

# SCHIZOPHRENIA Factsheet

#### What are token economies?

A token economy is a behavioural therapy utilising non-monetary, nonconsumable 'tokens' as a reward to reinforce target behaviours. These tokens have no intrinsic value but can be exchanged for various goods or privileges. Token economies were used widely for schizophrenia in the 1960's and 1970's, targeted specifically at negative symptoms such as poor motivation or attention and social withdrawal. More recently token therapies have largely been replaced by social, life and cognitive skills training.

#### What is the evidence for token economies?

Moderate to low quality evidence finds no benefit of token economies for study retention. Low quality evidence is unable to determine the benefit of token therapy for negative symptoms.

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**NeuRA** Discover. Conquer. Cure.

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.

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**.

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