

# Understanding Schizophrenia

Schizophrenia is a psychiatric illness that often begins when a person is in their late teens to early 20s. As with any illness, the symptoms can differ from person to person and can change over time. When the disease is active, most patients experience the common symptoms of psychosis in the form of delusions and hallucinations. When the disease is inactive, many patients can experience trouble with cognition, social and motivation.

## What causes Schizophrenia?

There are many factors that contribute to the development of schizophrenia. These factors include genetic, environmental, and social factors. Genetic factors are believed to play a role in the development of schizophrenia, as it is a hereditary disease. Environmental factors, such as exposure to viruses, can also contribute to the development of schizophrenia.

What are the symptoms of Schizophrenia? Schizophrenia is a complex disorder that can manifest in many different ways. Some common symptoms include delusions, hallucinations, and cognitive difficulties. Delusions are false beliefs that are not based in reality, while hallucinations are sensations that are not based in reality.

Diagnosis of Schizophrenia is often challenging. It requires a comprehensive evaluation by a mental health professional. Treatment for schizophrenia typically involves a combination of medication and therapy. Medications can help reduce symptoms, while therapy can help patients learn coping skills and manage their symptoms.



## Symptoms of Schizophrenia Fall into Four Broad Categories

**Positive Symptoms** are ones that involve increased or new experiences:

- Delusions (false beliefs)
- Hallucinations (sensations that are not based in reality)
- Disorganized speech (incoherent or illogical language)
- Disorganized behavior (odd or repetitive movements)

**Negative Symptoms** are ones that involve a lack of normal behavior:

- Ahedonia (lack of pleasure)
- Anhedonia (lack of motivation)
- Affective flattening (lack of emotional expression)
- Avolition (lack of drive or energy)

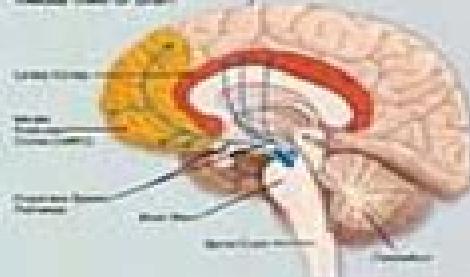
**Altered Symptoms** are ones that involve the normal brain function and the way it processes information:

- Perceptual abnormalities (such as seeing or hearing things that aren't there)
- Memory problems
- Language difficulties

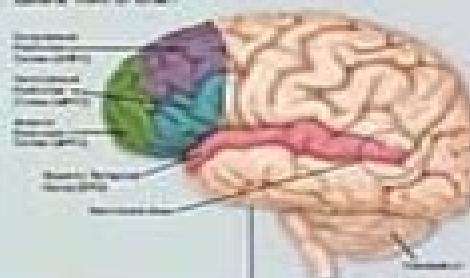
**Cognitive Symptoms** are ones that involve the normal brain function and the way it processes information:

- Executive function difficulties (such as difficulty planning, organizing, and problem-solving)
- Memory problems
- Language difficulties

## Medical View of Brain



## Lateral View of Brain



## Gray Matter Deficit in Schizophrenia



## Course of illness

**Prodromal Phase**: The initial phase of a patient's illness, characterized by subtle changes in behavior and mood, such as social withdrawal and lack of motivation.

**Acute Phase**: A period of time in the early stages of schizophrenia where symptoms are most prominent, such as delusions and hallucinations.

**Subacute Phase**: A period of time between the acute phase and the chronic phase, where symptoms are less intense but still present.

**Chronic Phase**: The long-term phase of schizophrenia, characterized by persistent symptoms and a lack of social functioning.

**Intermission Period**: A period of time between the acute phase and the chronic phase, where symptoms are less intense but still present.

**Relapse Phase**: The period of time when a patient's symptoms worsen, often due to stress or other factors.

**Remission Phase**: The period of time when a patient's symptoms improve, often due to medication or other treatments.

**Course of illness**: A graph showing the course of illness, with the x-axis representing time and the y-axis representing symptom severity. The graph shows a peak in symptom severity during the acute phase, followed by a decline during the chronic phase.

## Course of illness



## Treatment and Management

**Medication**: Antipsychotic medications are the mainstay of treatment for schizophrenia. These medications help reduce symptoms such as delusions and hallucinations. Common antipsychotic medications include risperidone, olanzapine, and quetiapine.

**Therapy**: Cognitive-behavioral therapy (CBT) is a type of therapy that can help patients learn coping skills and manage their symptoms.

**Support Groups**: Support groups can provide social support and help patients feel less isolated.

**Family Education**: Family education can help family members understand the disease and support their loved ones.

**Community-Based Services**: Community-based services can provide support and resources for patients and their families.

**Living Skills Training**: Living skills training can help patients learn practical skills such as cooking, cleaning, and managing money.

**Other Treatments**: Other treatments such as electroconvulsive therapy (ECT) and psychosurgery may be used in some cases.

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**Canadian Journal of**

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