



NeuRA

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What is insight?

Insight, in the context of mental illness, refers to the ability to recognise that the observed features and symptoms of an illness are abnormal. A lack of insight into one's illness is a feature of many psychiatric disorders, particularly psychosis. This can reduce medication adherence and has been associated with poorer long-term outcomes.

What is the evidence for treatments for insight?

Moderate to low quality evidence is unclear as to the benefit of cognitive behavioural therapy, psychoanalytical therapy, video self-observation or antipsychotics for improving insight into psychosis. There may be some benefit from individualised psychoeducation.

For more information see the technical table



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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.

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.