



## SCHIZOPHRENIA Factsheet

September 2020

### What is morita therapy?

Morita therapy is a treatment approach developed by Shoma Morita and is most commonly used in some Asian countries, including Japan and China. Morita therapy focuses on mental health from a collective perspective, rather than the perspective of the individual, removing the preoccupation with symptoms and instead focusing on constructive behaviours. While some Morita therapy programs have been updated and shortened (~4 weeks), the original Morita therapy guideline is divided into four phases: a) 7 days of isolated bed rest, with no access to any form of entertainment, b) 4 to 7 days of light work within a treatment facility in addition to monitored diary writing and therapist appointments where the therapist pays strategic inattention to symptoms, and uses contingency management to focus on daily activities, c) a longer period of work (1-2 months) with increasing engagement in more demanding tasks within the treatment facility, and gradual collaboration with other patients, d) preparation for daily living outside the treatment facility (1-4 weeks), which may include commuting to school or work from the facility.

### What is the evidence for morita therapy?

When compared to standard care, moderate to low quality evidence suggests improved negative symptoms in the short term with Morita therapy. Low quality evidence is unable to determine the benefits of Morita therapy over standard care for other symptoms or for functioning. When compared to rehabilitation, moderate quality evidence suggests Morita therapy may be beneficial for symptoms, insight and general functioning.

For further information see the technical table

## HOW YOUR SUPPORT HELPS

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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.*