

What are mindfulness and acceptance therapies?

Mindfulness and acceptance therapies involve intentional and non-judgmental focus of one's attention on emotions, thoughts and sensations that are occurring in the present moment. The aim is to open awareness to present experiences, whether positive or negative, allowing thoughts and voices to come and go without reacting, and accepting oneself and the experience. This may help alleviate the distress associated with symptoms by focusing on how people relate and respond to their psychotic experiences, rather than identifying and directly challenging thoughts and beliefs about these experiences.

What is the evidence for mindfulness and acceptance therapies?

Moderate to high quality evidence suggests a small effect of improved general symptoms with mindfulness or acceptance therapies when compared to treatment as usual, but not when compared to active control conditions. There was a small effect for depression symptoms, and a medium-sized effect for mindful awareness, and no effects for positive or negative symptoms, hallucination-related distress, or functioning and disability. There was also no effect of individual acceptance therapies.

For more information see the technical table



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.

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.