



# Schizophrenia Spectrum and other Psychotic Disorders

## An Overview

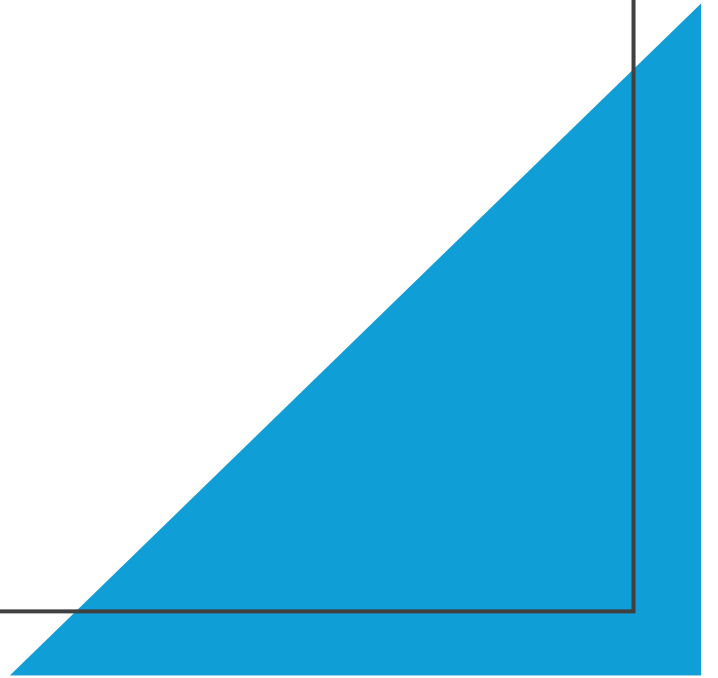
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Iowa Healthcare

Center Of Excellence for Behavioral Health

Disclosures

None





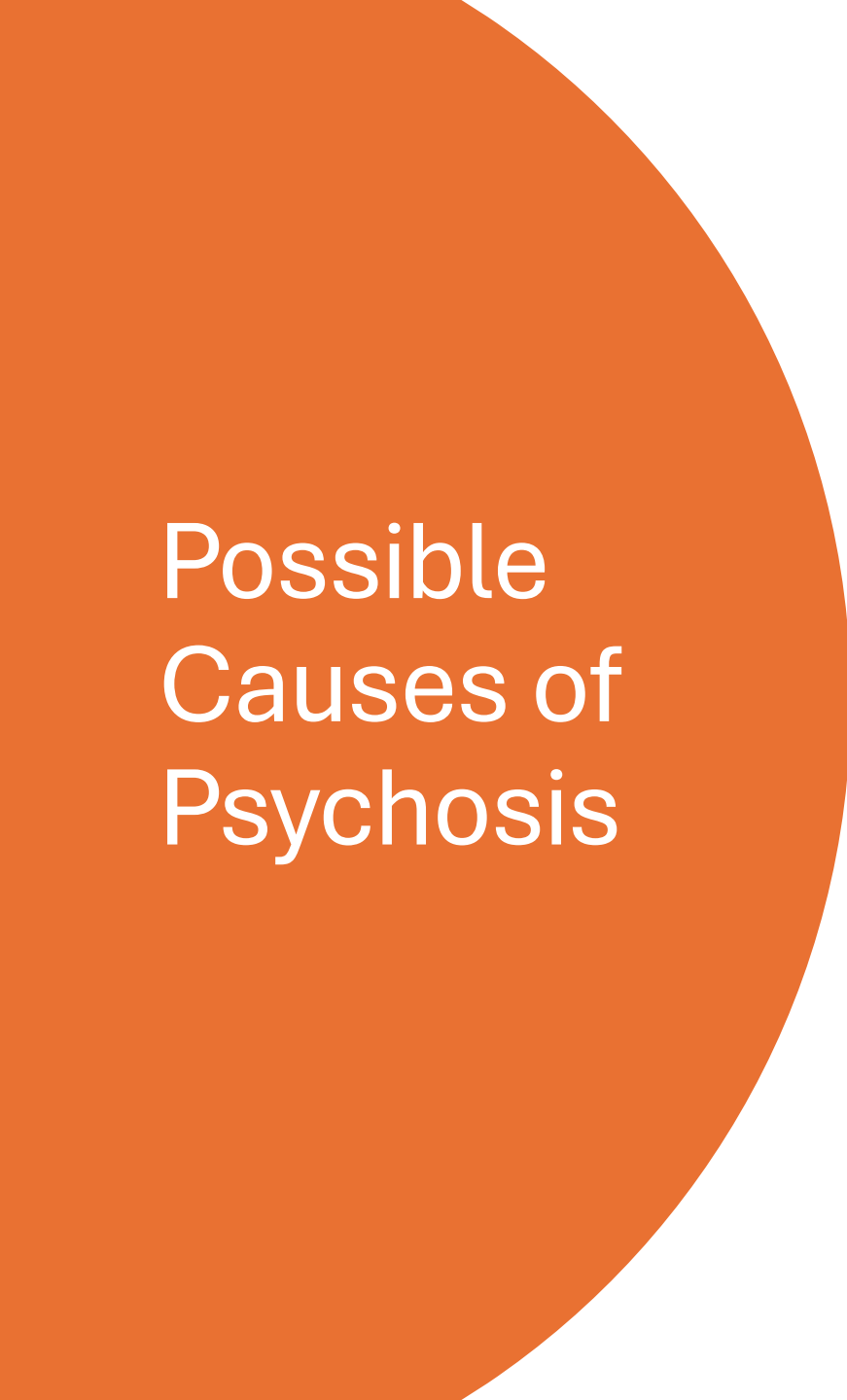
# What is “Psychosis” ?

