

the 1990s, the number of people with a diagnosis of schizophrenia has increased in many countries (1).

There is a growing awareness of the need to improve the quality of life of people with schizophrenia. This has led to a focus on the development of psychosocial interventions, which aim to help people with schizophrenia to live more independently and to participate more fully in society (2).

One of the most common psychosocial interventions is cognitive remediation. This involves teaching people with schizophrenia how to think and solve problems more effectively. It is based on the idea that people with schizophrenia often have difficulties with memory, attention and problem-solving skills (3).

Cognitive remediation has been shown to be effective in helping people with schizophrenia to improve their cognitive skills and to live more independently (4). However, there is still a need for more research into the effectiveness of cognitive remediation, and into the ways in which it can be delivered (5).

One of the challenges of cognitive remediation is that it is often delivered in a group setting. This can be difficult for people with schizophrenia, who may find it difficult to interact with others in a group (6). Therefore, there is a need for more research into the ways in which cognitive remediation can be delivered in a way that is more effective for people with schizophrenia (7).

One of the ways in which cognitive remediation can be delivered is through the use of computer-based programs. These programs can be designed to be more engaging and interactive than traditional group-based programs (8). However, there is still a need for more research into the effectiveness of computer-based cognitive remediation (9).

Another way in which cognitive remediation can be delivered is through the use of self-help materials. These materials can be designed to be more accessible and easier to use than traditional group-based programs (10). However, there is still a need for more research into the effectiveness of self-help cognitive remediation (11).

In conclusion, there is a need for more research into the effectiveness of cognitive remediation, and into the ways in which it can be delivered. This research should focus on the development of more effective and accessible cognitive remediation programs, and on the ways in which these programs can be delivered in a way that is more effective for people with schizophrenia (12).

References

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