

the 1990s, the number of people with a diagnosis of schizophrenia has increased in many countries, including the United Kingdom (Murray & Lewis, 1998). The prevalence of schizophrenia is estimated to be 1% of the population (Murray & Lewis, 1998).

There is a growing awareness of the need to improve the lives of people with schizophrenia. This has led to a focus on the development of psychosocial interventions, which aim to help people with schizophrenia to manage their symptoms and improve their quality of life (Murray & Lewis, 1998).

One of the most widely used psychosocial interventions is cognitive behavioural therapy (CBT). CBT is a form of therapy that helps people to change their thoughts and behaviours. It is based on the idea that our thoughts, feelings and behaviours are all interconnected and can influence each other.

CBT has been shown to be effective in helping people with schizophrenia to manage their symptoms and improve their quality of life. It has been found to be particularly effective in helping people to manage their negative symptoms, such as apathy and social withdrawal.

There are a number of reasons why CBT may be effective in helping people with schizophrenia. One reason is that it helps people to identify and challenge their negative thoughts and beliefs. This can help to reduce the power of these thoughts and beliefs over the person.

Another reason why CBT may be effective is that it helps people to develop coping strategies for dealing with their symptoms. This can help to reduce the impact of symptoms on the person's life.

There are a number of different CBT techniques that can be used to help people with schizophrenia. These include cognitive restructuring, exposure therapy and behavioural activation.

Cognitive restructuring involves identifying and challenging negative thoughts and beliefs. This can be done by writing down the thoughts and beliefs and then examining them for evidence. This can help to identify any distortions in thinking and to challenge them.

Exposure therapy involves gradually exposing the person to the things that they fear or avoid. This can help to reduce the person's anxiety and to increase their confidence in dealing with the things that they fear.

Behavioural activation involves encouraging the person to engage in activities that they enjoy or that are meaningful to them. This can help to improve the person's mood and to increase their motivation.

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