

Psychotic Disorders (Psychosis)

What is Psychosis?

Psychosis is used to describe conditions that affect the mind in which there has been some loss of contact with reality. Some of the diagnostic psychotic disorders identified in the current DSM are: Schizophrenia, Schizoaffective, Delusional Disorder, Brief Psychotic Disorder, Substance Induced Psychotic Disorder and Psychotic Disorder NOS. Consider the following:

- Symptoms usually start between ages 16 – 30.
- Men tend to experience symptoms a little earlier than women.
- Has the patient had a major traumatic event happen in his/her life?
- Is there family history of mental illness?

Symptoms to look for:

- Hallucinations; auditory and visual are most common
- Delusions
- Social withdrawal
- Reduced concentration and attention
- Sleep disturbances
- Irritability
- Suspiciousness
- Not caring for ADL's
- Anhedonia (lack of interest)

Best Practices

Interventions for the treatment of schizophrenia and other psychotic disorders falls into two main categories: pharmacological and psychosocial interventions. Pharmacological management includes, most often, prescribing a typical and/or atypical antipsychotic when a person is experiencing psychotic symptoms. Psychosocial interventions such as cognitive behavioral therapy (CBT), family therapy or education and problem solving therapy, can be useful in management of recovery and the prevention of relapse.

Screening Tools/Resources

Screening Tools:

psychosissucks.ca
health.gov.bc.ca

Resources:

National Alliance on Mental Illness

nami.org

National Institute of Mental Health

nimh.nih.gov

Substance Abuse and Mental Health Services Administration

samhsa.gov



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