



New Trends
in Psychology

Psychosis and Schizophrenia

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Abstract: Psychosis usually occurs due to a combination of a person's genetics and life experiences. For others, psychosis may be a feature of a mental health condition, such as; schizophrenia, schizoaffective disorder, bipolar disorder. Substance-induced psychosis treatment involves both immediate treatments, including hospitalization, and long-term care, often in a residential setting and using medications and behavioral therapies. Not everyone who suffers from psychosis has the same symptoms.

Keywords: mental health; symptoms; therapies; genetics; disorder

1. Psychosis

Psychosis refers to a state of mind that involves confusion between what is real and what is not real. Psychosis can affect all five senses of a person, their behavior and emotions. During a period of psychosis, the mind loses contact with reality. A person can have confusing and frightening experiences not only for himself but also for those around him.

The symptoms of psychosis vary, but the two common symptoms are hallucinations and illusions. Someone who hallucinates will hear, feel, see, smell or taste something that is not actually happening in reality. Hallucinations, although not grounded in

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reality, are real to the individual who has them, so they can be very frightening and disruptive to life. A delusion is when a person maintains a strong belief in something that society would generally recognize as untrue or not based on reality. These beliefs can be frightening, confusing and disruptive to everyday life for the individual and those around them.

Psychosis generally occurs due to a combination of a person's genetics and life experiences. Stressful events, substance use or even physical health conditions (dementia, Parkinson's, etc.) can trigger psychosis for some individuals. The National Institute for Mental Health reports that up to three in 100 people will experience an episode of psychosis in their lifetime.

Sometimes, extreme experiences can trigger a short period of psychosis for someone who lasts only a few days, then never experiences again. For others, psychosis may be a feature of a mental health condition such as; schizophrenia, schizoaffective disorder, bipolar disorder (formerly called manic depression) and major depression.

Substance-induced psychotic disorder - Another cause of psychosis is due to drug and alcohol use, called substance-induced psychotic disorder. This condition causes symptoms such as hallucinations and delusions. In most cases, the experience of these symptoms is short-term, lasting only hours or days. In rare cases, heavy and long-term use of a drug can cause psychosis that lasts for months or years, long after the drug has left the body. The treatment of substance-induced psychosis involves both immediate treatments, including hospitalization, and long-term care, often in a residential setting and using medications and behavioral therapies.

2. Common Signs and Symptoms of Psychosis

Not everyone who suffers from psychosis has the same symptoms:

- Hallucinations - hearing, seeing, tasting, smelling, feeling things that are not real;
- Illusions - beliefs or ideas that are not true (ie believing that they are a historical figure);
- Unusual thoughts or ideas;
- Unusual body movements;
- Difficulty concentrating or completing tasks;

- Reduced expression of emotions;
- Loss of interest in activities / socialization;
- Inconsistent or mixed speech
- Suspicion of others.

Poor personal hygiene, sleep schedule or eating habits

3. Schizophrenia

Schizophrenia is a specific mental health condition in which symptoms of psychosis occur. These symptoms can come and go and are often helped by medications. In addition to hallucinations and illusions, people living with schizophrenia may also have low interest and motivation to do things, have difficulty showing or interpreting emotions, or withdrawing from activities and social relationships. Cognitive symptoms are also experienced by people living with schizophrenia, such as poor ability to make decisions, focus on tasks, and use information as soon as they are learned.

The symptoms of schizophrenia generally develop between the ages of 16 and 30. There is no known cause of schizophrenia, but researchers believe that genes and their interaction with an individual's environment play a role in the development of the disease, as well as in the various balances of chemicals in the brain.

4. Treatment of Psychosis and Schizophrenia

Many treatment options, including medication, skills training, psychotherapy, and residential treatment facilities are available for people suffering from psychosis or living with schizophrenia. Complete recovery from psychosis is possible, depending on what caused it, and hope is always a possibility regardless of a person's condition. Research shows that if a person receives the right help in the first year after their first episode of psychosis, such as through coordinated specialized care, there is a greater chance that they will learn to manage the disease and live a higher quality of life. .

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