**Example Abstract: Poster**

**Title:** A Preliminary Randomized Clinical Trial of Mobile Computer-Assisted Cognitive Behavioral Social Skills Training for Functioning in Schizophrenia

**Abstract Body:**

Psychosocial rehabilitation interventions to improve functioning in consumers with schizophrenia are needed. In three prior clinical trials, cognitive behavioral social skills training (CBSST) was found to improve community functioning in these consumers. CBSST, however, is an intensive 6-to-9 month program with financial and staff burdens on clinics, and travel and time demands on consumers. To reduce these barriers to implementation, we developed a mobile computer-assisted CBSST intervention, in which therapist contact is cut 50% and replaced by handheld computer (PDA) intervention tools that prompt at-home practice of CBSST skills. This study was a preliminary randomized clinical trial comparing: 1) the full CBSST program; 2) 50% CBSST+PDA; and 3) a PDA-contact control (only symptom and activity monitoring on the PDA). Consumers with schizophrenia (N=85) were treated for 6 months and followed for 6 months after treatment. HLM analyses showed that, relative to PDA only, CBSST skill knowledge improved significantly more in full CBSST (adjusting for baseline, d=.71; d=1.42 for end of treatment and follow-up, respectively) and at a trend level (p=.056) in 50% CBSST+PDA (d=.69; d=1.39), and self-reported functioning improved significantly more in full CBSST (d=.47; d=.95) and at a trend level (p=.057) in 50% CBSST+PDA (d=.31; d=.62). The CBSST and CBSST+PDA conditions did not differ significantly. Symptom severity improved significantly in all three groups. The results replicated three prior clinical trials that also showed significantly greater improvement in functioning in schizophrenia in CBSST relative to control conditions. When the number of CBSST sessions was cut 50% and replaced with skill practice and symptom monitoring prompted by a mobile device, some meaningful improvement in functioning was found, but the effect of mobile computer-assisted CBSST on functioning was weaker.