



## SCHIZOPHRENIA Factsheet

June 2016

### What is supportive therapy?

Therapeutic support is a key component of the successful treatment of schizophrenia, most providing the opportunity to listen to patients' concerns, give encouragement, and arrange assistance for practical problems. A definition of 'supportive therapy' can include a variety of interventions, ranging from traditional supportive psychotherapy with a clinician, to mental health workers providing practical support. This type of therapy aims to support people with schizophrenia living in the community or in treatment facilities to increase self-esteem, quality of life, and achieve greater social and community functioning.

### What is the evidence for supportive therapy?

Moderate to low quality evidence suggests no clear benefit of supportive therapy over standard care or any other psychosocial therapy for mental state or functioning. Supportive therapy may increase study retention in the medium term, but not in the long term, when compared to psychodynamic psychotherapy. Cognitive behavioural therapy may show greater benefit than supportive therapy for improving affective symptoms, such as anxiety or depression, with no differences between groups for other symptoms or for functioning.

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.*