



NeuRA

Discover. Conquer. Cure.

SCHIZOPHRENIA LIBRARY

SCHIZOPHRENIA Factsheet

September 2020

How are treatments for weight gain related to schizophrenia?

Weight gain is a well documented side effect of many antipsychotic medications. Weight management is important to ensure that the benefits of antipsychotic medications are not outweighed by the increased risk of physical disease. Excessive weight gain is a serious health concern, it is associated not only with reduced quality of life and social stigma, but can affect treatment adherence and increase morbidity (both physical and psychological) and mortality. Behavioural therapies are targeted at changing patterns of behaviour and actions that lead to an unfavourable consequence, while reinforcing favourable behaviours. Pharmacological strategies for weight management are, at best, only moderately effective. As such, the ideal behavioural strategies should combine diet, exercise and psychological/behavioural components.

What is the evidence for treatments for weight gain?

Moderate to high quality evidence suggests significant benefit of behavioural therapies, including cognitive behavioural therapy, psycho-education, and nutritional counselling for weight reduction and the prevention of weight gain. The largest benefits were found for weight gain prevention strategies rather than weight reduction, individual therapies, or psycho-education, particularly those that incorporated both a structured diet and exercise regime.

For more information see the technical table



NeuRA

Discover. Conquer. Cure.

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.