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SCHIZOPHRENIA Factsheet

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How are respiratory disorders related to schizophrenia?

In general, people with schizophrenia are reported to have increased rates of co-occurring conditions. These may include disorders of the respiratory system, such as chronic obstructive pulmonary disease.

What is the evidence for comorbid respiratory disorders?

Moderate to high quality evidence suggests people with schizophrenia have increased rates of respiratory problems in general, low cardiorespiratory fitness, chronic obstructive pulmonary disease, and deteriorating lung capacity. They also have an increased risk of mortality due to respiratory illness compared to the general population. High rates of smoking in people with schizophrenia may explain these associations. Exercise improves cardiorespiratory fitness, particularly regular (min 3 times per week), supervised and high intensity exercise.

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.