



SCHIZOPHRENIA Factsheet

May 2016

What is cognitive behavioural therapy (CBT)?

CBT aims to generate links between patterns of thoughts, feelings, and behaviours using cognitive restructuring to facilitate the understanding and management of behaviours. It can be used for improving positive or negative symptoms, as well as other factors including depression, psychotic relapse and coping.

What is the evidence for CBT?

Overall, moderate to high quality evidence suggests a medium-sized effect of CBT for improving symptoms, particularly positive symptoms, when compared to treatment as usual. CBT may improve functioning, mood, hopelessness, insight into the illness, and prevent relapse. CBT may also reduce mortality, increase discharge rates from hospital, and improve attitudes towards medications. Group CBT may reduce hospital readmission rates, social anxiety, and depression. Moderate to low quality evidence suggests CBT combined with motivational interviewing may improve general life and client satisfaction, but not other outcomes in patients with schizophrenia and concurrent substance misuse.



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

For further information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.