



NeuRA

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SCHIZOPHRENIA Factsheet

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What are adult life events?

Life events that occur during adulthood are defined as particularly significant experiences that result in substantial changes to personal circumstances. These changes may be positive or they may be negative changes and can occur across all aspects of life, including health, education, employment, relationships, bereavement, housing, legal, and financial issues.

What is the evidence for adult life events as risk factors for psychosis?

Moderate quality evidence finds a medium-sized increase in recent adverse life events in people with psychosis compared to people without psychosis, measured between 3 months and 3.6 years prior.

Moderate to low quality evidence suggests a small increase in prevalence, and a medium to large increase in incidence of subclinical psychotic symptoms in people reporting prior exposure to stress and trauma.

There was a medium-sized increase in perceived stress, but not adverse events, in people at ultra high-risk for psychosis; those with attenuated psychotic symptoms or brief and limited intermittent psychotic symptoms, genetic risk, and functional deterioration.

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/schizophrenia.