

## SCHIZOPHRENIA Factsheet

March 2022

### What is episodic future thinking?

Episodic future thinking refers to thought processes that contribute to the mental construction, imagination or simulation of possible future events. Episodic future thinking plays a role in planning, problem-solving, coping, regulating emotional states and goal-motivated behaviour.

### What is the evidence for episodic future thinking?

Moderate to low quality evidence suggests a large effect of poorer detail and specificity of episodic future thinking in people with schizophrenia compared to controls.

For further information see the technical table

### HOW YOUR SUPPORT HELPS

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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.*