



## SCHIZOPHRENIA Factsheet

September 2020

### What is integrated care?

Integrated care refers to the association of multiple treatment paradigms to produce a single unified program. The idea is to deliver seamless care to the patient to ensure high treatment continuity and improve patient satisfaction. Integrated programs typically involve multi-element psychosocial therapies for mental illness. For example, integrated psychological therapy and integrated neurocognitive therapy involves a combination of cognitive and social skills training. Integrated care can also refer to the formal liaison of typically distinct services such as medical practitioners and dedicated mental health teams, or the incorporation of mental health and substance use treatments into a single program.

### What is the evidence for integrated care?

Moderate to high quality evidence finds integrated psychological therapy provides benefits for symptoms, global state, functioning and cognition over standard care. Moderate to low quality evidence suggests this benefit remains regardless of treatment settings or assessment format, and is most effective for patients with stabilised symptoms. Moderate quality evidence finds integrated neurocognitive therapy provides a benefit for negative symptoms and functioning post-treatment and at 12 months follow up, but no lasting benefit for positive symptoms.

There are also benefits of integrated medical and mental health care for improving health outcomes and treatment needs, increasing contact with services, and improving patient satisfaction.

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).