

Mood Stabilizer  
Medication  
Film Tablets  
25 mg

**PHARMACIST:** dispense with patient  
information leaflet provided separately



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## SCHIZOPHRENIA Factsheet

October 2020

### What are mood stabilisers?

Mood stabilisers, including lithium and anticonvulsants (such as carbamazepine) have been proposed as an alternative 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 (e.g. carbamazepine).

### What is the evidence for mood stabilisers?

#### *Lithium*

Moderate to high quality evidence suggests a large effect of greater improvement in overall symptoms with antipsychotics than with lithium. Moderate quality evidence suggests a medium-sized increased risk of leaving the study early for any reason or due to inefficacy of treatment with lithium than with antipsychotics. Lithium may result in less sleepiness, but more toxic confusion than antipsychotics.

#### *Carbamazepine*

Moderate to low quality evidence suggests a large effect of less need for additional anticholinergic drugs with carbamazepine than with antipsychotics.

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](http://neura.edu.au/donate/schizophrenia).