Psychosis is the term for a collection of symptoms that happen when a person has trouble telling the difference between what is real and what is not.

Two important types:

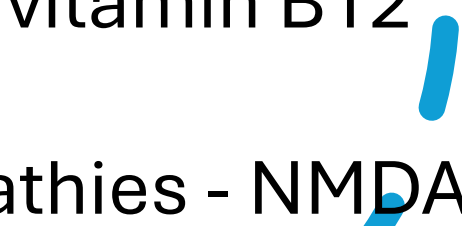
- **Hallucinations.** Sensory misperception
  - An example of a hallucination is hearing voices that aren't there (auditory hallucination).
- **Delusions.** These are false beliefs that someone holds onto very strongly, even when others don't believe them or there's plenty of evidence that a belief isn't true.
  - For example, people with delusions of control believe someone is controlling their thoughts or actions remotely.

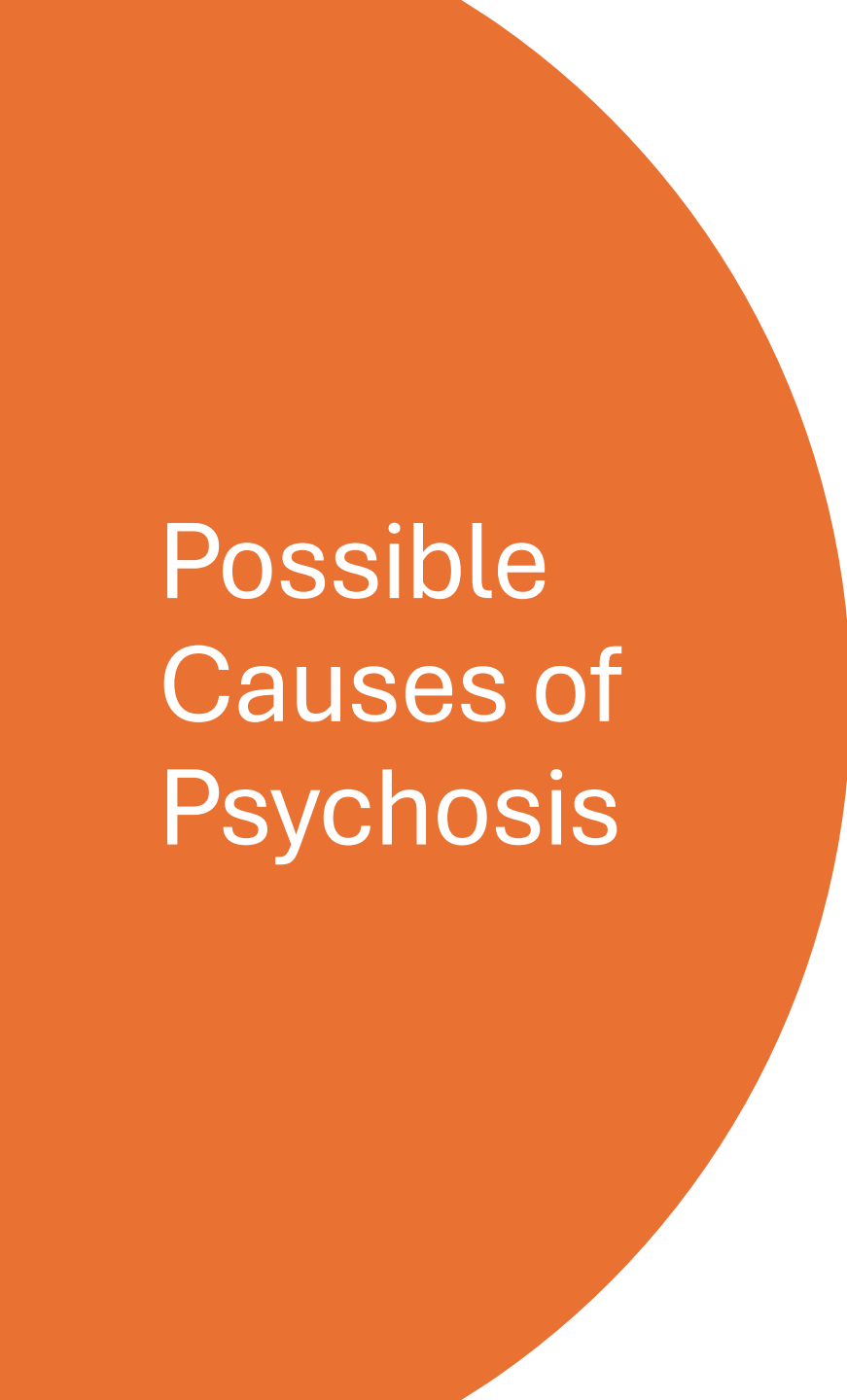
<https://my.clevelandclinic.org/health/symptoms/23012-psychosis>

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# Possible Causes of Psychosis


## **Medical Conditions that can cause psychosis (partial list)**

- Neurologic: Dementia, seizures, demyelinating diseases, tumors, infection, stroke, delirium
  - Endocrinopathies
  - Lupus, Lyme Disease
  - Vitamin B1 (thiamine) and vitamin B12 deficiencies
  - Autoimmune encephalopathies - NMDA
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# Possible Causes of Psychosis

## **Other causes of psychosis**

- Misuse of alcohol, prescription medications or recreational drugs
  - Severe head injuries
    - Concussion
    - Traumatic brain injury
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# Possible Causes of Psychosis

- Mental Health Conditions
  - Schizophrenia, Schizoaffective disorder, or other psychotic disorders
  - Mood disorder –
    - Bipolar illness: manic phase,
