



## SCHIZOPHRENIA Factsheet

September 2020

### What are trauma-focused therapies?

Trauma-focused therapies involve identifying and processing traumatic memories, changing unhelpful beliefs about these memories, and developing new ways of responding to associated triggers. Exposure to traumatic or adverse experiences represents a risk factor in the development of schizophrenia. Given the potential overlap between trauma and psychotic symptoms, trauma-focused therapies may be effective adjunctive treatments for people with schizophrenia.

### What is the evidence for trauma-focused therapies?

Moderate to low quality evidence suggests trauma-focused therapies may improve positive symptoms immediately post-treatment, and may have longer-term effects on delusions and trauma symptoms. Exposure-based therapies (prolonged exposure, written exposure, elements of imaginal exposure, and eye movement desensitisation and reprocessing) may be more effective than non-exposure based therapies (cognitive restructuring interventions).

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