We are conducting a research study through Monash Alfred Psychiatry research centre (MAPrc) that explores factors that influence the effectiveness of Cognitive Remediation Therapy for people diagnosed with schizophrenia.

We are looking for volunteers who:

- have schizophrenia or schizoaffective disorder,
- are 18 - 65 years old,
- have English as a first language,
- no diagnosed substance abuse,
- no brain injury.

Are you interested in being involved or in finding out more – or perhaps know someone who might be?

If you would like to be involved in this research study, or would like more information about it, contact Maree Reser on 03 9214 3604 or 0451 169 656
Or email: crtprogram@gmail.com

Cognitive Remediation Therapy seeks to improve people’s thinking abilities.

Seeking volunteers to participate in a research study involving Cognitive Remediation Therapy.
What would I need to do?

Complete some initial assessment tasks:
- complete questionnaires about demographic information, psychiatric history, mood and symptoms.
- complete a series of pencil and paper, verbal tasks and computerised tasks that assess your attention, memory and other thinking abilities.
- donate a small blood sample from which we will look at particular genes that have been shown to be related to cognitive functioning.

Participate in Cognitive Remediation Therapy: The therapy program would be offered 3 times a week in a group setting. You would need to:
- attend at least 1 session per week
- complete a minimum of 24 sessions

Complete some extra assessment tasks:
So that we can fully assess the Cognitive Remediation Therapy, you would also be asked to complete some shorter thinking tasks: once during the training, again at the end of the training, then two months after finishing the training.

You would be reimbursed for completing assessment tasks, but not for participation in the Cognitive Remediation Therapy.

What is Cognitive Remediation?

Cognitive Remediation is a therapy that has shown to be effective for some people in improving cognitive skills such as verbal and visual memory, attention and thinking speed.

The training involves working on a series of fun and engaging auditory and visual computer tasks.

This program targets:
- Verbal and visual processing
- Verbal and visual learning and memory
- Attention
- Thinking speed

Although this is group training, you work on your own tasks, at your own pace, with the support of a trainer.

Possible risks and benefits

Possible benefits of being involved:
Cognitive Remediation Therapy might provide benefits improving your cognitive abilities such as verbal and visual learning and memory and thinking speed. The findings from this research may contribute toward better diagnostic and therapeutic methods in the future.

Possible risks of being involved:

Clinical assessment
The clinical assessment will involve the discussion of personal experiences. It is possible that you may find the topic of these discussions distressing. The likelihood of distress is low however, as these questionnaires have been designed for research purposes. Furthermore, the investigators are trained and experienced with asking clinical questions in a careful and considerate manner so as to avoid causing psychological distress.

Cognitive assessment
These are standard assessments designed for research purposes. There are low risks associated with them. People can become tired, so breaks and rest periods will be provided.

Blood sampling
Having blood taken may cause some discomfort or bruising. Rarely, there could be a minor infection or bleeding. If this happens, it can be easily treated.
Not to be printed