What are the symptoms of schizophrenia?

In the psychiatry world, two categories of symptoms: positive symptoms (which include "add" of behavior) and negative symptoms (which include "reduction of behavior").

The positive symptoms include:

• Locations (hallucinations) - A sensory experience that seems true to the patient but is not based on real stimulation in the world. Hallucinations may occur in any of the senses: vision, hearing, smell and touch. For example: a person who hears uncomplicated voices.

• Delozes (false thoughts) - Thoughts that the patient is convinced and cannot be convinced. For example: someone chasing him, we're part of another star, my body is not really mine.

• Incorrect behavior - strange behavior, unprocessed weather or sloppy and not clean, unpopular clothing for circumstances, strange movements, confused thinking and confused and associative speech.

The negative symptoms include:

• Effect (expression of emotion) is limited

• limited speech

• Lack of Initiative

• Catatonia (Movement)

• Lack of social interest

• Self-neglect.

In addition to these, the cognitive aspect expressed in memory disorders, difficulty in understanding information and difficulties in concentration.

How to deal with schizophrenia?

The sooner the diagnosis and treatment are performed at a stage, the more successful the chances of rehabilitation for the contestants with schizophrenia are increased. Similar to many mental struggles, the lack of treatment may cause the situation to worsen, loss of functions, aggravation of life and a suicidal tendency and therefore, it is very important to seek treatment from the moment of symptoms. However, unlike other mental disorders, in schizophrenia, the decline in cognitive function, caused by seizure, sometimes sharp and related to irreversible damage and therefore the emphasis on treatment of this disorder is even more necessary.

The current treatment of the disease is a systemic treatment that, for the most part, includes a combination of drug therapy, psychotherapy, occupational and social rehabilitation and integration into a community support system.

Medication

The central drug treatment element is antipsychotic drugs, which directly affect the nervous system, help regulate it and allow significant relief in symptoms. Among the usual drugs today to treat schizophrenia, there is Rimeridel, Crookwell, Helich and Klazpin. It is important to emphasize that it is highly recommended that dealing with the disease will continue to take the drug continuously even when the symptoms are reduced or disappear. This is because without the drug treatment, the symptoms usually return and, as specifically, a seizure, for the most part, brings with it damages, some of which are irreversible.

Psychotherapy

Different treatment approaches have diverse and different tools to treat schizophrenia. Today, the prevailing perception is that it is desirable to combine tools of different approaches, with the importance of prolonged and stable treatment with regular therapeutic figures. During the treatment, most of the awareness of the disease will be incorporated into the contestant and its environment, support for loss and mourning associated with the receipt of the disease, strengthening the belief in the ability to live alongside the diagnosis, development and restoration of the self -image that is usually impaired with the outbreak of the disease, imparting social skills, behavioral tools and supportive guidance with the routine . Also, like any psychological treatment, there is room for traumas and conflicts from the past, building a personal narrative and increasing the ability to define and express emotions.

In treating schizophrenia many times one of the most important components of the patient's assistance in his coping and maintaining his functioning, there will be work with his family and immediate environment. Therefore, in treatment, an attempt is made to give all family members tools to deal with the disease and adoption of beneficial patterns for the coping family member. In the meantime, awareness of the disease is a key element. Therapeutic programs and tools that help increase illness awareness help the contestant and his or her family accept and adapt to it, without blaming the patient himself in distress.

Compliance-Social Rehabilitation

Various studies have found that the treatment that promotes employment skills and social skills has a great contribution when it comes to dealing with schizophrenia. These skills seem to be particularly impaired in dealing with schizophrenia, especially when the disease bursts at an early age. The rehabilitative treatment can be reached by the "Rehabilitation Basket" framework for the Social Security and Social Security system. Also, there are many other organizations that deal with mental-mental care such as the Human Association and the Eckstein. One of the options available for patients under a rehabilitation basket is a rehabilitation framework or "protected employment". In this program, patients are found in various employment settings that offer escort at the gradual transition towards the employment market.

In addition, when dealing with schizophrenia are treated in the community, that is, not in hospitalization, it is important to integrate into other social support for individual therapy. Organizations such as Human Association and Eckstein, along with various mental health clinics that are accompanied by patients with schizophrenia, offer a set of social support and therapeutic groups, which have been found to be a significant factor in improving the disease.

Key factors

• Learning about the disease and its impact on the course of life - you can learn about the disease independently, through information that exists on the Internet and literature for professionals and the general audience and/or assist in the attending physician and organizations and various rehabilitation associations.

• Learning the identification of stressors that can exacerbate the mental state and how to manage them - detecting 'triggers' that contribute to mental deterioration such as complicated or abusive relationships, a job that is characterized by high pressure levels and a break of drug therapy.

• Aid in a support system that is aware of the situation - in addition to dealing with the disease itself, the contestants often suffer from a meeting with prejudice and a rejection of the company. Therefore, the rehabilitation process from the disease can be difficult and it is recommended that you face schizophrenia will assist in the family, friends and contestants in community settings and social clubs.

• Finding the appropriate rehabilitative framework - Community Rehabilitation offers diverse escort frameworks, including employment, social support, leisure and housing frameworks. To contestants