



# NeuRA

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## SCHIZOPHRENIA Factsheet

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### What are social skills therapies?

Poor social and interpersonal skills can prevent people from interacting effectively with other people. Programs targeting the improvement of social skills are designed to allow people to achieve greater social and community functioning. These programs involve training to improve social interactions, social cognition (accurately perceiving and understanding social interactions), self- and illness-management skills, community participation, and workplace skills. These programs can be organised through a day-centre unit that is attended by residents of either hospitals or those living in the community, and can be provided on an individual basis or in a group setting.

### What is the evidence for social skills therapies?

Moderate to high quality evidence shows a large benefit of social skills training for improving social interactions, as well as providing benefit for community functioning, symptoms (particularly negative symptoms), and for reducing relapse rates. Moderate to low quality evidence also finds improvements in quality of life. Moderate quality evidence shows a medium to large benefit of social cognitive skills programs for improving emotion perception and Theory of Mind, particularly for patients with longer illness durations. Moderate to low quality evidence shows a large effect of focussed facial affect recognition training for improving facial affect recognition and social functioning.

For further information see the technical table

## 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](https://neura.edu.au/donate/schizophrenia).



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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.*

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