

**Department of Psychology  
BMA College Baheri, Darbhanga.  
D(II)H Paper III-Psychopathology**

**Topic: Schizophrenia**

### **Who Gets Schizophrenia?**

Anyone can get schizophrenia. It affects people all over the world, from all races and cultures. While it can happen at any age, schizophrenia typically first appears in the teenage years or early 20s. The disorder affects men and women equally, although symptoms generally appear earlier in men. The earlier the symptoms start, the more severe the illness tends to be. Children over the age of 5 can have schizophrenia, but it's rare before adolescence.

### **How Is Schizophrenia Diagnosed?**

If symptoms of schizophrenia are present, the doctor will perform a complete medical history and sometimes a physical exam. While there are no laboratory tests to specifically diagnose schizophrenia, the doctor may use various tests, and possibly blood tests or brain imaging studies, to rule out another physical illness or intoxication (substance-induced psychosis) as the cause of the symptoms.

If the doctor finds no other physical reason for the schizophrenia symptoms, they may refer the person to a psychiatrist or psychologist, mental health professionals trained to diagnose and treat mental illnesses. Psychiatrists and psychologists use

specially designed interviews and assessment tools to evaluate a person for a psychotic disorder. The therapist bases her diagnosis on the person's and family's report of symptoms and her observation of the person's attitude and behavior.

A person is diagnosed with schizophrenia if they have at least two of these symptoms for at least 6 months:

- Delusions
- Hallucinations
- Disorganized speech
- Disorganized or catatonic behavior
- Negative symptoms

One of the symptoms has to be

- Delusions
- Hallucinations
- Disorganized speech

During the 6 months, the person must have a month of active symptoms. (It can be less with successful treatment.) Symptoms should negatively affect them socially or at work, and can't be caused by any other condition.

## How Is Schizophrenia Treated?

The goal of schizophrenia treatment is to ease the symptoms and to cut the chances of a relapse, or return of symptoms. Treatment for schizophrenia may include:

- **Medications:** The primary medications used to treat schizophrenia are called antipsychotics. These drugs don't cure schizophrenia but help relieve the most troubling symptoms, including delusions, hallucinations, and thinking problems.
  - Older (commonly referred to as "first-generation") antipsychotic medications used include:
    - Chlorpromazine (Thorazine)
    - Fluphenazine (Prolixin)
    - Haloperidol (Haldol)
    - Oxilapine (Loxapine)
    - Perphenazine (Trilafon)
    - Thiothixene (Navane)
    - Trifluoperazine (Stelazine)
  - Newer ("atypical" or second-generation) drugs used to treat schizophrenia include:
    - Aripiprazole (Abilify)
    - Aripiprazole Lauroxil (Aristada)
    - Asenapine (Saphris)

- Brexpiprazole (Rexulti)
- Cariprazine (Vraylar)
- Clozapine (Clozaril)
- Iloperidone (Fanapt)
- Lumateperone tosylate (Caplyta)
- Lurasidone (Latuda)
- Olanzapine (Zyprexa)
- Paliperidone (Invega Sustenna)
- Paliperidone Palmitate (Invega Trinza)
- Quetiapine (Seroquel)
- Risperidone (Risperdal)
- Ziprasidone (Geodon)

Note: Clozapine is the only FDA-approved medication for treating schizophrenia that is resistant to other treatments. It's also used to lessen suicidal behaviors in those with schizophrenia who are at risk.

**Source:**

**Abnormal Psychology in a Changing World** by Jeffrey S. Nevid

**Essentials of Abnormal Psychology** by V. Mark Durand