

WHAT ARE PSYCHOTIC SYMPTOMS?

Confused Thinking

Everyday thoughts become confused or don't join up properly.

This can make sentences unclear or hard to understand.

You may have difficulty concentrating, following a conversation or remembering things.

Thoughts can seem to speed up or slow down.

False Belief/Delusions

Believing in something that is not actually true.

You may be so convinced of the delusion that the most logical argument cannot change your mind.

Example: someone may be convinced from the way cars are parked outside their house that the house is being watched by the police.

Hallucinations

When you see, hear, feel, smell or taste something that is not actually there.

Hearing voices that no one else can hear.

Seeing things that aren't there.

Changed Feelings

How someone feels may change for no obvious reason.

You may feel strange and cut off from the world.

Everything may be moving in slow motion.

You may have mood swings: feel just fine one minute and feel then super depressed the next minute.

Changed Behavior

You may be extremely active.

You may have difficulty getting the energy to do things.

You may laugh when things don't seem funny or become angry or upset without apparent cause.

Handout # 2c



Grandiosity



Confusion about what is real



Mind Reading



Suspiciousness

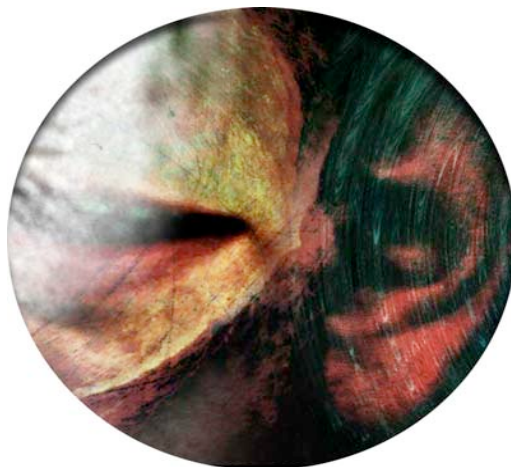
Positive Symptoms



Ideas of Reference



Disorganized Communication



Perceptual Disturbances



Odd Beliefs

Handout # 2b



Lack of
Motivation



Flat Affect



Disinterest in
being social

Negative Symptoms



Trouble with academic/
occupational functioning



Disinterest in
personal hygiene

Handout # 2d



Low self-esteem



Low mood or sadness



Tearfulness

Symptoms of Depression



Sleeping too much or too little



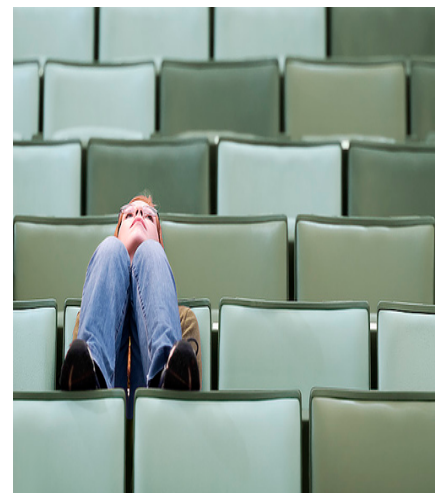
Trouble concentrating

Some people also:

- feel really tired or low in energy
- wish they weren't alive
- feel worthless or guilty
- talk or move slowly
- lack of thoughts



