



# NeuRA

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## SCHIZOPHRENIA Factsheet

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### What are anti-inflammatory medications?

Growing evidence suggests that inflammatory processes may contribute to the development of schizophrenia. This suggests a potential role for anti-inflammatory medications, such as non-steroidal agents (e.g., aspirin) which may be potentially useful therapeutic strategies, particularly in combination with ongoing antipsychotic medication.

### What is the evidence for anti-inflammatory medications?

Moderate to high quality evidence finds a large benefit of adjunctive N-acetylcysteine, and medium-sized benefits of adjunctive oestrogen and minocycline, for improving overall symptoms. There was also a small benefit of adjunctive aspirin for symptom improvement.

Moderate quality evidence finds medium to large benefits of adjunctive melatonin, withania somnifera extract, pioglitazone, piracetam, and pregnenolone for symptom improvement. There was also a medium-sized benefit of adjunctive celecoxib for improving symptoms in first-episode patients but not in chronic patients.

There was improved executive functioning with adjunctive minocycline, and improved working memory with adjunctive N-acetylcysteine.

There were no significant benefits of adjunctive fatty acids, statins, davunetide, bexarotene, dextromethorphan, or varenicline.

**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](http://neura.edu.au/donate/schizophrenia).