



SCHIZOPHRENIA Factsheet October 2020

What are trace elements?

Trace elements are essential to the body's processes. Some trace elements, such as copper, iron, zinc, chromium, manganese, and selenium can be distributed to the brain and influence neural functions. abnormally low or high levels of these elements are detrimental to the brain's health and the body's metabolism.

What is the evidence for trace element levels in people with schizophrenia?

Moderate to high quality evidence found medium-sized effects of lower levels of iron in people with schizophrenia. This was most apparent in serum, in Asian studies, in drug-naive/drug-free patients, in patients on antipsychotic medications, in inpatients, in patients with acute or newly diagnosed schizophrenia, in patients with chronic or previously diagnosed schizophrenia, and in males.

Moderate to high quality evidence found medium-sized effects of lower levels of zinc in people with schizophrenia. This was most apparent in serum, in Asian studies, in drug-naive/drug-free patients, and in inpatients.

Moderate quality evidence found medium-sized effects of higher levels of copper in people with schizophrenia. This was most apparent in plasma, in users of first-generation antipsychotics, in males, and in European studies.

Moderate quality evidence found medium to large effect of lower levels of manganese in plasma, and in chronic or previously diagnosed patients.

For more information see the technical table



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.