

## SCHIZOPHRENIA Factsheet

September 2020

### What are defeatist performance beliefs?

Defeatist performance beliefs are over-generalised negative thoughts about one's ability to successfully perform goal-directed behaviour. This prevents the initiation of and engagement in social and employment opportunities and therefore is considered a possible contributing factor to negative symptoms and poor functional outcomes.

Neurocognitive deficits in memory and attention for example may contribute to unsuccessful goal attainment, which over time can give rise to dysfunctional attitudes, including defeatist performance beliefs. These dysfunctional attitudes, in turn, may lead to a decrease in motivation for future goal-related activities, which may contribute to functional outcome deficits. Reduction in goal-directed behaviour reinforces further disengagement with the social world.

### What is the evidence for defeatist performance beliefs?

High quality evidence suggests significant but small relationships between increased defeatist performance beliefs and worse negative symptoms and functional outcomes (e.g. general functioning, quality of life, life skills).

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



*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.*