



# NeuRA

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## SCHIZOPHRENIA Factsheet

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### What is treatment-resistant schizophrenia?

Antipsychotic medications provide symptom relief and improvement in quality of life for many people with schizophrenia. However, for some, antipsychotic medications do not provide adequate relief from symptoms. Treatment-resistant schizophrenia has many definitions that vary depending on the individual study, but a broad definition includes those patients whose symptoms have not responded to antipsychotic medications, or only partially responded, after four or more weeks of treatment with appropriate doses. This topic assesses the effectiveness of psychosocial interventions for people with treatment-resistant schizophrenia.

### What is the evidence for psychosocial interventions for treatment-resistant schizophrenia?

Moderate to high quality evidence shows medium-sized improvements in positive and general symptoms with cognitive behavioural therapy compared to treatment as usual, psychoeducation, supportive therapy, or befriending. There were no differences in negative symptoms between the cognitive behavioural therapy and treatment as usual.

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.*