



NeuRA

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SCHIZOPHRENIA Factsheet

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What is vitamin D?

Vitamin D is a fat soluble vitamin and steroid hormone. It can be ingested through a diet containing fish, eggs, vegetable oils, butter, liver, fortified milk and margarine, or may also be gained through exposure to the sun. Vitamin D has been linked to cell growth and foetal development, and low maternal concentration may adversely impact the developing brain.

What is the evidence for vitamin D levels in people with schizophrenia?

Moderate to high quality evidence finds a medium-sized effect of more vitamin D deficiency in people with schizophrenia than in people without a mental disorder. Moderate quality evidence shows people with first-episode psychosis also have lower vitamin D.

High quality evidence finds a small effect of lower vitamin D in people with schizophrenia compared to people with other psychoses. Moderate to high quality evidence finds no differences when compared to people with major depression.

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.