

New research calls for more open treatment discussions between psychiatrists and their patients living with schizophrenia

RESULTS OF A 2017 PAN-EUROPEAN SURVEY



Schizophrenia affects approximately 1% of the world's population¹



Clinical guidelines recommend combination of antipsychotic medication along with psychotherapy, psycho-education and self-help²



Effective treatment may allow people living with the condition to enjoy a more fulfilling life³

In 2017, Janssen Neuroscience commissioned a pan-European survey to explore treatment discussions between psychiatrists and their patients. The survey was conducted among 347 psychiatrists across 8 countries and provides the clinician perspective on previous research^{4,5} conducted among people living with schizophrenia and carers

PSYCHIATRISTS

Treatment conversations

34% delay conversations about the full range of treatment options

22% limit treatment option discussions to avoid upsetting relationship

80% say building a strong, trusting relationship with their patients is their key focus



Future outlook

Both psychiatrists and their patients living with schizophrenia speak for a similar length of time during consultations

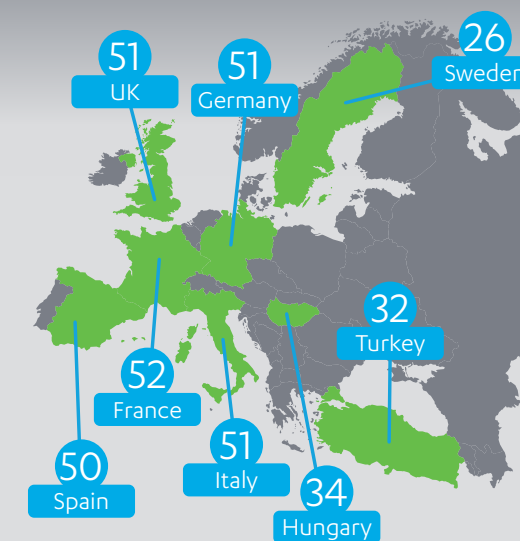
Findings highlight their positive outlook for the future of their patients living with schizophrenia

85% believe those who remain on treatment can maintain functional personal relationships

71% believe those on treatment will be able to lead a full life



347 psychiatrists across 8 countries



PEOPLE LIVING WITH SCHIZOPHRENIA

The new findings could explain why many people living with schizophrenia do not feel they are aware of all the treatment options available.

In a 2016 survey of 166 people with schizophrenia:

23% were dissatisfied with their current medication⁶

27% did not think they had been made aware of all options⁶

"It is vital that patients living with schizophrenia are provided with the information they need to optimally manage their condition and have the best chance to live a full life. This includes being informed of the different treatment options, each with their respective pros and cons."

Dr. Stephan Heres, Senior Psychiatrist at the Technical University, Munich, Germany

"The difficulty faced by many people living with schizophrenia when discussing their treatment is either not knowing or understanding all available options. Open conversations between healthcare professionals and their patients are essential to the decision-making process."

Hilkka Karkkainen, President of Global Alliance of Mental Illness Advocacy Networks (GAMIAN)-Europe

References

1. American Psychiatric Association (APA). Practice guideline for the treatment of patients with schizophrenia. Second edition 2004; 2. National Institute for Health and Clinical Excellence: Psychosis and schizophrenia in adults: prevention and management; National Clinical Practice Guidelines; 3. Fleischhacker WW, Arango C, Arteel P et al. Time to commit to policy change. *Sch Bull* 2014; 40:165-194; 4. Heres S, Reichhart T, Hamann J et al. Psychiatrists' attitude to antipsychotic depot treatment in patients with first-episode schizophrenia. *Eur Psychiatry*. 2011 Jul-Aug; 26(5): 297-301; 5. Potkin S, Bera R, Zubek D et al. Patient and prescriber perspectives on long-acting injectable (LAI) antipsychotics and analysis of in-office discussion regarding LAI treatment for schizophrenia. *BMC Psychiatry* 2013 Oct; 13: 261; 6. Maria C, Hargarter L, Wooller A et al. Awareness of and satisfaction with available treatment options in schizophrenia: Results from a survey of patients and caregivers in Europe. Poster presented at EPA 2017, 4 April 2017, Florence, Italy.