

Cognitive remediation therapy to enhance cognition and improve recovery in early psychosis: the ECLIPSE research programme including an RCT

Til Wykes,^{1*†} Eileen Joyce,^{2†} Emese Csipke,¹
Dominic Stringer,¹ Andrew Pickles,¹ Paul McCrone,³
Matteo Cella,¹ Rumina Taylor,¹ Rose Tinch-Taylor,¹
Janet Boadu,¹ Gregory Aarons,⁴ Max Birchwood,⁵
Sue Dopson,⁶ David Fowler,⁷ Kathryn Greenwood,⁷
Sonia Johnson,⁸ Jesus Perez,⁹ Rosa Ritunnano,⁵
Andrew Thompson,¹⁰ Rachel Upthegrove,¹¹
Jon Wilson¹² and Clare Reeder¹

¹Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, UK

²Department of Clinical and Motor Neuroscience, UCL Queen Square Institute of Neurology, University College London, London, UK

³Institute for Lifecourse Development, Health and Human Sciences, University of Greenwich, London, UK

⁴Child and Adolescent Services Research Center, University of California, San Diego, CA, USA

⁵Warwick Medical School, University of Warwick, Coventry, UK

⁶Saïd Business School, University of Oxford, Oxford, UK

⁷School of Psychology, University of Sussex, Falmer, UK

⁸Department of Psychiatry, University College London, London, UK

⁹Department of Psychiatry, University of Cambridge, Cambridge, UK

¹⁰Centre for Youth Mental Health, University of Melbourne, Melbourne, VIC, Australia

¹¹Institute for Mental Health, University of Birmingham, Birmingham, UK

¹²Norfolk and Suffolk NHS Foundation Trust, Central Norfolk Youth Service, Norwich, UK

*Corresponding author til.wykes@kcl.ac.uk

†Joint first authors

Published July 2024
DOI: 10.3310/LMFP9667

Plain language summary

Cognitive remediation therapy to enhance cognition and improve recovery in early psychosis: the ECLIPSE research programme including an RCT

Programme Grants for Applied Research 2024; Vol. 12: No. 4
DOI: 10.3310/LMFP9667

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain language summary

Cognitive problems in people with schizophrenia predict functional recovery even with the best-possible rehabilitation opportunities. One psychological treatment, cognitive remediation can improve both cognitive and functional recovery, such as in social relationships and occupational achievements. We investigated the optimal way of delivering computerised cognitive remediation in Early Intervention Services by incorporating service user and staff views. Our work involved exploring what treatment factors are important to service users, developing two bespoke cognitive remediation satisfaction measures for service users and service providers. Our investigation of team dynamics suggested that a more flexible leadership style together with increasing resources might be most suited to successful delivery. One challenge for large-scale roll-out of cognitive remediation is therapist training opportunities, so we developed an online programme and then tested it in the United Kingdom and, with a few adaptations, it can be provided to the National Health Service. Although cognitive remediation is effective, we do not know how much therapist time produces therapy benefits, so we conducted a trial comparing three options for cognitive remediation treatment that differed in the amount of the therapist time (Independent, Group and Intensive). We compared these options with a no-treatment group. We investigated benefits of each option in 377 participants from Early Intervention Services. The main benefit assessed was whether participants could achieve their personal goals that were set before therapy began. Although we found no change in a social or occupational functioning scale rated by an observer, the Group and Intensive cognitive remediation produced significant achievements in the participants' own personal goals compared with those who did not receive therapy or who carried out therapy on their own. We also found that any cognitive remediation therapy option improved thinking skills. Group and Intensive therapy were also cost-effective. Overall, cognitive remediation was acceptable and well liked by service users, so all our data suggest that it should be more easily accessible in the National Health Service.

Programme Grants for Applied Research

ISSN 2050-4330 (Online)

A list of Journals Library editors can be found on the [NIHR Journals Library website](#)

Programme Grants for Applied Research (PGfAR) was launched in 2013 and is indexed by Europe PMC, NCBI Bookshelf, DOAJ, Ulrichsweb™ (ProQuest LLC, Ann Arbor, MI, USA) and Scopus® (Elsevier, Amsterdam, Netherlands).

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org/).

Editorial contact: journals.library@nihr.ac.uk

The full PGfAR archive is freely available to view online at www.journalslibrary.nihr.ac.uk/pgfar.

Criteria for inclusion in the *Programme Grants for Applied Research* journal

Manuscripts are published in *Programme Grants for Applied Research* (PGfAR) if (1) they have resulted from work for the PGfAR programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Programme Grants for Applied Research programme

The Programme Grants for Applied Research (PGfAR) programme, part of the National Institute for Health and Care Research (NIHR), was established in 2006 to fund collaborative, multidisciplinary programmes of applied research to solve health and social care challenges. Findings are expected to provide evidence that lead to clear and identifiable patient benefits, in the relatively near future.

PGfAR is researcher led and does not specify topics for research; however, the research must be in an area of priority or need for the NHS and the social care sector of the Department of Health and Social Care, with particular emphasis on health and social care areas that cause significant burden, where other research funders may not be focused, or where insufficient funding is available.

The programme is managed by the NIHR Central Commissioning Facility (CCF) with strategic input from the Programme Director. For more information about the PGfAR programme please visit the website: <https://www.nihr.ac.uk/explore-nihr/funding-programmes/programme-grants-for-applied-research.htm>

This article

The research reported in this issue of the journal was funded by PGfAR as award number RP-PG-0612-20002. The contractual start date was in December 2014. The draft manuscript began editorial review in September 2021 and was accepted for publication in October 2023. As the funder, the PGfAR programme agreed the research questions and study designs in advance with the investigators. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The PGfAR editors and production house have tried to ensure the accuracy of the authors' manuscript and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this article.

This article presents independent research funded by the National Institute for Health and Care Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, CCF, PGfAR or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, the PGfAR programme or the Department of Health and Social Care.

This article was published based on current knowledge at the time and date of publication. NIHR is committed to being inclusive and will continually monitor best practice and guidance in relation to terminology and language to ensure that we remain relevant to our stakeholders.

Copyright © 2024 Wykes *et al.* This work was produced by Wykes *et al.* under the terms of a commissioning contract issued by the Secretary of State for Health and Social Care. This is an Open Access publication distributed under the terms of the Creative Commons Attribution CC BY 4.0 licence, which permits unrestricted use, distribution, reproduction and adaptation in any medium and for any purpose provided that it is properly attributed. See: <https://creativecommons.org/licenses/by/4.0/>. For attribution the title, original author(s), the publication source – NIHR Journals Library, and the DOI of the publication must be cited.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Newgen Digitalworks Pvt Ltd, Chennai, India (www.newgen.co).

