



# NeuRA

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## SCHIZOPHRENIA Factsheet

February 2019

### How are cultural differences related to course and outcome of schizophrenia?

Cultural differences may influence the course and outcome of illness for people with schizophrenia. These may be the result of differences in understanding of mental illness, and different attitudes and treatment approaches towards these disorders. Some cultures may provide more accessible pathways to care than others, including ready access to treatment and family and social support that can assist the individual to better deal with symptoms and any associated distress. Negative cultural attitudes towards mental illness may exacerbate stigma and social isolation, and some cultures may focus more on “abnormal” behaviour than other cultures, potentially perpetuating it.

### What is the evidence for cultural differences?

Moderate quality evidence suggests rates of mortality, remission, relapse, social disability, marital status, and employment vary across studies conducted in different countries both in the developing and developed world. Black people in the U.K., particularly those of African Caribbean or Black African ethnicity, may be more likely to have had compulsory hospital admissions compared to white people in the U.K. They are also less likely to be hospitalised on first presentation to services, or to be referred to specialist services, and police are more likely to have been involved in the admission to hospital. There may also be fewer compulsory admissions for Asians with first-episode psychosis living in Canada than for Whites, Blacks or those of other ethnic backgrounds.

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



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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.*