

# Cognitive Explanations of Schizophrenia

The image features a solid red background at the top. Centered in this red area is the text "Cognitive Explanations of Schizophrenia" in a large, white, sans-serif font. Below the red area, a white arrow points downwards from the center of the red banner towards the white background below.

# Explanation

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- Acknowledges role of biological factors in causing sensory symptoms of sz
- Further features exist due to individuals attempting to understand the biological ones, and faulty cognitions lead to a cognitive overload
- The SZ turns to other people for validation of their thoughts/ experiences, but once they fail to confirm the validity the sz believes that others are hiding the truth and become withdrawn and paranoid

# Cognitive Behavioural Therapy (CBT)

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- Adjust faulty thought patterns and beliefs
- Traces origins of symptoms, evaluate content of delusions and rationally test validity of beliefs
- Patients encouraged to develop alternatives

Outcome studies suggest CBT patients have fewer hallucinations and recover to a greater extent than those on antipsychotics

Expensive & time consuming

Requires engagement with therapy

Doesn't treat negative symptoms

# Positives :)

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+*Meyer-Lindenberg et al (2002)*: link between excess dopamine in the prefrontal cortex and working memory

+*Neufeld (1978)*: SZ took longer to encode stimuli and showed worse STM than control group

+Practical Application: CBT.

# Negatives :(

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- Not that much empirical support
- Can cause and effect between faulty cognitions and sz be established from research?
- Explanation explains symptoms but not the cause so well
  - + Though assumes biological causes (diathesis-stress model)
- Ethical issues: studies just measure effectiveness of CBT, don't actually try to raise treatment effectiveness

# Past Questions

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**June 2014:** Discuss psychological explanations for schizophrenia (8+16 marks)

**Jan 2013:** Outline and evaluate one psychological therapy for schizophrenia (4+8 marks)

**Jan 2011:** Outline one psychological explanation of schizophrenia (4 marks) AND Evaluate psychological explanations of schizophrenia (16 marks)

CBT

COGNITIVE

DIATHESIS-STRESS

MEYER-LINDENBERG

NEUFELD

PSYCHOLOGICAL

SCHIZOPHRENIA

VALIDATION

R F W Z O O Y Q G U T C N H P T N F I I  
I J Q E Q L S L K W Z S X X I I O J B W  
H A S F N S T X A I A U B A R Y I R O J  
L T P O D A U V Q C T J H A M R T S F S  
M O A T L C N X Z R I L P E A K A W D Q  
E H L L J J N H P K O G Y E D K D W I N  
T Y M J I D N V E R I E O M P Q I U A B  
Z K W Z Z B Z V K R R N K L C V L K T X  
L W P S B Y I R Y L J I T Y O S A F H Q  
G I G B I T C C I J D W O E L H V V E F  
R R H N I A I N E R H P O Z I H C S S T  
W R R N R B D N E U F E L D N G X Y I Q  
C S G F G E D G W T R B J K H S G O S P  
R O C H N X H V N F Y M B I J U K N S P  
C K M B K W S K C Q E G G D Y J T L T U  
I P E Y N P O Y G L H L B H V O Q E R Y  
M R J L W R E G T A F B Z U X F W G E L  
G F Q Z C S S C F J I Z L U C S I K S U  
H V H Z P T K N B K A R P A A G I J S J  
G L B N J M X J E T T Q Z E F U Z T W B

