

# THE “MELETI” COGNITIVE REHABILITATION PROGRAMME: CLINICAL AND NEUROPSYCHOLOGICAL ASSESSMENT OF PARTICIPANTS

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## Abstract

**OBJECTIVE:** The “Meleti” Cognitive Rehabilitation Programme has been developed by the Cognitive Rehabilitation Unit of the Psychiatric Hospital of Attica and includes 40 hourly sessions of cognitive and social cognition exercises. It aims at the improvement of everyday functioning of individuals suffering from psychotic disorders through the remediation of their cognitive functioning. The Programme includes pre- and post-treatment sessions assessing both the symptoms and cognitive functions of participants.

**METHODS:** We present the clinical and neuropsychological assessment domains and the respective clinical and cognitive tools used during the “Meleti” programme.

**RESULTS:** The clinical evaluation of participants includes the assessment of symptoms, functioning, self-esteem and cognitive complaints. During a clinical interview conducted by the psychiatrists of the Unit the following inventories and rating scales are being administered: 1. Clinical Global Impression Scale (CGI), 2. Positive and Negative Syndrome Scale (PANSS), 3. Global Assessment of Functioning Scale (GAF), 4. Strauss-Carpenter Scale, 5. Personal and Social Performance Scale 6. Rosenberg self-esteem scale, 7. Subjective Scale to Investigate Cognition in Schizophrenia (SSTICS). The cognitive assessments are conducted by the psychologists of the Unit which use computerized and non-computerized batteries and assess the following cognitive domains: 1. Psychomotor Speed 2. Judgement, 3. Intelligence, 4. Attention, 5. Immediate Memory, 6. Working Memory, 7. Verbal Learning, 8. Visual learning, 9. Cognitive Flexibility, 10. Cognitive Planning, 11. Brief Cognitive Screening, 12. Social Cognition.

**CONCLUSIONS:** The “Meleti” Cognitive Rehabilitation Programme includes a thorough assessment of symptoms and cognition of participants which contributes to the individualization and evaluation of their treatment