    - Depression (severe – such as post partem psychosis)



# Possible Causes of Psychosis

- **Medical Conditions that can cause Psychosis**
  - Neurologic: Dementia, seizures, demyelinating diseases, tumors, infection, stroke, delirium
  - Endocrinopathies
  - Lupus, Lyme Disease, Multiple Sclerosis
  - Vitamin B1 (thiamine) and vitamin B12 deficiencies
  - Autoimmune encephalopathies – NMDA
- **Other Causes of Psychosis**
  - Misuse of alcohol, prescription medications or recreational drugs
  - Severe head injuries
- **Mental Health Conditions**
  - **“Diagnosis of Exclusion”** – Schizophrenia, delusional disorders
  - Mood disorder - Bipolar illness: manic phase, Depression (severe – such as post partem psychosis)

# Schizophrenia Spectrum and other Psychotic Disorders

Schizophrenia

Schizoaffective  
Disorder

Delusional Disorder

Brief Psychotic  
Disorder

Schizophreniform  
Disorder

Substance/Medication  
induced Psychosis

Psychotic Disorder  
due to another  
medical condition



# Key Features that Define Psychotic Disorders

Abnormalities in one or more of the following domains

- **“Positive” symptoms**

Delusions & Hallucinations

- **“Negative” Symptoms**

Decrease or absence of typical experiences

- **“Cognitive” symptoms**

Disorganized Thinking, Grossly Disorganized or Abnormal Behavior



# Schizophrenia Spectrum and other Psychotic Disorders



# Schizophrenia: Diagnosis

- First signs of schizophrenia typically occur in late teens/early twenties
- “Prodromal Period”
  - Months to years of subtle changes in behavior and declining function
  - Person/family seek medical attention when behavior elicits concern

