



## SCHIZOPHRENIA Factsheet

September 2020

### What is family intervention?

Family intervention includes family members in therapeutic sessions with the goal of improving all family members' mental health and understanding of the disorder. This type of intervention aims to enhance the capacity of both patients and their families for problem solving and illness management. Family interventions have a focus on providing information about the disorder, and emphasizing instructions for medication and treatment adherence. Therapeutic sessions can also involve cognitive behavioural interventions to improve problem solving and communication skills and to reduce familial expressed emotion.

### What is the evidence for family intervention?

High quality evidence finds family intervention reduces patient relapse rates when compared to standard care. Longer treatment duration showed the greatest effect, and benefit was seen regardless of intervention type and criteria for relapse. Moderate quality evidence finds family intervention may also have small to medium-sized benefits over standard care for improving patient functioning, quality of life, compliance with medication, hospitalisation rates, family burden, family knowledge, coping and understanding, and family high expressed emotion.

Compared to other psychosocial therapies, moderate quality evidence finds family intervention improved relapse and readmission rates, but had no effect on expressed emotion or medication adherence.

Low quality evidence is unclear as to any benefit of integrated family therapy for reducing substance use, or improving mental state or global function in people with schizophrenia and a substance use disorder.

For further information see the technical table



*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).