

SCHIZOPHRENIA

Our minds are chaotic, not crazy

skitsə(ʊ) 'fri:nɪə

Schizophrenia is a treatable serious mental illness that affects a person's thoughts, feelings, mood and their overall functioning. Causes hallucinations, delusions, and unusual behaviours. Affects memory, attention, concentration.

Symptoms of Schizophrenia

Positive:



Delusions



Hallucinations



Disorganized speech

Negative:



Flattened affect



Reduced speech



Lack of initiative

What causes schizophrenia?



Genetics



Drug use/misuse



Stress



Birth complications



Childhood trauma

Treatment

These therapies prove effective when paired with pharmacology:

Cognitive behavioural therapy
Mindfulness therapy
Narrative therapy
Meta-cognitive training
Individual therapy



MYTHS

Bad parenting is the cause.
Exorcism can cure schizophrenia.
It means you have multiple personalities.
Schizophrenics are very dangerous people.

FACTS

Schizophrenia is treatable.
Risk of suicide is high in schizophrenia.
Schizophrenia is associated with considerable disability and may affect educational and occupational performance.



Helpline

Psychiatric Emergency Helpline

(24x7 Service) 97414-76476

Schizophrenia Research Foundation

044-2615-1073

Issued in public interest by
MSc. PSYCHOLOGY (CLINICAL) 2018-20
CMR UNIVERSITY, CITY CAMPUS