

PSYCHOSIS



Centurion
UNIVERSITY

Shaping Lives...
Empowering Communities...

By

Ms. RUPALI RUPASMITA ROUT
ASSISTANT PROFESSOR

INTRODUCTION:

Psychosis is a medical term used to describe a state of mind characterized by a loss of contact with reality. The exact cause of psychosis is not yet fully understood, but it is believed to involve a combination of genetic, biological, and environmental factors.

CAUSES/ETIOLOGY:

The exact cause of psychosis is not yet fully understood, but it is believed to result from a combination of several factors, including:

- **Genetics:** Psychosis may run in families and may be associated with specific genetic variations.
- **Brain chemistry and structure:** Abnormalities in brain, such as changes in the levels of neurotransmitters, and structural changes in the brain have been associated with the development of psychosis.
- **Substance abuse:** Substance abuse, particularly of hallucinogenic drugs like LSD, PCP, and ecstasy, can trigger psychotic symptoms in some people.
- **Medical conditions:** Certain medical conditions, such as brain tumors, infections, and brain injury, can lead to the development of psychosis.
- **Psychological factors:** Severe stress, trauma, and other psychological factors

PATHOGENESIS:

- Psychosis is a serious mental disorder characterized by symptoms such as delusions and hallucinations, and it can arise from a variety of underlying causes.

- The development of psychosis in the brain is not fully understood, but it is thought to involve a complex interplay of genetic, environmental, and neurological factors.
- Abnormalities in the function and structure of certain brain regions, such as the prefrontal cortex and the hippocampus, may be involved in the development of psychosis.
- Imbalances in neurotransmitter levels, such as dopamine, may play a role in the development of psychosis.
- Additionally, environmental factors, such as stress, drug use, and infection, may trigger or worsen symptoms of psychosis.

CLINICAL MANIFESTATION/ SYMPTOMS::

Psychosis is a serious mental disorder that is characterized by a loss of contact with reality. The symptoms of psychosis can vary, but they generally include:

1. **Delusions:** false beliefs that are not based in reality and are resistant to reason or evidence to the contrary.
2. **Hallucinations:** seeing, hearing, or experiencing things that are not actually there. Hearing voices is a common type of hallucination in psychosis.
3. **Disorganized thinking:** difficulty organizing thoughts, speaking in a jumbled or illogical way, and having trouble following a conversation or completing tasks.
4. **Abnormal movements or behavior:** purposeless or repetitive movements, such as pacing or grimacing, or bizarre behavior.
5. **Changes in mood and emotion:** feeling flat or lacking in emotion, or sudden shifts in mood.

- 6. Changes in behavior:** withdrawing from social activities and relationships, neglecting personal hygiene, and losing interest in previously enjoyable activities.

DIAGNOSIS/CLINICAL EVALUATION:

There is no specific test to diagnose psychosis, but the diagnosis is typically made thorough

- Clinical interview (During the clinical interview, a mental health professional will ask questions about symptoms, personal and family medical history, and substance use. They may also use standardized psychological questionnaires and assessments to help with the diagnosis)
- Physical examination
- Medical history
- Brain scan
- Brain imaging

PHARMACOLOGICAL MANAGEMENT:

Antipsychotic medications are the most commonly used drugs to treat psychosis. These medications work by changing the levels of certain chemicals in the brain, such as dopamine and serotonin, which can help regulate mood and reduce symptoms of psychosis.

Some of the most commonly prescribed antipsychotic medications include:

1. Chlorpromazine (Thorazine)
2. Haloperidol (Haldol)
3. Risperidone (Risperdal)

4. Olanzapine (Zyprexa)
5. Aripiprazole (Abilify)
6. Quetiapine (Seroquel)
7. Clozapine (Clozaril)

NON PHARMACOLOGICAL MANAGEMENT:

- **Managing stress:** Chronic stress can increase the risk of developing psychosis, so it's important to find healthy ways to manage stress, such as exercise, mindfulness, or therapy.
- **Avoiding drugs and alcohol:** Substance abuse can increase the risk of developing psychosis, so it's important to avoid drugs and excessive alcohol consumption.
- **Getting early treatment for mental health conditions:** Treating mental health conditions, such as depression or anxiety, early on can help prevent the development of psychosis.
- **Maintaining a healthy lifestyle:** Eating a balanced diet, getting enough sleep, and engaging in physical activity can help promote overall mental health and reduce the risk of developing psychosis.
- **Seeking treatment for hearing voices or unusual experiences:** If you are experiencing unusual experiences, such as hearing voices or seeing things that others do not, it's important to seek help from a mental health professional.

- **Building social support networks:** Strong social support networks can provide a protective effect against the onset of psychosis and help manage symptoms.