



## SCHIZOPHRENIA Factsheet

June 2016

### What is nidotherapy?

Nidotherapy is a psychological therapy that aims to identify and alleviate problematic areas affecting a person's life and surroundings. While typical psychological therapies aim to create changes within a person's actions, emotions, or thoughts, nidotherapy instead aims to make changes to a person's environment and life situation, with the goal of enabling improvements in quality of life, relationships, mental health and self-esteem.

### What is the evidence for nidotherapy?

Low quality evidence is unable to determine the effectiveness of nidotherapy for social functioning or mental health. Review authors conclude that until further research is conducted, nidotherapy should be considered an experimental therapy for schizophrenia.



*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](http://neura.edu.au/donate/schizophrenia).