



# NeuRA

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## SCHIZOPHRENIA Factsheet

September 2020

### What are essential fatty acids?

supplementary, or adjunctive, treatment is administered in conjunction with a patient's ongoing antipsychotic therapy, in an attempt to treat symptoms or improve functions that are not addressed by the antipsychotic alone. One important group of compounds that have been suggested as an adjunctive therapy are the essential fatty acids (EFAs). The two main EFAs are omega-3 and omega-6. They are important compounds for brain function, as they have impact on membrane receptors, ion channels synapse function, and neuronal development. However, they are not made in the body and must be sourced from the diet. People with schizophrenia have shown to have lower levels of these essential compounds and their products, including omega-3 products docosahexaenoic acid (DHA), eicosapentaenoic acid (EPA), its ester, ethyl-eicosapentaenoic acid (E-EPA), omega-6 product arachidonic acid (AA), and their metabolites including prostaglandins (PGE).

### What is the evidence for essential fatty acids?

Moderate to high quality evidence finds no benefit of adjunctive essential fatty acids for symptoms or global state.

For more 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](http://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.*