

Social skills training for schizophrenia (pp. 5-24)

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Social skills training involves a set of interventional procedures including behavior modification principles and techniques that lead to the acquisition of basic learning experiences. Its main objective is to facilitate the development of a code of conduct aimed at enabling people to live independently; it has been applied in the treatment of schizophrenia and other serious mental disorders. We review the efficacy of such interventions using meta-analyses and randomized clinical trials, and analyzing advantages and disadvantages of recent developments. We discuss the types of training that have achieved the best results and those contributing to their application and/or adaptation to different areas of daily life as part of the multidimensional and psychosocial treatment of schizophrenia.