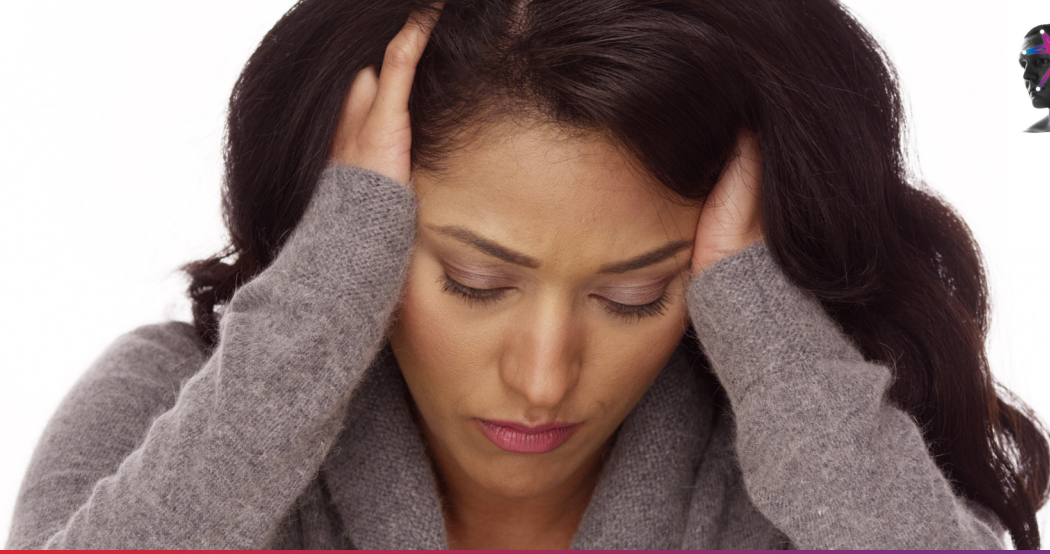




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SCHIZOPHRENIA Factsheet

June 2020

What are anxiety disorders?

Anxiety disorders include generalised anxiety disorder, which is characterised by continuous and excessive worrying for six months or more. Specific phobias are characterised by anxiety provoked by a feared object or situation, resulting in avoidance. Social phobia is anxiety provoked by social or performance situations, and agoraphobia is anxiety about situations where escape may be difficult or help might not be available. Panic disorder is often the most debilitating anxiety disorder, involving recurring panic attacks which are distinct periods where a person experiences sudden apprehension and fearfulness, where they may present to medical services with shortness of breath, palpitations, chest pain or choking.

What is the evidence for rates of anxiety disorders in people with schizophrenia?

Moderate quality evidence suggests the rate of any anxiety disorder in people with schizophrenia is high, at around 38% compared to around 18% in the general population. Around 29% of people presenting with a first-episode of psychosis and around 15% of people with mild subclinical symptoms of psychosis also experience anxiety.

Social anxiety disorder was reported in around 21% of patients with schizophrenia, social phobia in around 15% of patients, generalised anxiety disorder in around 11% of patients, panic disorder in around 10% of patients, specific phobias in around 8% of patients, and agoraphobia in around 5% of patients.

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.