



# NeuRA

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## SCHIZOPHRENIA Factsheet

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### How is duration of untreated psychosis related to schizophrenia?

Duration of untreated psychosis (DUP) is generally determined as the time from the onset of psychotic symptoms to the initiation of treatment or first clinical presentation when a diagnosis of first-episode psychosis may be given. This diagnosis is distinct from first-episode schizophrenia, which requires a spectrum of symptoms to be present for a longer period of time. Longer DUP has been associated with poorer prognosis. As such, understanding the effects of DUP is particularly important because it is potentially modifiable.

### What is the evidence for duration of untreated psychosis?

Moderate to high quality evidence indicates the presence of an obligatory dangerousness criterion for compulsory treatment of mental illness is associated with longer DUP.

Moderate to low quality evidence shows emergency services and inpatient units are associated with a shorter DUP than community services pathways to care.

Moderate quality evidence finds people with schizophrenia or non-affective psychosis have a longer DUP (~28 weeks) than people with affective psychosis, regardless of age or sex. Longer DUP was also found in low-middle income countries than in high income countries, and Black Caribbean people have longer DUP than White people, while Black African people have shorter DUP than White people.

Long-term, widespread educational campaigns covering multiple domains such as advertising, distribution of brochures, visits to GPs and schools, training seminars, and follow-up contact may reduce the length of DUP. A one-dimensional campaign approach, such as solely educating GPs, may not be as effective.

For more information see the technical table



### NeuRA

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