

SCHIZOPHRENIA Factsheet

September 2020

What is acupuncture?

Acupuncture involves the stimulation of specific acupoints by inserting needles into the skin. Laser acupuncture is essentially the same as needle acupuncture except that laser beams are used instead of needles. Electro-acupuncture uses a pair of needles attached to an electrical device that generates continuous electric pulses that pass from one needle to the other.

What is the evidence for acupuncture?

Moderate quality evidence suggests there is general improvement in symptoms of schizophrenia with needle or electro-acupuncture in conjunction with, or without, antipsychotic medications compared to antipsychotics alone. Low quality evidence is uncertain of the benefits of laser acupuncture. Review authors state that study quality is very low and all studies were conducted in China, so results may not be applicable to other populations.

For more information see the technical table



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.