

WORLD SCHIZOPHRENIA DAY...

PEOPLE LIVING WITH SCHIZOPHRENIA DESERVE ACCESS TO TREATMENTS THAT CAN IMPROVE THEIR FUNCTIONING AND QUALITY OF LIFE

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This infographic has been developed by H. Lundbeck A/S from published literature as a contribution to the public health debate and is endorsed by the European Brain Council, the European Federation of Associations of Families of People with Mental Illness, the Global Alliance of Mental Health Illness Advocacy Networks and the World Federation for Mental Health.

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Over **21 MILLION** people are **living with schizophrenia** globally¹

With effective treatment, **symptoms of schizophrenia** can be reduced by **60%**²

Of people living with schizophrenia:

90%  experience a **decline in functioning**, according to a large Australian survey of 1.5 million people³

1 in 2 patients report that schizophrenia has a **'very strong impact' on quality of life**⁴ 

Function-ing verb

1. a persons' ability to perform normal daily activities and to maintain their independence, their role in society and their overall mental health^{5,6}

Qual-i-ty of life adjective


1. the general well-being of a person, including all emotional, social, and physical aspects of their life⁷

PEOPLE LIVING WITH SCHIZOPHRENIA DESERVE ACCESS TO TREATMENTS THAT CAN IMPROVE THEIR FUNCTIONING AND QUALITY OF LIFE

schizophrenia and society as a whole



Treatment associated side effects may mean patients stop taking their medication¹¹

Patients who do not take their medication have higher rates of **relapse and hospitalisation**¹² 



Unemployment of people living with schizophrenia is high at **70-90%**^{13,14}

Informal caregivers of people living with a mental health problem, such as schizophrenia, spend **22 hours per week caring** for their relatives, comparable to a part-time job¹⁵

One in four caregivers (%28) has difficulties making ends meet¹⁵ 

Catching the bus, cooking a meal, or fulfilling a role in society can become **huge challenges**




Improved functioning and quality of life are major goals for people living with schizophrenia...^{16,17}



...however the focus of many treatments is on managing symptoms¹⁸



There could be an opportunity to **improve assessment of new treatments** by considering functioning and quality of life

Policies and guidelines that could increase access to new treatments are not always implemented due to **stigma, lack of awareness, lack of uptake and disparity** between national and local mental health legislation^{18,19} 

What causes this drop in functioning and quality of life in people living with schizophrenia?



Poor physical health⁸



Clinical symptoms of schizophrenia



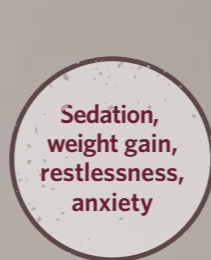
Less ability to cope with everyday stress⁸



Difficulty in thinking clearly



Lack of social support⁸



Side effects of medication^{9,10}

SO WHAT CAN WE DO?

INVOLVE patient and caregiver groups to give patients a voice when developing programmes and assessing new treatments

EDUCATE people living with schizophrenia and their informal caregivers about treatment options, so they can play an active role in decisions that affect them and society at large

SUPPORT access to new treatments that may improve functioning and quality of life, including when these treatments are being assessed

