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SCHIZOPHRENIA Factsheet

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What are functional outcomes?

Functional outcomes include work performance, relationships, and living skills which may be adversely affected by schizophrenia. Developing coping skills to manage general life stressors and illness complications may help improve functional outcomes.

What is the evidence for functional outcomes?

Moderate to high quality evidence finds small associations between better functioning after treatment for first-episode psychosis and shorter duration of untreated psychosis, less severe symptoms (both at baseline and after treatment), better premorbid functioning, better cognitive functioning, more education, longer work history, and female gender.

Moderate quality evidence finds more severe negative symptoms are associated with poorer cognitive and community functioning, and smaller social network size. Better functioning is related to better quality of life, and the most commonly reported strategies people with schizophrenia use to cope with symptoms and general life stress are avoidance and problem-focused strategies, which improve quality of life and long-term symptom outcomes.

Moderate to high quality evidence finds an association between poor cognitive functioning and poor functional outcomes. In particular, poor community functioning is associated with poor social, emotion and information processing, and poor working memory, attention and reasoning; poor social skills are associated with poor attention, visual learning, reasoning, verbal learning, and insight; poor social behaviour is associated with poor emotion processing, verbal learning, and reasoning; poor problem solving is associated with poor attention, working memory, verbal learning, and reasoning.

Moderate to low quality evidence finds medication is associated with a range of disability including pain, anxiety, insomnia, somnolence, appetite, fatigue, and libido. The intensity of disability is associated with treatment, symptoms, socio-demographics, global disability, emotional functioning, and cognitive functioning.

For more 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.



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.