



SCHIZOPHRENIA Factsheet

August 2020

How is quality of life related to schizophrenia?

Quality of life refers to an individual's sense of satisfaction with their circumstances. This can be measured subjectively via interview and objectively via measures of overall health, social and material well-being and access to resources and opportunities. A key focus of quality of life research in schizophrenia is to identify factors that influence or predict a person's satisfaction with their circumstances, which may then provide targets for therapeutic focus to improve quality of life.

What is the evidence for quality of life?

Moderate to high quality evidence finds large effects of poorer psychological, physical, and social quality of life in people with schizophrenia compared to people without a psychiatric disorder. There were small to medium-sized associations between increased symptom severity and poorer quality of life.

On objective quality of life rating scales, small associations were found between better quality of life and better verbal ability, vigilance, short-term or working memory, processing speed, and executive functioning. On subjective quality of life rating scales, there was a small association between better quality of life and better letter fluency, but poorer verbal ability, and slower processing speed.

Moderate to low quality evidence finds the best predictors of better well-being are engagement in meaningful leisure activities and having strong social networks.

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.