



SCHIZOPHRENIA Factsheet August 2020

What is social capital?

Social capital is the resources available to individuals and communities through their social connections. It describes two key aspects to social relationships: (i) a structural aspect such as the extent and intensity of relationship links and activity in the community; and (ii) a cognitive aspect such as people’s perceptions of trust, reciprocity and sharing. Characteristics of social capital include community and personal networks; civic engagement and participation; local identity with a sense of belonging, solidarity and equality with other members; reciprocity and cooperation with a sense of obligation to help others and confidence in return of such help; and trust in the community. High levels of social capital are thought to be a protective factor for mental illness in general. It is suggested that communities high in social capital are likely to promote healthy behaviour and that social cohesion or connectedness has a positive effect on mental health.

What is the evidence for social capital?

Low quality evidence is uncertain as to the relationship between social capital and rates of schizophrenia.

For more information see the technical table



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.