



# NeuRA

Discover. Conquer. Cure.

SCHIZOPHRENIA LIBRARY

Image: ©Kaspars Grinvalds - stock.adobe.com

## SCHIZOPHRENIA Factsheet

April 2022

### How are maternal diet and body mass related to risk for schizophrenia?

Consumption of a balanced diet and maintaining healthy weight during pregnancy aids the development of a healthy fetus. This may act as a preventative factor for the development of schizophrenia in adulthood.

### What is the evidence for maternal diet and body mass during pregnancy?

Moderate quality evidence suggests a small effect of increased risk of schizophrenia in adulthood after exposure to famine or nutritional deficit in utero. There are also medium-sized effects of increased risk of schizophrenia in offspring of mothers with low retinol levels during the 2nd trimester of pregnancy, high serum docosahexaenoic acid during pregnancy, or high pregnancy or pre-pregnancy body mass index. Lower quality evidence suggests greater fish consumption during pregnancy may lower the risk of schizophrenia in the offspring.

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](https://neura.edu.au/donate).



## NeuRA

Discover. Conquer. Cure.

*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.*