

**Mood Stabilizer
Medication**
Film Tablets
25 mg



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What are mood stabilisers?

Mood stabilisers, including lithium and anticonvulsants (such as carbamazepine) have been proposed as an adjunctive therapy to standard antipsychotic treatments when individuals have sub-optimal responses to treatment. Mood stabilisers may be implemented as an immediate therapy for acute symptoms of psychosis, but they may also be used as part of an ongoing treatment regime. Mood stabiliser medications assessed in this topic include lithium as well as anticonvulsant medications (valproate, carbamazepine, and lamotrigine).

What is the evidence for mood stabilisers?

Moderate to high quality evidence finds a small effect of adjunctive lithium for improving overall symptoms. Moderate quality evidence finds a small effect of improving global state, reflected by clinical response. There was a medium-sized effect of adjunctive lithium for increasing the risk of people leaving studies early.

Moderate quality evidence suggests no benefit of adjunctive lamotrigine for symptoms, however some benefit may be seen in antipsychotic-resistant patients who are receiving clozapine.

Moderate quality evidence suggests no benefit of adjunctive valproate for study attrition or mental state, however, valproate may lower the risk of constipation and tardive dyskinesia, but may increase the risk of sedation.

Moderate to low quality evidence suggests a medium-sized effect of improvements in global state with adjunctive carbamazepine.

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.