

**Frightening things that can go
wrong with your mind!**

By Rebecca!

Schizophrenia

- Most well-known symptom: hearing voices in your head
- Actually, may include many “positive” and “negative” symptoms



Schizophrenia

Positive symptoms:

Paranoid or bizarre delusions

Hallucinations

Disorganized speech and thinking

Some common delusions:

Feeling that you are controlled by
external force

Thoughts are being inserted into or
withdrawn from your head

Everything you think is being
broadcast to the people around you



Schizophrenia

Hallucinations:

- More commonly auditory
- Voices in your head commenting on your thoughts and actions
- Sometimes say things you find very disturbing, or tell you to do things
- May also see images



Disorganized speech and thinking:

- Saying strings of seemingly random words, making up words
- Changing the subject frequently
- Sometimes complete incoherence
- Echolalia

Schizophrenia

Negative Symptoms:

Flat affect

Emotions inappropriate to the situation

Limited motion (sometimes “waxy flexibility”)



Caused by:

Both genetic and environmental (stress) factors - just like everything else!

Also could be influenced by prenatal infection (flu studies)

Schizophrenia

Treatment:

Antipsychotic medication - working on improving these due to side effects (e.g. tardive dyskinesia)

Education of patient and family

Basic life skills training

Prognosis:

Not so good!

Some can become functional, others must always be cared for

Shorter life span (and high suicide rate)



Schizophrenia

In the movies!

A Beautiful Mind

Benny & Joon



Dissociative Identity Disorder

“Multiple personality disorder”

Symptoms:

- Mainly, having at least 2 distinct personalities that recurrently appear
- Personalities act differently and may experience the world in different ways
- Significant loss of memory - “losing time”
- Sometimes voices of alters in head (confused with Schizophrenia)
- To be diagnosed with DID, these must not be due to drugs or other medical disorders (as is usually the case)



Dissociative Identity Disorder

Cause:

Extreme stress - traumatic childhood abuse

Lack of nurturing relationship with parent

Imaginary friends?

Treatment:

Try to get personalities to integrate back into one person

Deal with stress and abuse from earlier in life

Life skills and coping skills if integration fails



Dissociative Identity Disorder

Controversy:

People very suggestible, easily hypnotized

Memories can be implanted

DID encouraged by psychologist

In the movies!

Sybil (based on a true (if DID is real...) story - also a book!)

Me, Myself & Irene (warning: may not be the most accurate representation)



Tourette's Syndrome

Best known for:

Coprolalia!

Actual symptoms:

Multiple motor tics

At least one phonic tic (may include coprolalia!)

Must occur for at least a year

No longer than 3-month break

Usually of normal intelligence, healthy in other respects

Usually begins early in life (around 5-7 years)



Tourette's Syndrome

About tics:

- Can be temporarily suppressed
- Nonrhythmic
- May be preceded by an urge
- “Unvoluntary”



Treatment:

- Usually no medication
- Education of patient and family about disorder
- Sometimes relaxation techniques

In the movies!

What About Bob?

Bipolar Disorder

Actually, a set of disorders!

Which include episodes of depression and manic or hypomanic episodes



Manic Episodes:

Elevated, expansive

Increase in energy, decrease in sleep

Euphoric

Irritable, sometimes rage

Sometimes delusions or hallucinations -
psychotic symptoms

Bipolar Disorder

Hypomanic Episodes:

Basically, milder versions of manic episodes

Major Depressive Episodes:

Sadness

Anxiety

Loss of interest

Decreased energy

Etc



Bipolar Disorder

Timing of episodes:

Usually quite spaced out

Usually periods of normal mood in between episodes

Rapid cycling: 4+ episodes in a year

Ultra rapid cycling: mood shift in 24-48 hours



Treatment:

Medications such as lithium

Hard to get patients to comply

In the movies!

Six Feet Under (not a movie)

Antisocial Personality Disorder

Basically:

Disregard for and violation of the rights of other people

Deceit and manipulation

Aggression

Recklessness, disregard for safety of self and other people

No remorse

Psychopath/sociopath

Usually starts childhood/ early adolescence



Antisocial Personality Disorder

Treatment:

Trying to convince patient that it is beneficial to them somehow to follow social rules

Difficult - can't really change personality

In the movies!

No Country For Old Men



OCD

Not just about being clean!

