Psychosocial adjustment in patients with Schizophrenia after Meta cognitive training
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This article present evidence regarding the effect of Meta Cognitive Training on psychosocial adjustment of patients with schizophrenia. Methods: we used semi experimental method with control group. The cohort consisted of 60 patients who had suffered schizophrenia (30 patients with intervention and 30 patients without intervention) evaluated by psycho-social adjustment questionnaire before and after metacognitive intervention (MCT). Information regarding socioeconomic status (SCS) and demographic factors was obtained during clinical interview. Psychosocial outcome measures included the home adjustment (HA), health adjustment (HEA), social adjustment (SA), affective adjustment (AA) and educational adjustment (EA) by Bell Adjustment Inventory (BAI).

Results: The mean rating of educational adjustment (EA) was "slightly dissatisfied", but all other scales (HA, HEA, SA & AA) was satisfied. Mean educational adjustment levels for experimental group (with MCT) were just the same as control group patients (with MCT). But there were significant differences after intervention in other scales in experimental group.

Conclusions: Meta Cognitive Training (MCT) for schizophrenia is a young area of inquiry. MCT is a novel targeted psycho-educational strategy that is based on a neuro-psycho-social model. This model is rooted in robust empirical research and posits a heuristic based mechanism for generalization and maintenance of gains. Initial research with MCT is promising, but more research is necessary to test this new approach.

Results of this study indicate that although educational functioning in patients with schizophrenia remains compromised, general adjustment may be better than expected from data reported by this study assessing psychosocial outcome at earlier stages of recovery.

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