



SCHIZOPHRENIA Factsheet

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What is problem-solving therapy?

People with severe mental illnesses such as schizophrenia may show impairments in problem-solving ability. Training interventions can help develop problem solving skills, by teaching people strategies for tackling a particular problem, and ideally, teaches skills that can be reapplied in the future. A typical problem-solving therapy approach includes several key stages; linking symptoms to problems, defining the problem, setting achievable goals, generating solutions, and evaluating results.

What is the evidence for problem-solving therapy?

Low quality evidence is unable to determine any benefit of problem solving skills training over routine care, coping skills training or unstructured therapist interaction for problem solving ability, social behaviour, or study attrition. Review authors conclude that there is insufficient evidence to confirm or refute the benefits of problem solving therapy.

For further 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/schizophrenia.



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.