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SCHIZOPHRENIA LIBRARY

## SCHIZOPHRENIA Factsheet

September 2020

### What is childhood and early-onset schizophrenia?

Childhood-onset schizophrenia is defined as schizophrenia with onset prior to the age of 13 years, and early-onset schizophrenia describes schizophrenia between the ages of 13 and 17 years.

### What is the evidence for treatments for childhood and early-onset schizophrenia?

Moderate quality evidence finds supportive therapy is better than cognitive behavioural therapy for improving symptoms, however cognitive behavioural therapy is better than supportive therapy for improving insight in children with early-onset schizophrenia. Education about the illness may be beneficial for improving symptoms and functioning.

Moderate to low quality evidence finds cognitive remediation can improve verbal memory, executive cognitive functioning (e.g. problem solving), daily living, and general functioning.

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](http://neura.edu.au/donate/schizophrenia).