

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/schizophrenia.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/schizophreniakeyfacts.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/schizophreniaforyoungpeople.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentsandcarers/schizophrenia.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/schizophreniaaffecteddisorder.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/partnersincarecampaign/neverementalillness.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/psychosis.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentsandcarers/psychosis.aspx>
- ❖ <https://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>
- ❖ <http://www.nami.org/Learn-More/Mental-Health-Conditions/Schizophrenia>

Emergencies:

If you or a family member of yours is experiencing severe symptoms of psychosis or encounter strongly of aggressive behavior call 9-1-1 or visit the nearest emergency room.



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Lumos Psychiatric Services



Educational Booklet: **Schizophrenia**

Schizophrenia is a mental health condition in which the person is made difficult to establish the difference between real and unrealistic experiences, think logically, have normal emotional responses and behave normally in social situations. The severity of symptoms and the long duration of the disease tend to cause a high degree of disability.

Types of Schizophrenia:

- ❖ **Paranoid type** - Falsely believe that others are trying to hurt them or their loved ones.
- ❖ **Disorganized type** - Have trouble thinking and expressing their ideas clearly, often exhibiting childlike behavior and often show little emotion.
- ❖ **Catatonic type** - They may be in a constant state of restlessness or may not move or be hypoactive. Muscles and posture can be stiff.
- ❖ **Undifferentiated type** - Several symptoms of the other types of schizophrenia may occur.
- ❖ **Residual type** - Has milder symptoms but no delusions, hallucinations, catatonic or disorganized behavior.

Schizophrenia Course:

The evolution of schizophrenia is variable. Some people suffer a single psychotic episode and recover. Others have many episodes of psychosis throughout their lives, but between those periods they lead a normal life. Other people suffer from chronic schizophrenia, which develops continuously or recurrently and does not fully recover, requiring long-term medication treatment. It is estimated that only one in five patients with schizophrenia is fully recovered.

Symptoms of Schizophrenia:

The first symptoms of schizophrenia are usually peculiar behavioral changes. Then they may experience:

- ❖ An appearance or mood that does not reflect any emotion (flat affection)
- ❖ False beliefs or thoughts that have nothing to do with reality (delusions). For example, being convinced that other people can read your mind, control your thoughts, or are conspiring against them.
- ❖ Listening to, seeing, or feeling things that don't exist (hallucinations)
- ❖ Problems paying attention
- ❖ Thoughts "jump" between unrelated topics (disorderly thinking)
- ❖ Social isolation. Avoid social contact with family, friends, or others.

People with some type of schizophrenia may have difficulty keeping friends and working. They may also have problems with anxiety, depression, and suicidal thoughts or behaviors.

Complications of Schizophrenia:

- ❖ People with schizophrenia have a high risk of developing a substance abuse problem.
- ❖ Physical disease is common among people with schizophrenia due to the side effects of medications and an inactive lifestyle.
- ❖ Not taking your medications often will cause your symptoms to return.

Students indicate that...

- ❖ One percent of the population is affected by this disease.
- ❖ It affects both men and women.
- ❖ This disease tends to occur at a younger age in men (16-24 years), while in women it usually arises later (20-34 years).
- ❖ There is no known way to prevent schizophrenia.

Treatment of Schizophrenia:

- ❖ **Medications** - Antipsychotics are the most effective treatment for schizophrenia and help control symptoms.
- ❖ **Psychotherapy** - Supportive therapy and behavioral techniques help improve social and work performance. Family therapy combines support and education about schizophrenia and helps the family cope and reduce the likelihood of recurrence of symptoms.

During an acute episode of schizophrenia, you may need hospitalization for safety reasons and to meet basic needs, such as food, rest, and hygiene.

Goals for people with schizophrenia are:

- ❖ Learn how to take medications correctly and manage possible side effects.
- ❖ Learn to watch for early signs of a relapse and know how to react when they occur.
- ❖ Learn life skills, such as on-the-job training, money management, use of public transportation, interpersonal relationship forging, and practical communication.

What other things will help you manage your symptoms?

- ❖ Avoid caffeine, alcohol, cigarettes and illicit drugs.
- ❖ A healthy lifestyle that includes exercise, enough rest and good nutrition can help.

Remember:

If you have the disease, the best ways to prevent symptoms from reappearing are to take the medications your doctor prescribed and go to your doctor or therapist regularly. Do not stop using the medicines without first talking to your doctor.

For questions or concerns, discuss it with your doctor.