

The fruit of their research

Deakin University wants people from Pakington St to help with a study that could be potentially vital to the advancement of mental health.

TROPICAL fruit mangosteen pericarp could be an effective treatment for schizophrenia, according to research.

Director of the Centre for Innovation in Mental and Physical Health and Clinical Treatment (IMPACT) Professor Michael Berk says Deakin University's School of Medicine has partnered with Barwon Health to conduct a trial on the effectiveness of the fruit in reducing symptoms of schizophrenia.

"We are trying to see whether this plant-based extract would help people with schizophrenia if you take it together with standard medication," he says.

The study stems from research which has found evidence to suggest the rind of the fruit from the mangosteen tree contains bioactive compounds that may be beneficial in reducing inflammation and oxidative stress, which may in turn reduce the symptoms of schizophrenia.

"We wanted to do a definitive study to prove this."

Director of the Queensland Centre for Mental Health John McGrath is also recruiting in



Professor Michael Berk is committed to finding a suitable treatment for schizophrenia.

Queensland for the study.

The researchers hope to recruit people from the community who have diagnoses of schizophrenia or schizoaffective disorder to take part in the trial.

"We would like 150 people

to participate and ideally, an even balance of females and males, although schizophrenia is more common in males than females."

Professor Berk says the mangosteen pericarp fruit is "quite tasty – it tastes like a cross

between a lychee and a banana."

The notion that the fruit rind could be an effective treatment for schizophrenia comes as no surprise to the professor.

"When you think about it, historically, most of the

medicines we have are plant derived.

"Many anti-cancer drugs also come from plant-based sources and aspirin comes from willow bark. There is a very rich tradition of plant-based materials having positive effects on health."

Professor Berk says the treatment will involve participants taking either a fruit extract capsule or a placebo in addition to their existing treatment.

"There will be no disruption to their existing treatment; hopefully there will be an additional benefit."

"We really just want to get across a message of hope.

"There are people committed to developing new treatments and there is hope that people with these conditions could be assisted by a program that aims to develop these treatments."

VitalXan is supplying the extract.

Those who are 18 years or older and who would like to take part in the trial can contact Bianca Kavanagh for more information by phoning 4215 3301 or emailing bkavanagh@barwonhealth.org.au

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IMPACT
CENTRE FOR INNOVATION IN
MENTAL AND PHYSICAL HEALTH
AND CLINICAL TREATMENT



CLINICAL TRIAL SEEKING PARTICIPANTS

EFFECTIVENESS AND BENEFITS OF THE MANGOSTEEN FRUIT EXTRACT FOR PEOPLE WITH SCHIZOPHRENIA

We are looking for people in Geelong 18 years or older with a diagnosis of schizophrenia or schizoaffective disorder. We are trialling a new treatment to add to your existing treatment that may help improve the symptoms and outcomes of schizophrenia.

- If you have been diagnosed with **schizophrenia** or **schizoaffective disorder**.
- Are **18 years or older**.
- And if you are **interested** in participating in these clinical trials, Please contact the trial personnel as listed below for more information



Bianca Kavanagh: 4215 3301

Email Contact: bkavanagh@barwonhealth.org.au