



NeuRA

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SCHIZOPHRENIA Factsheet

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What is dual diagnosis?

Dual diagnosis is a term that refers to having both a mental illness and a substance abuse problem. Studies of dual diagnosis investigate the effectiveness and availability of treatments for improving outcomes relating to either diagnosis, such as symptoms, functioning, quality of life, substance use, or cognitive problems.

What is the evidence for treatments for dual diagnosis?

Moderate quality evidence suggests a medium-sized benefit of motivational interviewing with or without cognitive behavioural therapy for reducing the amount of cannabis used, but no benefit for reducing frequency of cannabis use. There may also be a small benefit for positive, but not negative symptoms. Moderate to low quality evidence finds less hospitalisations with contingency management (positive rewards), but more loss to treatment compared to treatment as usual. Low quality evidence is unclear of the benefits of skills training, group therapy, family therapy, or residential treatments for reducing substance use or improving symptoms.

For more 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

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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.