

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INTRODUCTION

Cognitive impairment is a key problem in psychosis, strongly related to poor functioning and occupational outcome. Cognitive remediation alone has shown little improvement in functioning despite increasing cognition results. The association of cognitive remediation and psycho-social rehabilitation has shown promising benefits in functioning.

OBJECTIVE

The objective of this study is to determine the effect in cognition and social integration in stabilized psychotic patients with a program with association of cognitive remediation and psycho-social rehabilitation.

METHODS

21 stabilized First-episode psychosis patients were referred to a rehabilitation program named “Work and You”, between June/2015 to June/2016 (2 groups), aimed to young people (16 to 29 years) with a recent first-episode of psychosis.

To identify the cognitive deficits profile, a cognitive battery using MATRICs was first administered to patients. Patients underwent three months of cognitive remediation (4 weekly one hour duration sessions) using a computerized program (REHACOM) applied to the most impaired cognitive domains and three months of educational and employment support (4 weekly 4 hours duration sessions). Patients were cognitively assessed afterwards to measure changes in cognition, and paired non-parametric tests were applied to find significant differences. Furthermore, the percentage of patients who were employed at the end of the project was assessed.

RESULTS

Table 1 - Description of the sample

	Males	Females	Total
N	14	7	21
Mean age (years)	22	24,29	22,8

11 Patients were employed at the end of the project (52%)

Table 2 - Test with most significant differences

Test	Sig - p
Sustained attention	0,043
Verbal learning (TAVEC)*	0,034
Perseverative errors	0,017
Total errors	0,017
% of conceptual level responses (WCST)**	0,028
Total punctuation of Time violations (Tower of London)	0,051

*Test de aprendizaje verbal España-Complutense; **Wisconsin Card Sorting Test.

CONCLUSIONS

In this sample we could see improvements principally in executive functions added to labour integration of more than a half of the sample. Programs combining cognitive remediation and psycho-social rehabilitation show some improvements in cognition but importantly, considerable changes in socio-occupational functionality.

As limitations, the size of the small sample and the absence of a control group should be mentioned. Further studies are needed on neuropsychological and occupational rehabilitation.

REFERENCES

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The authors declare no conflict of interest

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