



Treatments and Therapies

Because the causes of schizophrenia are still unknown, treatments focus on eliminating the symptoms of the disease. Treatments include:

- Antipsychotics
- Psychosocial Treatments
- Coordinated Specialty Care (CSC)

Here are some things you can do to help your loved one:

- Get them treatment and encourage them to stay in treatment
- Remember that their beliefs or hallucinations seem very real to them
- Tell them that you acknowledge that everyone has the right to see things their own way
- Be respectful, supportive, and kind without tolerating dangerous or inappropriate behavior
- Check to see if there are any support groups in your area

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www.nimh.nih.gov

Early Psychosis

Schizoaffective and
Chromosomal Deletion

FACTS ABOUT PSYCHOSIS

- The word *psychosis* is used to describe conditions that affect the mind, where there has been some loss of contact with reality.
- Psychosis often begins when a person is in their late teens to mid-twenties.
- Psychosis can be a symptom of a mental illness or a physical condition.
- Psychosis can be caused by some medications, alcohol or drug abuse.
- Three out of 100 people will experience psychosis at some time in their lives.
- About 100,000 adolescents and young adults in the US experience first episode psychosis each year.
- Psychosis can include hallucinations (seeing, hearing, smelling, tasting or feeling something that is not real).
- Psychosis can include paranoia or delusions (believing in something that is not real even when presented with facts).
- Psychosis can include disordered thoughts and speech.
- Psychosis affects people from all walks of life.

CHROMOSOMAL DELETION

Chromosomal deletion syndromes result from loss of parts of chromosomes. They may cause severe congenital anomalies and significant intellectual and physical disability. Chromosomal deletion syndromes are rarely suspected prenatally but may be incidentally discovered at that time if karyotyping is done for other reasons. Postnatal diagnosis is suspected by clinical appearance and is confirmed by karyotyping, if the deletion is relatively large, or by other cytogenetic techniques such as fluorescent in situ hybridization or microarray analysis.

SCHIZOPHRENIA

Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling.

SIGNS AND SYMPTOMS

Symptoms of schizophrenia usually start between ages 16 and 30. In rare cases, children have schizophrenia too.

Positive symptoms: “Positive” symptoms are

psychotic behaviors not generally seen in healthy people. People with positive symptoms may “lose touch” with some aspects of reality. Symptoms include:

- Hallucinations
- Delusions
- Thought disorders (unusual or dysfunctional ways of thinking)
- Movement disorders (agitated body movements)

Negative symptoms: “Negative” symptoms are associated with disruptions to normal emotions and behaviors. Symptoms include:

- “Flat affect” (reduced expression of emotions via facial expression or voice tone)
- Reduced feelings of pleasure in everyday life
- Difficulty beginning and sustaining activities
- Reduced speaking

Cognitive symptoms include:

- Poor “executive functioning” (the ability to understand information and use it to make decisions)
- Trouble focusing or paying attention
- Problems with “working memory” (the ability to use information immediately after learning it)