

# SCHIZOPHRENIA

**Schizophrenia interferes with a person's ability to think clearly, manage emotions, make decisions, and relate to others.**

It is a serious mental illness (SMI) and brain disease that involves a psychotic episode. It can have profound effects and typically occurs in early adulthood.

## 3 PHASES

Schizophrenia has three phases that happen over time. There are different symptoms that begin in each of these phases —

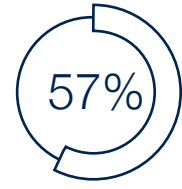
| PRODROMAL PHASE  | ACUTE PHASE   | RESIDUAL PHASE  |
|--|---|---|
| <i>May build slowly and subtly over years</i>  | <i>Must be at least one month long</i>  | <i>Can last years</i>   |
| Symptoms start   | Symptoms continue, with added anxiety, irritability and anger (more intense affect than other phases) | Symptoms are often the most disabling, with added depression  |
| <b>Behaviors</b><br>Social withdrawal, decline in function, less attention to hygiene, unusual rituals, loss of motivation, disconnect from emotions | <b>Behaviors</b><br>Grossly disorganized behavior or trouble thinking or speaking clearly             | <b>Behaviors</b><br>Like prodromal symptoms, but may have a lower level of functioning, disorganized behavior may persist |
| <b>Thinking</b><br>Suspicious, superstitious, illogical or odd beliefs   | <b>Thinking</b><br>Grossly disorganized speech, delusions   | <b>Thinking</b><br>Cognitive deficits often persist, delusions may persist, but are less intense                          |
| <b>Senses</b><br>Odd sensory experiences, like seeing a shadow and thinking it is a monster  | <b>Senses</b><br>Hallucinations   | <b>Senses</b><br>Hallucinations may persist, but are less intense   |



Women tend to first show symptoms in their 20's and early 30's, while for men it is in their late teens and early 20's



Each year, less than 1% of adults in the U.S. experience schizophrenia



Of those people, 57% show moderate unawareness of their mental illness, also known as anosognosia

## TREATMENT



### Schizophrenia can be treated and managed in several ways.

- ✓ **Antipsychotic medications** to relieve symptoms of psychosis, such as delusions and hallucinations.
- ✓ **Various forms of psychotherapy:**
  - ▶ Cognitive behavioral therapy (CBT) and CBTp, which was created for more serious conditions such as psychosis and other persistent symptoms that do not respond to medication.
  - ▶ Supportive psychotherapy, which focuses on the here and now, not traumatic experiences of childhood or otherwise.
  - ▶ Cognitive enhancement therapy (CET), which works to promote cognitive functioning and confidence in one's cognitive ability.
- ✓ **Psychosocial treatments** like assertive community treatment (ACT), which provides comprehensive treatment for people with serious mental illness. ACT professionals help individuals address problems proactively, prevent crises, and adhere to medication plans.
- ✓ **Complementary and alternative approaches** including acupuncture, meditation, nutrition and supplements (like Omega-3 fatty acids), which support treatment but do not replace it.

## RECOVERY



**RECOVERY** from serious mental illness is not only possible — for many people today, it is probable.

**RECOVERY** is a journey, not a destination.

**RECOVERY** is often misinterpreted as a day when an individual is “healed” and done with treatment. Unfortunately, recovery is not an event. It is an incremental process towards wellness with good days and not-so-good days.

Some information that you read or hear may make it seem that **RECOVERY** is rare or unlikely. But people can and do recover from serious mental illness.

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