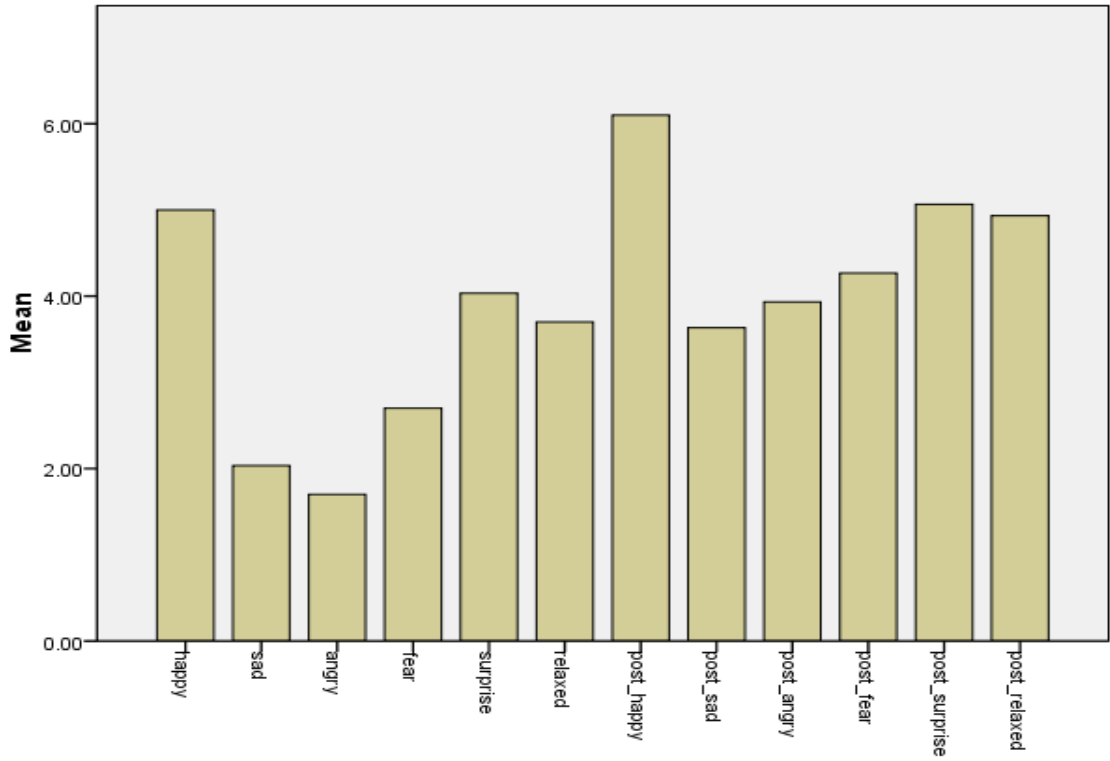


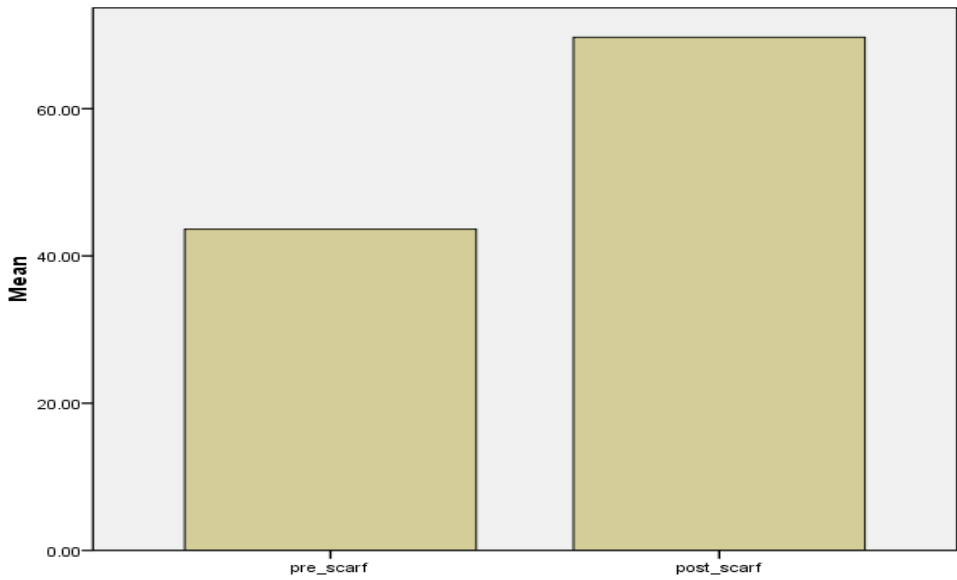
A study using the EMOTIONS COLOR WHEEL to improve emotion recognition deficits and social functioning levels in inpatients with paranoid schizophrenia is summarized here. For details please contact Swati Aggarwal at sj605649@gmail.com

Materials and Methods: A total of 30 inpatients with paranoid schizophrenia participated in twelve 1-hour training therapy sessions over a 2-week period to learn 6 basic emotions; happy, sad, anger, fear, surprise, and relaxed. After training, participants were shown the 6 basic emotions 7 times in random order for a total of 42 pre-post training measurements. The Intervention Program was divided into 3 phases: (1) Emotion identification training where each of the 6 emotions were trained individually; (2) Emotion discrimination training designed to improve recognition of a particular emotion when combined with the other 5 emotions; and (3) Emotion integration with the Emotions Color Wheel.

Conclusions: The Emotions Color Wheel was effective in improving emotion recognition deficits and social functioning level in inpatient paranoid schizophrenia patients across all 6 emotions. The Happy emotion was better recognised amongst all emotions irrespective of gender, severity and chronicity of symptoms and age factors in both pre and post measurements. While improvement was shown across all emotions, negative emotions of sad, anger, and fear, did not reach the level of recognition of positive emotions of happy and relaxed, suggesting that emotion recognition deficits observed in schizophrenia are affected by negative symptoms of the disorder. As a second result, the inability to attend to an emotion related to severity of negative symptoms of schizophrenia. As noted in the below summary histogram, the negative emotions, while not reaching the level of the positive emotions in post training measures, did improve significantly with the linking of the emotions to colors, faces, and patterns within the Emotions Color Wheel.



This histogram shows the difference of scores of pre and post recognition of six emotions.



This histogram shows the change in pre and post scores of social functioning levels assessed on the scale SCARF Functioning Index.