

Neuropsychological Assessment

Cognitive Screening Scale

Montreal Cognitive Assessment-Based Scale (MoCA-B) Chinese version, is currently available for free download on the official website of MoCA, <https://www.mocatest.org/>, including 10 aspects of executive function, immediate recall, fluency, orientation, calculation, abstraction, delayed recall, visual perception, naming, and attention, with a total score of 30.

Memory

Auditory Verbal Learning Test (AVLT): which reflects the subject's word memory and learning organization strategies. AVLT1-AVLT3 are immediate recall scores, which are affected by the subject's attention, and reflect the subject's word learning ability; AVLT4 and AVLT5 are short delayed recall scores and long delayed recall scores, respectively.

Speech

Verbal Fluency Test (VFT): Reflects instantaneous verbal memory, spontaneous verbal motor ability, interference inhibition and thought organization.

Attention

Digit Span Test (DST): is a common test of working memory .

Symbol Digit Modalities Test (SDMT): was published by Aaron Smith in 1973 and revised in 1982 to assess attentional segmentation, visual scanning, tracking, and motor speed.

The Paced Auditory Serial Addition Test (PASAT): assesses a subject's working memory, attentional allocation, and information processing speed through a series of addition tasks.

Visuospatial Ability

The Rey-Osterrieth Complex Figure (ROCF) test is a widely used neuropsychological test for assessing visuospatial structural ability and nonverbal memory in clinical and research settings. The total score was 36 points and consisted of 3 components: location, accuracy, and structure.

Executive Function

Trail Making Test (TMT): reflecting attention, sequential ordering, mental dexterity, visual search and locomotor abilities, and the ability of set shifting, as well as eye-hand coordination, spatial perception and attentional abilities.

Stroop Color Word Test (SCWT): the Stroop color word test reflects subjects' selective attention and cognitive flexibility.

California Card Sorting Test (CST): which is clinically used as a test of executive functioning, mainly reflecting the ability to dominantly inhibit.

Tower of Hanoi: The Tower of Hanoi problem is one of the common tasks used in experimental research in psychology to test subjects' planning and problem solving abilities.

Group Cognitive Behavioral Therapy Settings and Strategies

Session1

The therapist introduces himself and guides the group members to introduce themselves to each other; re-emphasizes the treatment setup, the treatment process and the concept of group therapy; introduces the concept of OCD again and explains the concepts of "obsessive-compulsive thinking" and "obsessive-compulsive behavior" and the relationship between the two, making sure that the patient fully understands; introduces the principles and methods of exposure prevention and gives examples (including SUDs scores) in relation to the respective symptoms and discusses possible problems in the treatment. Re-introduce the concept of OCD and explain the concept of "obsessive thinking" and "obsessive behavior" and the relationship between the two with examples to ensure that the patient fully understands; Re-introduce the principles and methods of exposure response prevention with examples (including SUDs scores) in relation to the symptoms of each patient and discuss any difficulties that may arise in the treatment; Set up and fill in the list of exposure items according to the symptoms of each patient; Assign a homework assignment: self-monitoring of the symptoms; Feedback and summary: Feedback on the cognitive behavioral group therapy.

Session2

Review and discussion of homework; review of cognitive model, introduction of cognitive distortion strategies, discussion of the principles of graded exposure development, group members work together to develop exposure levels; assign homework.

Session 3

Homework review, psychoeducation: review strategies for challenging cognitive distortions, continue to explore principles of graded exposure development, group members work together to develop exposure levels; restatement of therapeutic motivation in preparation for next exposure; homework.

Sessions 4-10

Homework review, exposure and ritual blocking within sessions, homework: cognitive reconstruction, completion of idea recording, exposure exercises and ritual blocking.

11-12 sessions

Homework review, exposure and ritual blocking within sessions, psychoeducation: discussing reasons for regression and relapse, summarizing strategies to prevent regression and relapse, homework: practicing strategies to prevent relapse, providing self-help readings.