# Schizophrenia: Diagnosis

## Criterion A. For simplicity

- “Positive” symptoms – hallucination, delusions, disorganization
- “Negative” symptoms – apathy, amotivation, flat affect
- Cognitive symptoms – attention, memory, executive function

## Criterion B. Decline in function

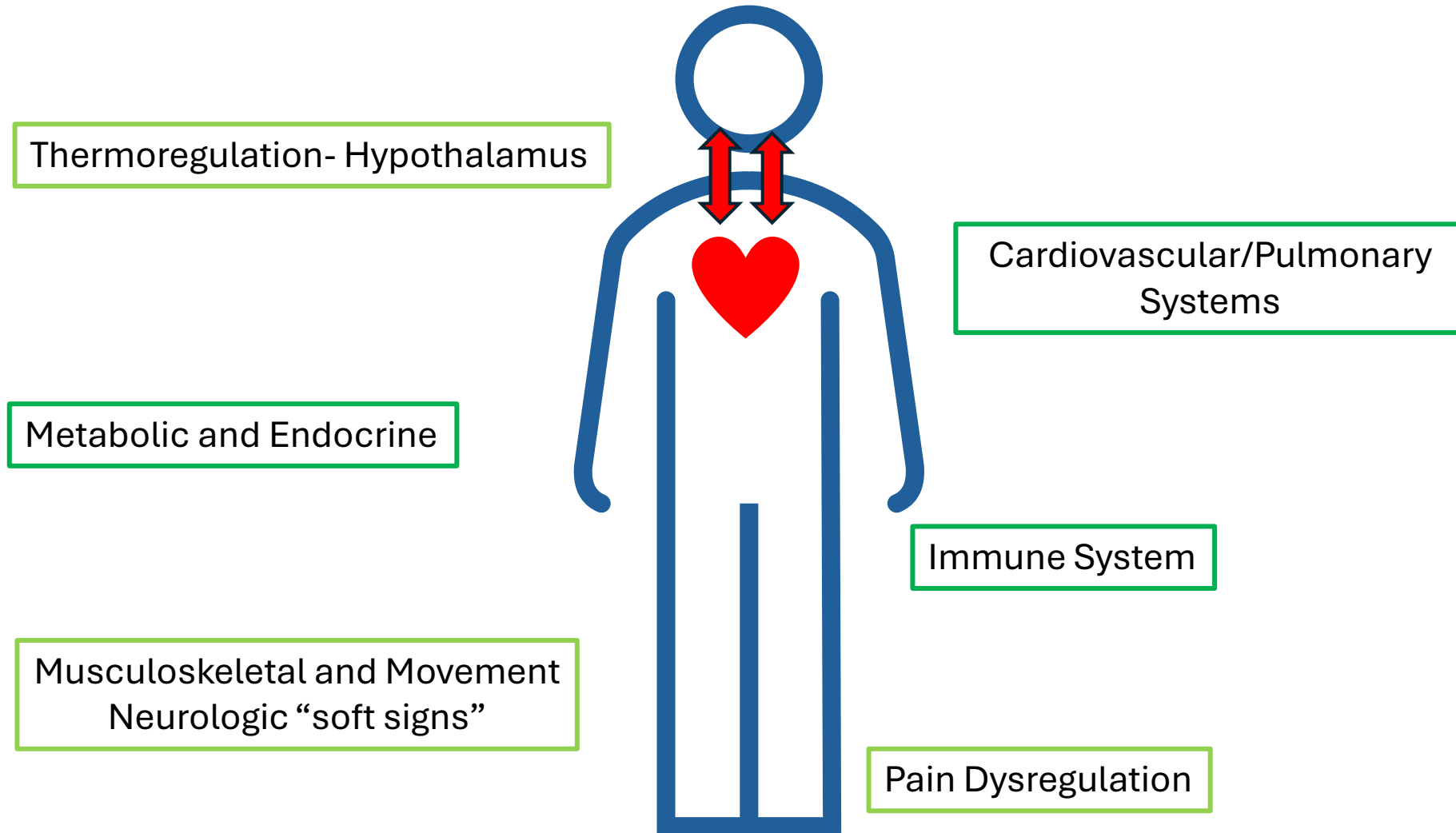
## Criterion C. Must be present over at least a six-month period

