

Schizophrenia

Akansha Yadav

Introduction:

Schizophrenia is a mental illness that typically manifests in late adolescence or early adulthood. That has an impact on a person's thoughts, feelings, and actions. Delusions, hallucinations, and other cognitive issues are its hallmarks. Although schizophrenia is less frequent than other mental disorders, its symptoms can be quite incapacitating. Males typically begin to experience symptoms a little earlier than females do. The condition might occur suddenly and progress swiftly, but it often does so slowly. Roughly 1% of adults suffer from schizophrenia. It is a chronic condition that cannot be cured but can be managed with the right care.

their functioning, thinking, perception, behavior, and personalities. They may also act out in various ways depending on the situation. Positive symptoms, cognitive symptoms, and negative symptoms are a few categories into which schizophrenia symptoms can be divided.

Positive symptoms

Positive in this context does not imply "good." Instead, it refers to exaggerated and unreasonable ways of thinking and doing that are added to one's experience as symptoms. These symptoms, which are sometimes referred to as psychotic symptoms since they are not grounded in reality, include:

Delusions: Delusions are unusual

SYMPTOMS OF SCHIZOPHRENIA

People with schizophrenia experience a variety of symptoms, including changes in

beliefs that are unfounded and that the person refuses to let go of, even in the face of knowledge to the contrary.



Akansha Yadav

Ph.D. (Human Development and Family Studies)

Hallucinations: These involve experiencing unreal feelings. The most typical schizophrenia-related hallucination is hearing voices.

Catatonia: A circumstance where a person is physically stuck in one place for an extended period of time.



➔ **Cognitive symptoms:** A lack of executive abilities (the ability to understand information and to use it to make a decision).

- ✓ Trouble focusing or paying attention.
- ✓ Difficulty with working memory (the ability to use information immediately after learning it).
- ✓ Lack of awareness of the cognitive symptoms.

➔ **Negative symptoms:** Lack of emotion or a very limited range of emotions.

- ✓ Reduced energy.
- ✓ Reduced speech.
- ✓ Lack of motivation.
- ✓ Loss of pleasure or interest in life.
- ✓ Poor hygiene and grooming habits.

CAUSES OF SCHIZOPHRENIA

➔ **Genetics (heredity):** Because schizophrenia can run in families, there is a possibility that parents may pass on a higher risk of schizophrenia to their offspring.

➔ **Brain abnormality:** schizophrenia patients have abnormal brain morphology and function. However, not all schizophrenics experience this kind of anomaly; it can also happen in healthy individuals.

➔ **Environmental factors:** People who have a hereditary propensity to develop schizophrenia may be affected by environmental variables, such as viral infection, prolonged exposure to poisons

like marijuana, or extremely stressful events. When the body is through hormonal and physical changes, such as those that take place during adolescence and young adulthood, schizophrenia is more likely to manifest.

➔ **Brain chemistry and circuits:**

Neurotransmitter regulation in the brain, which is connected to particular pathways or "circuits" of nerve cells that influence thought and behavior, may be disturbed in people with schizophrenia.

REFERENCES:

1. www.medicalnewstoday.com
2. www.nimh.nih.gov
3. www.mayoclinic.org
4. www.webmd.com



TREATMENTS FOR SCHIZOPHRENIA

Many of the signs and symptoms of schizophrenia can be helped by treatment. The majority of disease patients must live with their symptoms for the rest of their lives. Patients with schizophrenia typically get a combination of the following treatments:

- Medication
- Psychological counseling
- Self-help resources.