

# SCHIZOPHRENIA

Schizophrenia ↑ Suicide risk ↑ Attempts ≈ 1/3 (≈33%) ↑ Deaths ≈ 1/10 (≈10%)  
 Schizophrenia ↑ Hospitalizations ↑ Family chaos ↑ Costs ↑ Fear  
 No single cause & no single !!!

Split mind (Greek)

## Nature of the disease? 🧠👁️

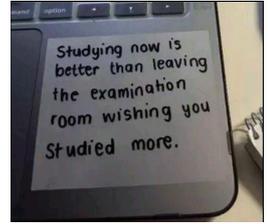
Schizophrenia → Psychosis: personality disorganization, social/occupational deterioration ↑,  
 thought process issues, perception distortion, affect disturbance, hallucinations & delusions, ± organic impairment → Lifetime prevalence ≈ 1%  
 → Phases: Premorbid, Prodromal, Active psychotic, Residual

## Phases 🏗️

<b>Phase I – Premorbid</b>	Shy, withdrawn, poor peer relationships, poor school performance, antisocial behavior. Focus on biomarkers and early intervention.
<b>Phase II – Prodromal</b>	Functional deterioration, 50% depressive symptoms, social withdrawal, cognitive impairment, obsessive-compulsive behavior.
<b>Phase III – Active Psychotic</b>	Delusions, hallucinations, disorganized speech and behavior, decreased functioning in work, relationships, and self-care.
<b>Phase IV – Residual</b>	Psychotic symptoms absent or not prominent, positive symptoms may remain, flat affect, impaired role functioning. Residual impairment ↑ with repeated episodes.

## + prognosis 🌱

- Good premorbid functioning ✅
- Later age at onset 😞
- Female gender 💕
- Abrupt onset precipitated by a stressful event 🗑️
- Associated mood disturbance 📉📈
- Brief duration of active-phase symptoms 🕒
- Minimal residual symptoms 🙅
- Absence of structural brain abnormalities 🧠
- Normal neurological functioning ⚡
- Family history of mood disorder 🏠✅
- No family history of schizophrenia 🏠❌



## Predisposing Factor ☁️

### Biological >>> Genetics

- Population 1%
- Siblings 10%
- Identified parent (5-6%)
- >>> Biochemical = excess of dopamine (N.T) activity
- >>> Physiological influences
- Viral infection & Anatomical abnormalities

### Psychological factors >>> no longer considered credible

Current research → focuses on schizophrenia as a brain disorder 🧠  
 Early psychosocial theories → likely arose from lack of biological knowledge 📖

## Environmental influences

- Sociocultural factors → Poverty linked to schizophrenia 💰📉
- Stressful life events → May worsen symptoms & ↑ relapse risk ⚡
- Genetic vulnerability → Certain genes ↑ psychosis risk, especially in adolescents using cannabinoids (القنب) 🌿

## Other types of schizophrenia & psychotic disorders 🧠

Disorder	Key Details
<b>Delusional disorder</b>	Types: Erotomanic, Grandiose, Jealous, Persecutory, Somatic, Mixed
<b>Brief psychotic disorder</b>	Sudden onset; may follow severe stressor; lasts < 1 month
<b>Substance-induced psychotic disorder</b>	Hallucinations & delusions from substance intoxication or withdrawal
<b>Psychotic disorder due to another medical condition</b>	Hallucinations & delusions directly due to a medical condition
<b>Catatonic disorder due to another medical condition</b>	Caused by metabolic disorders (hepatic encephalopathy, DKA, thyroid/adrenal issues, hypercalcemia, B12 deficiency) or neurological conditions (epilepsy, tumors, stroke, head trauma, encephalitis)
<b>Schizophreniform disorder</b>	Same symptoms as schizophrenia but duration ≥ 1 month and < 6 months
<b>Schizoaffective disorder</b>	Schizophrenic symptoms + mania or depression

Positive symptoms	Delusions	False personal beliefs
	Paranoia	Extreme suspiciousness of others
	Magical thinking	Belief that one's thoughts or behaviors can control situations
	Loose associations	Shifting ideas from one unrelated topic to another
	Neologisms	Made-up words meaningful only to the creator
	Clang associations	Word choice governed by sound
	Word salad	Random grouping of words
	Circumstantiality	Delayed point due to unnecessary details
	Tangentiality	Never reaching the point due to many new topics
	Perseveration	Persistent repetition of same word or idea
	Echolalia	Repeating words/phrases spoken by others
	Hallucinations	Auditory, visual, tactile, gustatory, or olfactory perceptions without stimulus
	Illusions	Misinterpretation of real external stimuli
	Echopraxia	Imitating movements of others
Negative symptoms	Inappropriate affect	Emotions incongruent with circumstances
	Bland affect	Weak emotional tone
	Flat affect	No apparent emotional tone
	Avolition	Inability to initiate goal-directed activity
	Lack of interpersonal skills	No interest/skill in interacting with others
	Lack of insight	Unawareness of condition or symptoms
	Anergia	Lack of energy
	Lack of abstract thinking	Inability to think abstractly
	Waxy flexibility	Maintaining posture for long periods
	Posturing	Voluntary assumption of bizarre positions
	Pacing and rocking	Repetitive movements
	Regression	Return to earlier developmental behavior
	Eye movement abnormalities	Unusual or impaired eye movements

- ## Treatment Modalities:
- Psychological treatments: Individual psychotherapy/ Group therapy/Family therapy
  - Behavior therapy 🎯
  - Psychopharmacological treatment → Antipsychotics ↓ agitation & psychotic symptoms
  - Indications → Schizophrenia & other psychotic disorders
  - Action → Dopaminergic blockers 🧠
  - Antipsychotic Side Effects:
    - Anticholinergic effects
    - Nausea / GI upset
    - Skin rash
    - Sedation
    - Orthostatic hypotension
    - Photosensitivity
    - Hypersalivation
    - Weight gain
    - Agranulocytosis ⚠️
    - EPS (Extrapyramidal symptoms):
      - Pseudoparkinsonism
      - Akinesia
      - Akathisia
      - Dystonia
      - Oculogyric crisis
  - Antiparkinsonian agents may counteract EPS

## Outcome criteria 📄

Outcome criteria	Relate satisfactorily	Ability to relate to others appropriately
	Recognize reality distortions	Awareness of delusions or hallucinations
	No harm	Has not harmed self or others
	Realistic self-perception	Accurate perception of self
	Correct environment perception	Perceives environment accurately
	Manageable anxiety	Keeps anxiety at a manageable level
	Relinquish delusions/hallucinations	No longer needs delusional beliefs or hallucinations
	Trust others	Demonstrates ability to trust
	Appropriate communication	Uses proper verbal communication
	Independent self-care	Performs self-care without help