Schizophrenia & Psychosis Action Alliance

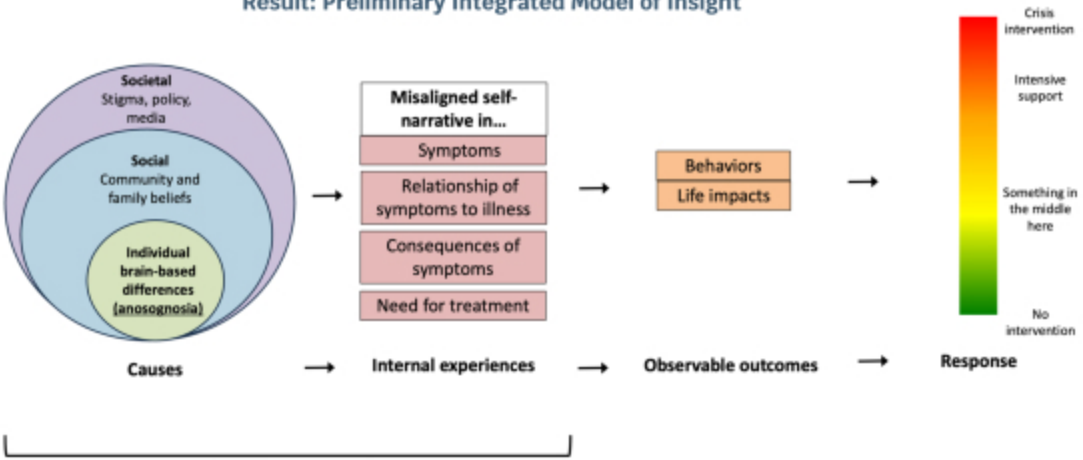
Diminished illness awareness in schizophrenia: Aligning science and lived experience

1. Arundati Nagendra, PhD; 2. Melinda Hicks; 3. Jessica Markowitz, Ph.D.

Background

- Different communities describe insight in schizophrenia in conflicting ways:
  - Family members often focus use the brain-based term *anosognosia*
  - Others challenge the concept of insight altogether
  - There are a lot of gradations in-between
- Researchers emphasize multidimensional models involving brain function, cognition, and metacognition
- S&PAA is trying to bridge these perspectives, which rarely connect.

Result: Preliminary Integrated Model of Insight



Approach

- Targeted literature review: 555 articles screened, 85 included.
- Focus on definitions, causes, models, and dimensions of insight.
- Created a preliminary integrative model of insight

Conclusions

- The perspectives of different stakeholder groups are not at odds with one other, but rather represent different aspects of insight
- Those with schizophrenia and their family members are still underrepresented in research
- Once we understand their experiences, the model will be more comprehensive
- This will pave the way for more productive, cross-stakeholder conversations about how to approach low insight