

ABSTRACT

The present study was carried out to determine the effectiveness of Cognitive Behavior Therapy with first episode schizophrenics. The study was completed with the case studies of 4 schizophrenics (2 drop outs) with the acute onset of psychosis with the duration of 3 months to one year ($M = 7$). The age of the patients ranged from 25-35 years ($M = 30$, $SD = 7.07$). The sample was drawn from the Fountain House Lahore out patients ward. Global Assessment Functioning Scale (Endicote, 1976), Minni Mental Status Examination (Kurlowicz & Wallance, 1975), Positive and Negative Syndrome Scale (Kay, Opler, & Fiszbein, 1987), Brief Psychiatric Rating Scale (Overall, & Gorham, 1962) were used to measure the positive and negative symptoms, behavioral patterns and cognitive functioning of the schizophrenics. The selected Cognitive Behavioral Therapeutic techniques including belief modification, cognitive and behavioral homework assignments and self relaxation techniques etc., were used to modify cognitive functioning, behavioral patterns along with reducing intensity of both positive and negative symptoms of schizophrenics. ABA within subjects multiple baseline design was employed to determine the change in psychotic symptoms, behavioral patterns and cognitive functioning of schizophrenics. The results of GAF, MMSE, PANNS, BPRS indicated a difference in the scores on measures before and after CBT interventions suggesting the change in the positive and negative symptoms of schizophrenics along with improvement in behavioral patterns and cognitive functioning of the four participants.