**Increase or Decrease in Appetite
Crave Sweets or Carbohydrates**



Loss of interest in activities/boredom

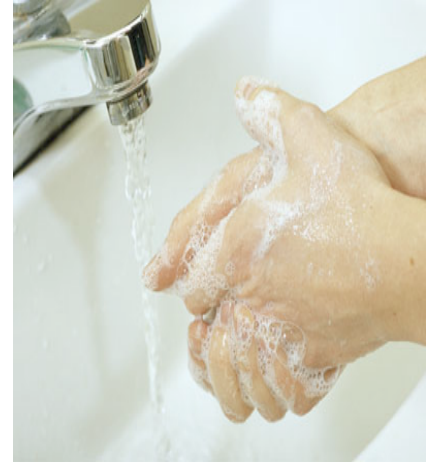
Handout # 2e



Excessive worry

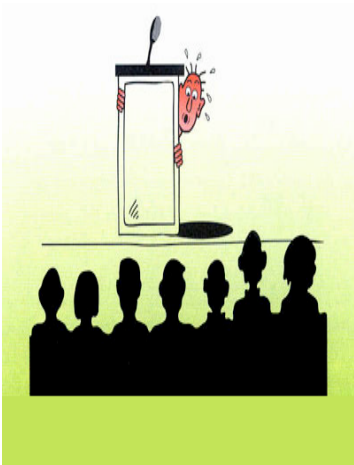


Sudden experiences of panic



Repetitive behaviors

Symptoms of Anxiety



Fear of being embarrassed in social situations

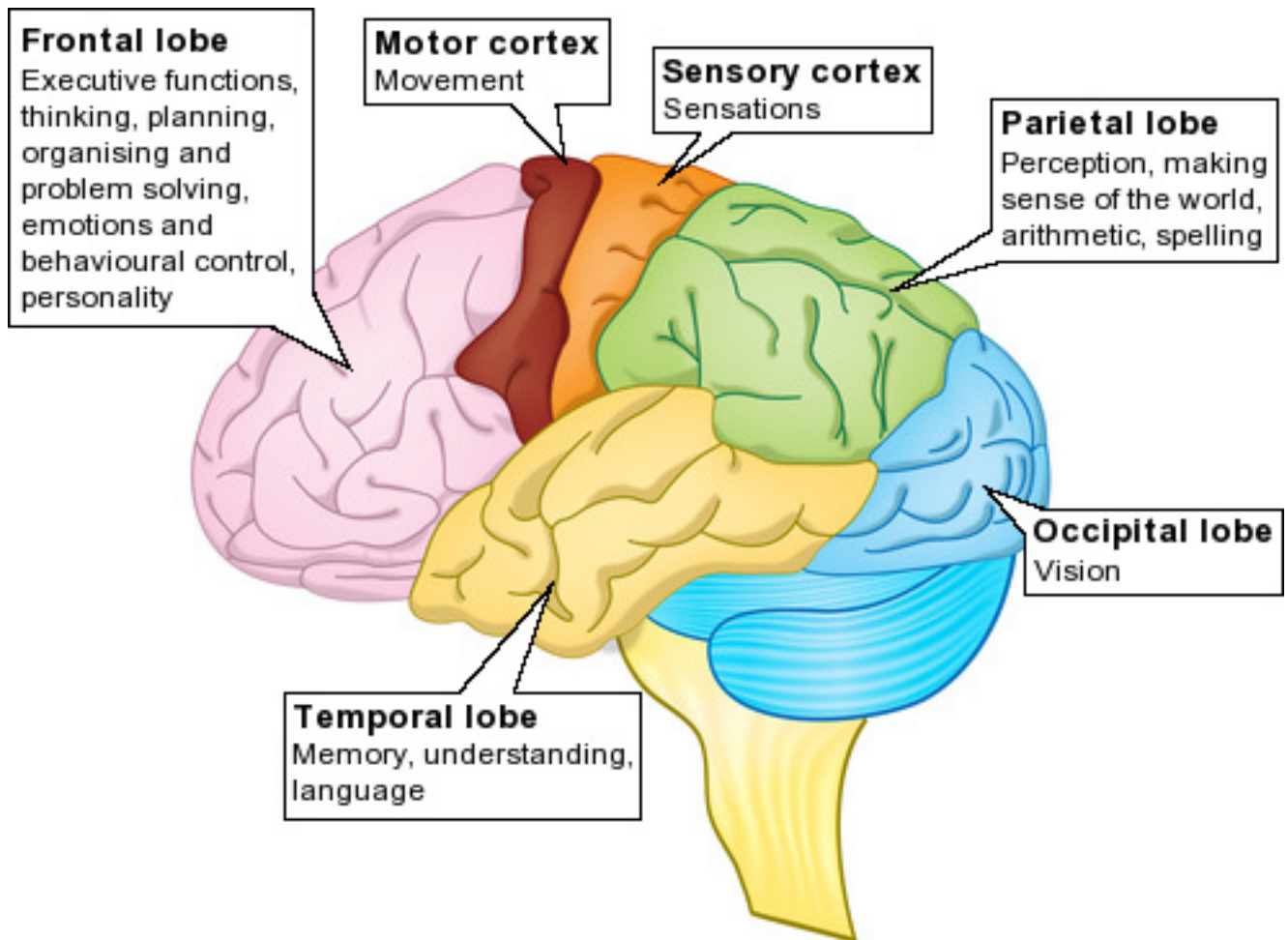


Repetitive thoughts



Specific fears

The Brain



Psychosis & The Brain

Abnormalities in **frontal lobe** lead to difficulties in thinking and concentrating

Abnormalities in **temporal lobe** lead to difficulties in memory and communication with others

Abnormalities in **Dopamine** lead to difficulties in how we perceive things

Handout # 2g

Vulnerability-Stress Model

