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SCHIZOPHRENIA Factsheet

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What is estrogen (or 'oestrogen')?

Women tend to have a later age of onset of schizophrenia than men where onset is typically seen in early adulthood. There is also a peak in the onset of schizophrenia in women after menopause. Due to these observations, the hormone estrogen has been proposed to confer a protective effect for women, as estrogen levels in women decline with age particularly after menopause. This indicates adjunctive estrogen could be an effective treatment for the symptoms of schizophrenia.

What is the evidence for estrogen?

Moderate to high quality evidence indicates small to medium-sized improvements in positive and negative symptoms in females with schizophrenia taking adjunctive estrogen. There were medium-sized improvements in symptoms in both males and females (including those postmenopausal) with adjunctive raloxifene compared to placebo, with no differences in depression symptoms or cognition.

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.