



# Schizophrenia

## What is Schizophrenia?

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Schizophrenia is a long-term mental disorder involving a breakdown in the relation between thought, emotion, and behavior, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

## Myths

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**Myth:** People with schizophrenia are dangerous.

**Fact:** When their illness is treated with medication, individuals with schizophrenia are no more violent than the general population.

**Myth:** People with schizophrenia can't lead productive lives.

**Fact:** Many individuals can lead happy and productive lives.

**Myth:** Antipsychotics are worse than the illness itself.

**Fact:** Though there can be side effects, antipsychotics effectively reduce hallucinations and delusions.

<https://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>  
<https://psychcentral.com/lib/illuminating-13-myths-of-schizophrenia/>

## Common Symptoms

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**Positive** – psychotic behaviors not generally seen in healthy people.

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

**Negative** – associated with disruptions to normal emotions and behaviors.

“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

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

## Treatment

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Treatments usually included medications known as antipsychotics which block dopamine receptors in the brain and reduce the “positive” symptoms of schizophrenia.

