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SCHIZOPHRENIA Factsheet

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How is smoking related to schizophrenia?

Tobacco smoking is very common among people with schizophrenia, who often show particularly heavy usage. This poses considerable health risks, may interfere with antipsychotic medications and may place a financial burden on the individual. Heavy cigarette use may contribute to the increased mortality and reduced life expectancy reported within the schizophrenia population.

What is the evidence for interventions for smoking cessation or reduction?

Moderate to low quality evidence finds some long-term benefit of specialised smoking abstinence programs for people with schizophrenia over standard group therapy for smoking cessation. However, an American Lung Association group program was more effective than a specialised smoking cessation group program.

There was no sustained benefit of individual therapy over standard care for smoking cessation, although there was a significant reduction in the number of cigarettes smoked over one year with individual therapy. Contingency reinforcement involving monetary rewards in combination with transdermal nicotine was more effective for reducing smoking than contingency reinforcement alone or self-quit (no intervention).

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.