



NeuRA

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SCHIZOPHRENIA Factsheet

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What is insight?

Insight with regards to schizophrenia is defined as the awareness of having a mental disorder, including an understanding of the social consequences associated with the disorder; the need for treatment; effects of medication; awareness of the implications; and awareness of the signs and symptoms of the disorder. Clinical insight involves the awareness of the disorder and symptoms, while cognitive insight relates to the ability to question and consider one's beliefs and judgements.

What is the evidence for insight?

Moderate quality evidence finds more severe symptoms are related to lower levels of insight into the disorder and its consequences. Conversely, increased depression symptoms were related to increased levels of insight, and there was a small association between better insight and poorer quality of life.

Moderate to high quality evidence finds small associations between better insight and higher IQ and better memory functioning. Moderate quality evidence finds small associations between better insight and less aggression, better work and social functioning, increased treatment adherence, and fewer re-hospitalisations.

High quality evidence finds a medium-size effect of more self-certainty in people at risk of psychosis compared to controls. Moderate quality evidence found no differences in self-reflectiveness or overall cognitive insight.

Moderate quality evidence finds any treatment improves insight, particularly in combination with other treatments that target insight specifically.

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.

NeuRA (Neuroscience Research Australia) Foundation
T 1300 888 019 F +61 2 9399 1082
ABN 57 008 429 961

Margarete Ainsworth Building
Barker Street, Randwick NSW 2031
PO Box 1165 Randwick Sydney NSW 2031 Australia

neura.edu.au