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SCHIZOPHRENIA Factsheet

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How is loneliness related to schizophrenia?

Loneliness is a subjective experience that affects everyone from time to time, which arises when a person perceives their relationships to be inadequate to meet their need for belonging. People with psychotic disorders such as schizophrenia may be particularly vulnerable to feelings of loneliness as they often report poor social networks and support.

What is the evidence for loneliness in people with schizophrenia?

Moderate to high quality evidence suggests increased positive symptoms, negative symptoms, depression, low perceived social support, internalised stigma, and low self-esteem are associated with increased feelings of loneliness.

Moderate quality evidence suggests low quality of life, perceived discrimination, and low self-efficacy are also related to feelings of loneliness.

For more 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.



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.