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SCHIZOPHRENIA Factsheet

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How is being underweight relevant to schizophrenia?

Being overweight is common in people with schizophrenia, usually due to lifestyle and side effects of medications, with adverse effects on health. However, being underweight also poses health risks such as ischemic heart disease. The causes of being underweight among patients are not fully understood, although genetics, metabolism, drug use, over-exercise, lack of food, and comorbid medical conditions can all affect weight status.

What is the evidence for being underweight?

Moderate quality evidence suggests the prevalence of being underweight is two times higher in people with schizophrenia than controls. Around 6% of people with schizophrenia are underweight, and around 17% of Japanese inpatients with schizophrenia are underweight.

For more information see the technical table



NeuRA

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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.

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