

Recovery



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SCHIZOPHRENIA Factsheet

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What is remission and recovery?

Remission has been defined as a level of symptomology that does not interfere with an individual's behaviour, and is also below that required for a diagnosis of schizophrenia. Symptom improvements should last for a minimum of six months in order for remission to be reached.

Recovery is less precisely defined. In addition to the symptom improvements required for remission, improvements in social and functional dimensions are required. These domains usually include, but are not restricted to functional independence, maintaining satisfying relationships, being productive, having a sense of empowerment, and overcoming feelings of internalised stigma. Improvements in either clinical or functional domains need to be apparent for at least two years.

What is the evidence for remission and recovery?

Moderate quality evidence finds the rate of remission is around 36% in people with schizophrenia. In people with first-episode psychosis, the rate is around 58% by 5.5 years. Moderate to low quality evidence finds rates of remission vary considerably in the developing world, with remission rates by 25 years ranging from 31% in Colombia to 77% in India.

Moderate quality evidence finds the rate of recovery in people with schizophrenia is between 13% and 16%, with annual rates around 1.4%. For first-episode psychosis, the rate is around 38% by 7.2 years. Recovery rates are highest in low or low-medium income countries (36.4%) and lowest in high (13%) or high-medium income countries (12.1%).

Moderate quality evidence finds rates of recovery and remission increase over time, from around 13% by 5 years after a first diagnosis, to around 68% by 32 years after a first diagnosis. Moderate to high quality evidence finds small to medium-sized associations between increased symptom severity and decreased ratings of personal recovery (where symptoms may still be apparent). A small association was also found between increased functioning and increased personal recovery.

For more information see the technical table



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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.