

CONFUSION  
HALLUCINATIONS  
DISORGANIZED SPEECH  
**SCHIZOPHRENIA**  
DISORGANIZED THINKING DELUSIONS  
ABNORMAL MOTOR BEHAVIOR  
DISORGANIZED THINKING  
CONFUSION  
HALLUCINATIONS



## SCHIZOPHRENIA Factsheet

September 2020

### What are positive symptoms of schizophrenia?

Pharmacological therapies alone may provide insufficient respite from the positive symptoms of schizophrenia. Positive symptoms include hallucinations and delusions (or reality distortion symptoms) and are a well-documented feature of schizophrenia. Psychosocial therapies may provide a clinical adjunct to pharmacological therapy for these symptoms, and include cognitive behavioural therapy (CBT), hallucination focused integrative treatment, acceptance and commitment therapy, experience focused counselling, family intervention, metacognitive training, mindfulness, social skills training, and supportive therapy.

### What is the evidence for psychosocial treatments for positive symptoms?

Moderate to high quality evidence shows small effects of greater improvement in positive symptoms with CBT when compared to treatment as usual or inactive controls. Lower quality evidence suggests hallucination focused integrative treatment may also improve positive symptoms when compared to treatment as usual.

There were no other significant effects for positive symptoms when comparing any other psychotherapy with treatment as usual, inactive control or other psychotherapies.

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.*