

A systematic review of interventions designed to reduce alterations in social cognition

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Introduction. Social cognition allows understanding and predicting both one's own actions and those of others. It includes processes such as the perception of emotions, the theory of the mind, empathy and social judgment. The alterations in these processes have been broadly studied in people with Schizophrenia (Ef) and Autistic Spectrum Disorders (ASD). Currently, both diagnostic evaluation and interventions have been expanded to include a variety of conditions. These treatments are a fundamental basis in neuropsychological rehabilitation programs given their crucial impact on the quality of life and social integration of affected people. **Objective.** Through a systematic review, to detect therapeutic interventions that diminish alterations in social cognition processes. **Method.** The PRISMA procedure was implemented, and the PICO question was defined: Patients, any type with alterations in social cognition; Interventions, any type of treatment; Comparison with control groups or repeated measures; Outcomes, improvements in social cognition tasks or in daily life. The search was carried out on August 6, 2024, in PUBMED. Original articles, no revisions, no metaanalysis, no gray literature, in English and Spanish were requested. The terms for the research were social cognition AND treatment, rehabilitation, intervention, stimulation, therapy. The search was only in the title and included papers published from 2000 to August 2024. 94 elements were detected, 6 repeated. Therefore, 88 summaries were reviewed, of which 50 were excluded for being systematic reviews, states of the art, comments, opinions, editorials, conceptual analyses, correlational or predictive diagnostic studies, chapters, conference discussions, protocols or case studies. 38 were accepted, which were controlled studies with and without random assignment and pilot studies. **Results.** It was found several groups of treated patients, being the studies with Ef (16), other types of psychosis (7) and ASD (6) more abundant. The rest of participants were patients with brain damage (4) multiple sclerosis (1), mild cognitive impairment (1), children with cerebral palsy (1), children with neuromuscular diseases (1) and young offenders (1). The types of interventions were functional (magnetic and direct current), pharmacological (olanzapine, risperidone, haloperidol, clozapine), virtual and in-person cognitive and emotional stimulation programs (free and commercial), group therapies, theater, yoga and community-based psychosocial interventions, in some cases combined. Most studies (27) found improvements in some of the processes of social cognition, mainly in the recognition of emotions, and a little less in theory of the mind and empathy. Eight studies did not show improvements, 5 were with functional techniques, and 3 with training sessions (2 cognitive and 1 theater) applied to people with psychosis (6) ASD (1) and multiple sclerosis (1). **Conclusions.** Most interventions presented improvements in social cognition processes -although the gains were partial- being pharmacological and stimulation of social cognitive processes interventions more effective. However, research must be continued to guarantee improvement in various processes of social cognition and its transfer to everyday life activities.

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