



Family-based Interventions versus standard care for people with schizophrenia

Evidence in numbers



26 studies, 12 countries; 1985 people with schizophrenia or schizophrenia-like disorders (26-38 years old)

Authors' Conclusion

- Family-focused interventions may help reduce relapse among patients and ease caregiver burden
- These interventions can lower caregiver stress and promote a more supportive home environment, aiding recovery
- They may make little to no difference in hospital admissions or deaths
- It is unclear whether they improve medication adherence or quality of life
- More research is needed to draw strong conclusions about their effectiveness

Chien WT, Ma DC, Bressington D, Mou H. Family-based interventions versus standard care for people with schizophrenia. Cochrane Database of Systematic Reviews 2024, Issue 10. Art. No.: CD013541. DOI: 10.1002/14651858.CD013541.pub2. Accessed 07 October 2025.

Key Outcomes

Relapse



- Family interventions may reduce relapse within one month after treatment

Caregiver Burden



- Family interventions reduce caregiver burden up to one month after treatment

Home Environment & Recovery



- Family-focused care may reduce caregiver stress and promote a supportive home, which may improve recovery and lower relapse risk

Medication & Quality of Life



- It is uncertain whether these interventions improve medication adherence or quality of life

About Cochrane South Africa

This Plain Language Summary was produced by Cochrane South Africa, at the South African Medical Research Council, which seeks to improve public health outcomes through producing, promoting, and translating high-quality evidence-based research.



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