SUMMARY

- The current study adapted an existing module of Training of Affect Recognition (TAR) to the Indian cultural setting.
- A pilot study was conducted that demonstrated feasibility of using adapted TAR-Indian version in our cultural setting.
- In the main efficacy study, non-randomized experimental design was adapted. Total 88 persons with schizophrenia were enrolled in the study. Among them 65 patients completed study. Further, 46 patients completed 3 months follow up. There was significant improvement in emotion recognition abilities (increased total accuracy and reduction in under identification errors) in intervention group when compared with control group (treatment as usual group). Also, this improvement was maintained for two to three months after the intervention.
- There was a specific effect of significant improvement in recognition of individual emotions of disgust and fear.
- Present study found significant improvement in identifying low intensity emotions as well as in high intensity emotions in study group participants.
- It was found that there was no role of gender in the improvement in emotion recognition abilities in current study participants.
- There was no significant improvement in digit vigilance test and in verbal N back test performance after TAR with comparison to control group.
- The intervention group had improvements in interpersonal skills and in total SOFS score after emotion recognition training.
• The Intervention group had significant improvement in negative symptoms, general psychopathology and in PANSS total score. Also, improvements in negative symptoms were maintained during the two to three months of follow up in contrast to the control group.

• Improvement in emotion recognition (TRACS) did not show any association with socio-occupational functioning, PANSS score, and verbal N back test score.

• Age of onset negatively significantly predicted identifying facial emotions accurately. It indicates that participants with younger age of onset benefitted from the emotion recognition training program.

• None of the changes in working memory (changes in two back error), psychopathology and changes in participants social occupational functioning predicted changes in emotion recognition (changes in TRACS).

• Improvement in emotion recognition after the TAR-Indian version was independent from participant’s improvement in their social occupational functioning, negative symptoms and working memory.