



## SCHIZOPHRENIA Factsheet

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### What are token economies?

A token economy is a behavioural therapy utilising non-monetary, non-consumable '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 More recently token therapies have largely been replaced by social, life and cognitive skills training.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.

For further information see the technical table

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