“Rule out” requirement (can’t be explained by something else)

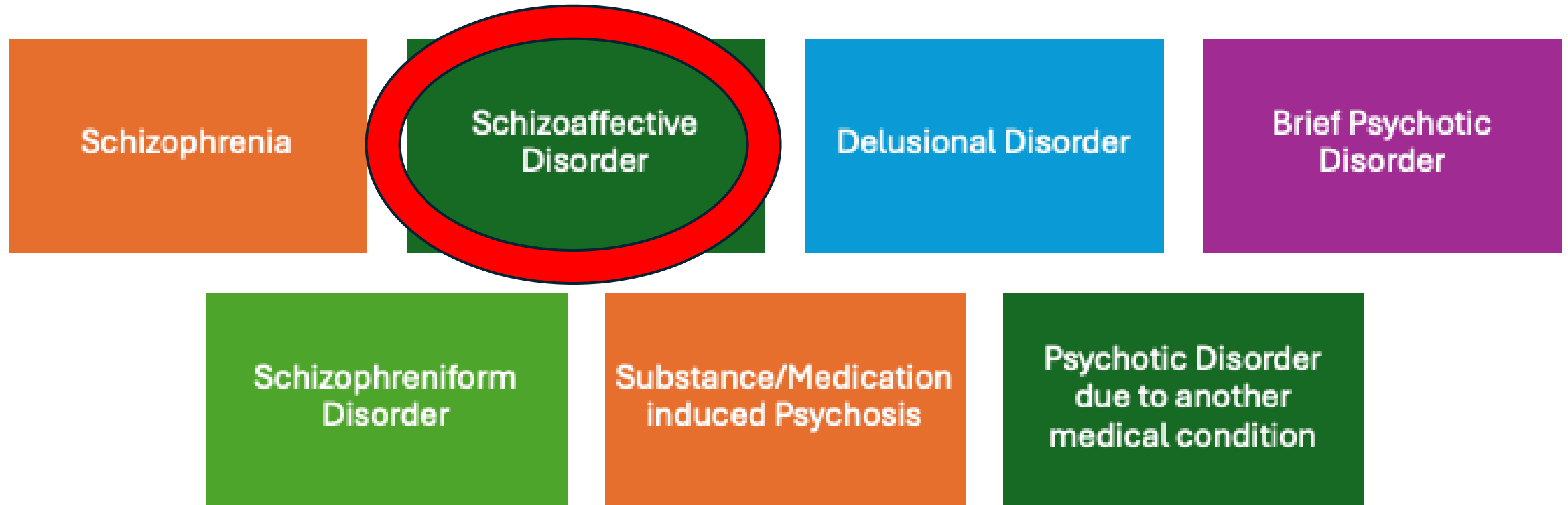
# On receiving the diagnosis of schizophrenia...

- Experiencing (or witnessing) the evolution of a mental disease is confusing and frightening... “it felt like my worst nightmare coming true”
- Be sensitive to the fact that stigma, guilt and shame surrounding a psychiatric diagnosis still exist
- **Be sure to counsel the person, parents, and loved ones about the medical basis of this illness, and that their parenting \*did not\* cause this illness** - despite what some textbooks claimed... ie “the schizophrenogenic mother”

