



SCHIZOPHRENIA Factsheet

September 2020

What is shared decision making?

Shared decision making aims to support people during specialist mental health treatment, encouraging them to be active in the decision making process regarding their pharmacological and psychoeducational treatment options, by keeping them informed and involved. Shared decision making interventions often utilise a decision-making tool, involving the person in the decision making process in conjunction with nursing support, ensuring that they understand the clinical problem, exploring their worries, fears and expectations, discussing potential treatment options, and ensuring the implications of these options are understood. There is also provision for opportunities to review decisions.

What is the evidence for shared decision making?

Moderate quality evidence finds improved subjective empowerment with shared decision making. There were no benefits for risk of compulsory treatment, relationship with clinician, or decision-making ability and knowledge.

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.