

PW01-187 - TREATMENT OF INSIGHT IN SCHIZOPHRENIA PATIENTS

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Background: Schizophrenia is the psychiatric disorder in which the awareness of pathology is most frequently altered. This merits particular attention, because related to medication compliance and clinical outcome.

Objectives: To improve the level of insight in stabilized schizophrenia patients by means of two cognitive remediation techniques: Cognitive remediation program for patients with a schizophrenia spectrum disease - ReCoS and autobiographical memory program - RemAu.

Methods: The study is based on the results of neurocognitive and insight evaluations before and after treatment of two groups of ten patients with RemAu and twenty patients with ReCoS. The level of insight is evaluated using the SUMD and the PANSS scales. For cognitive capacity we test their concentration level (Trail Making Test, TMT, Stroop), executive functions (Wisconsin Card Sorting Test, WCST), memory (CVLT), autobiographical memory (TempAu) and their global cognitive capacity (WAIS III).

Results: The results have enabled us to highlight the beneficial effects of the RemAu autobiographical reminiscence program on these patients' insight. Although the ReCoS program does not significantly improve the level of insight, it produces results which are most satisfying with regard to the cognitive profile of each patient.

Conclusions: The patients who have most benefited from the program are those who already had a reasonable cognitive capacity before the treatment. This allows us to conclude that we should deliver a treatment which is directed simultaneously at persistent cognitive disorders and autobiographical memory in order to obtain optimal effect on the level of insight in this pathology.