# “Whole Body” Perspective of Schizophrenia



# Schizophrenia Spectrum and other Psychotic Disorders



# Schizoaffective Disorder

**Criterion A.** Major mood episode (depression or mania) concurrent with schizophrenia

**Criterion B.** Delusions or Hallucinations for 2 or more weeks in the absence of a major mood episode

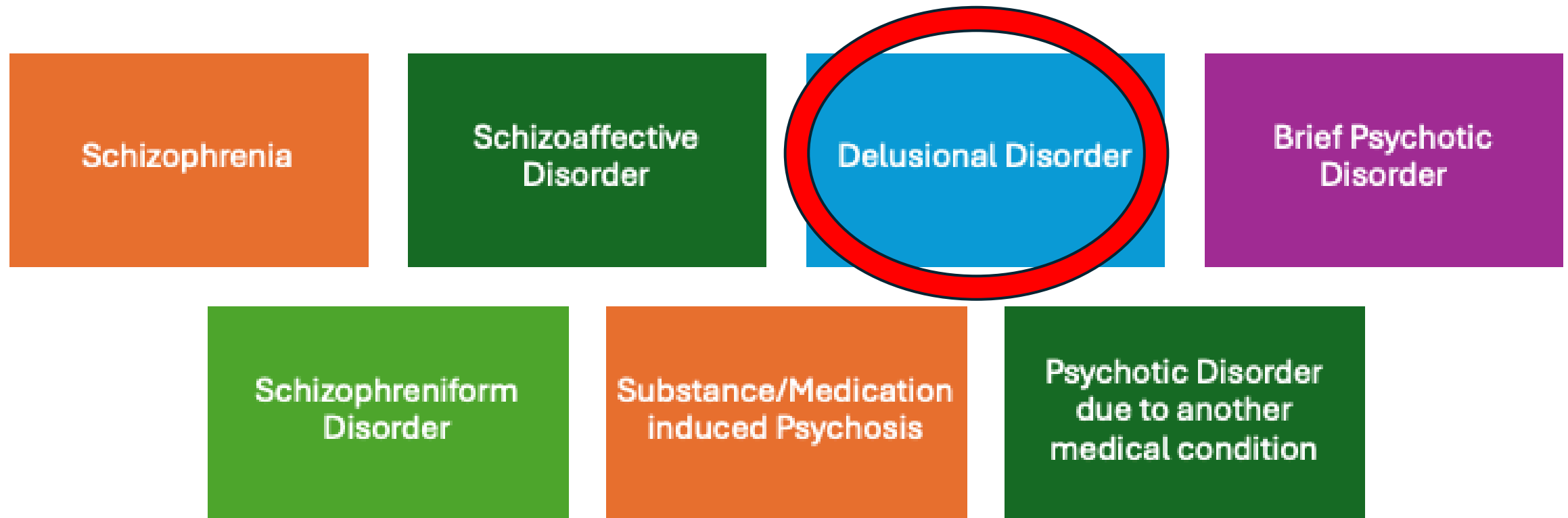
**Criterion C.** Symptoms that meet criteria for a major mood episode are present for the majority of the duration of the illness

**Criterion D.** Symptoms not attributable to effects of a substance or another medical condition





# Schizophrenia Spectrum and other Psychotic Disorders



# Delusional Disorder

- A. The presence of one or more delusions with a duration of 1 month or longer
- B. Criterion A for schizophrenia has never been met.
- C. Apart from the impact of the delusion(s), functioning is not markedly impaired, and behavior is not markedly odd or bizarre
- D. Any mood episodes have been brief relative to the delusional periods.
- E. Not explainable by substances or another medical condition

Specify type: erotomanic, grandiose, jealous, persecutory, somatic, etc

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# Brief Psychotic Disorder



Presence of one or more of the following symptoms. At least one of these must be 1, 2, or 3.

1. Delusions
2. Hallucinations
3. Disorganized speech
4. Grossly disorganized or catatonic behavior



Duration is  $>1$  day but  $<1$  month, with eventual full return to premorbid functioning.



Not explainable by another disorder, substances, or medical condition

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# Schizophreniform Disorder

Two or more of the following

- Delusions
- Hallucinations
- Disorganized speech
- Grossly disorganized behavior
- Negative symptoms

Episode lasts >1 month but < 6 months

Schizoaffective disorder and depressive or bipolar disorder with psychotic features have been ruled out

