

## ABOUT ANOSOGNOSIA

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Anosognosia, also called “*lack of insight*,” is a symptom of severe mental illness experienced by some that impairs a person’s ability to understand and perceive his or her illness. Those suffering from this neurological condition are often completely unaware of their own illness or physical/mental impairments.

Anosognosia is the single largest reason why people with schizophrenia or bipolar disorder refuse and avoid treatment. Without awareness of the illness, refusing treatment appears rational, no matter how clear the need for treatment might be to others. If a person genuinely believes they are not sick, they will logically refuse medications or therapy.

### According to data provided by the Treatment Advocacy Center

**50 – 98 %\***

50-98% of people with schizophrenia may have anosognosia to some extent.

**35 – 63 %\*\***

35-63% of people with bipolar I disorder may experience anosognosia to some extent.

**No. 1\*\*\***

Anosognosia is the leading cause of treatment non-adherence for people with schizophrenia spectrum disorders.

## MORE THAN THREE MILLION ADULTS WITH SEVERE MENTAL ILLNESS EXPERIENCE ANOSOGNOSIA IN THE UNITED STATES.

### Sources for above statistics:

\*Rose, B., & Harvey, P. D. (2025). Anosognosia in schizophrenia. *CNS spectrums*, 30(1).

\*\* Ghaemi, S. N., & Rosenquist, K. J. (2004). Insight in mood disorders: an empirical and conceptual review. *Insight and psychosis*, Látalová, K. (2012). Insight in bipolar disorder. *Psychiatric Quarterly*, 83(3).

\*\*\* American Psychiatric Association. Schizophrenia spectrum and other psychotic disorders. In: *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). American Psychiatric Association; 2022.