Not due to substance or another medical condition

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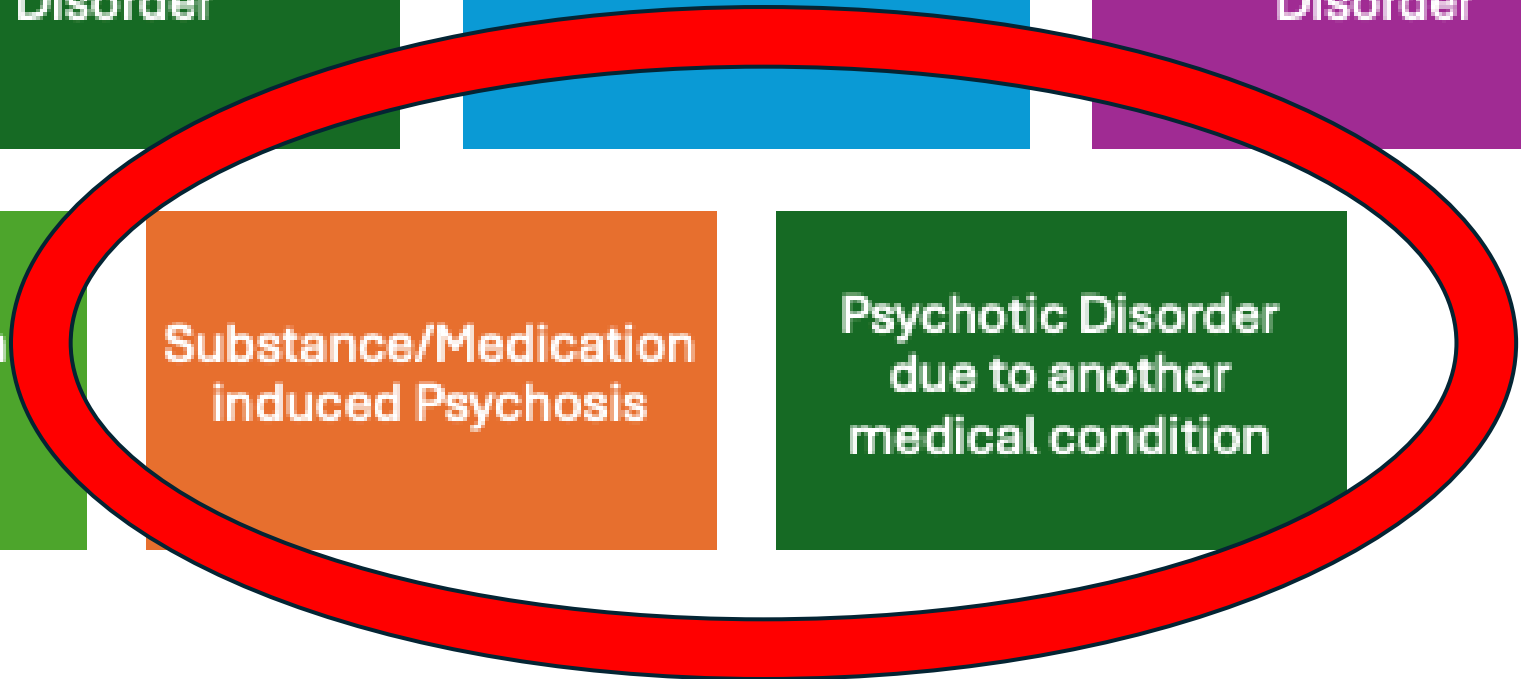
Delusional Disorder

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# Notes on the “Heterogeneity” of the disease



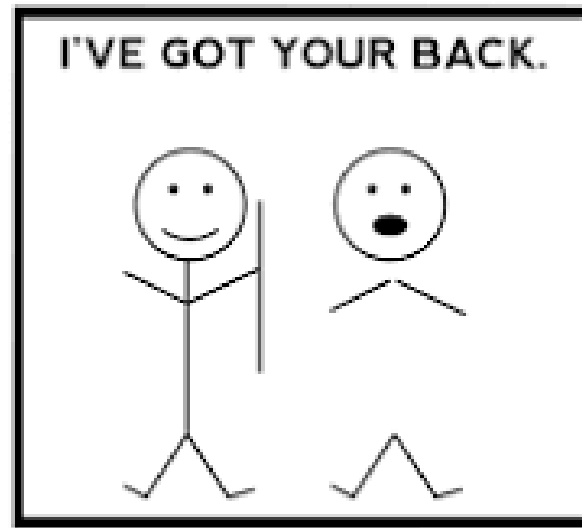
- You can meet criteria for the diagnosis and “look” much different than someone else *who also meets the criteria*.
- This heterogeneity is also apparent in examining the genetics of schizophrenia, and course of illness.
  - “*syndrome*”
- **Keep in mind then, disease course and outcome among people can be... different.**

***“Whatever it is, we don’t know what it is”***

Nancy Andreason MD, PhD  
Professor, University of Iowa



Thank you !





Questions / Discussion

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