Obsessions:

Intrusive thoughts

Different from realistic worries

When patient resists them, they still don't go away

Patient realizes they are not rational

Cause distress

Examples:

Thought that you are contaminated

Thought that you are going to throw your baby out
the window

Worry that you are going crazy



OCD

Compulsions:

Repetitive behaviors usually following rigid rules
Usually meant to prevent something “bad” from happening, or reduce stress of obsessions
Usually unrelated to worry, or excessive

Examples:

Hand-washing
Counting things in groups of 3
Checking
Balancing sides of body

Not to be confused with OCPD, which should probably have a different name



OCD

One possibility - Bibliomania

Compulsion in which patient collects and hoards books to the point where it interferes with other aspects of their life

Wikipedia says:

“Other abnormal behaviors involving books include book-eating (bibliophagy), compulsive book-stealing (bibliokleptomania), book-burying (bibliotaphy), bibliocaust, etc”

Interesting!

In the movies!

As Good As It Gets



Munchausen's Syndrome

Basically:

Faking medical symptoms in order to get treatment, attention, and sympathy

Sometimes very knowledgeable about medicine and can confuse and manipulate doctors with their symptoms

Sometimes cause actual problems: may inject foreign substances into veins to cause infection



Munchausen's Syndrome

Something very scary:

Munchausen's Syndrome by proxy

Formally known as "Fabricated or Induced Illness"

Causing illness in another person for similar reasons, usually your child

In the movies!

The Sixth Sense



Dissociative Fugue

Loss of memory about some or all of your past (type of amnesia)

Fugue state occurs when you travel away from home suddenly

Usually start a new life, and develop a new identity

In the movies!

Amnesia: The James Brighton Enigma



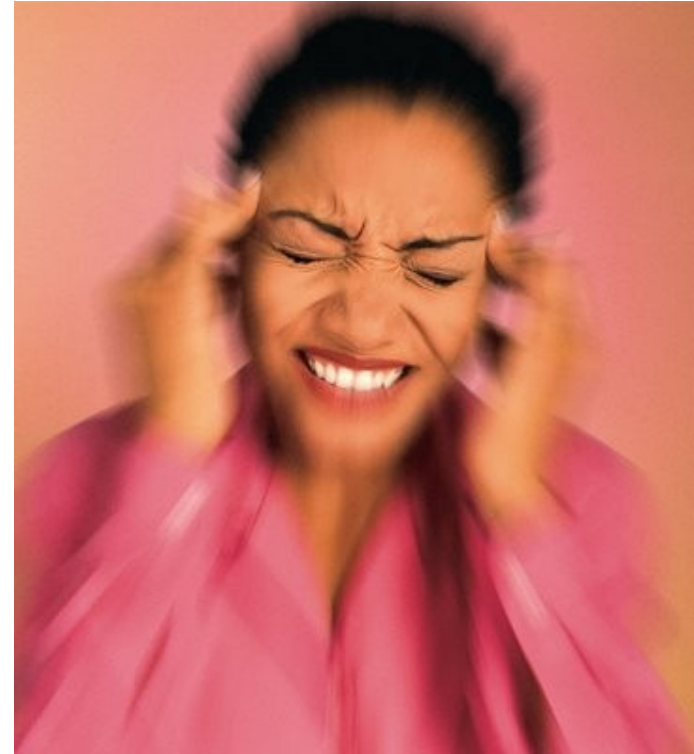
Pain Disorder

Symptoms:

- Pain in one or more body area
- Lasts at least six months
- Impairs functioning in some way
- Patient is not purposefully causing the pain
- Not due to any physiological condition
- This really sucks!

Treatment:

- Coping strategies for dealing with pain
- Psychologist must keep in mind that patient may actually have something physical that hasn't been identified yet



Muscle Dysmorphia

Symptoms:

Obsession with not being muscular enough!

Strict diet and exercise regimen

Very upset if don't adhere to it

Exercise interferes with rest of life

Hold self to impossible standards

Usually starts in late teens



Muscle Dysmorphia

Sometimes called reverse anorexia

I didn't even make that up!

Has been attributed to exposure to
“characters of unattainable
musculature in children’s cartoons”
by an actual psychiatrist.



Trichotillomania

Symptoms:

Urge to pull out hair

May get bald patches on head, in eyebrows, in pubic region

Often try to hide bald patches, don't want to draw attention

Often have anxiety, low self-esteem, or other symptoms



Related Problems:

Patients may also eat the hair, this is called trichophagia

Results in a trichobezoar - known as Rapunzel syndrome (much prettier name)

Paris Syndrome

Psychological breakdown due to
traveling to Paris

Most common in Japanese tourists

May be due to:

- Language barrier

- Cultural differences

- Idealized image of Paris

- Exhaustion

24-hour hotline at Japanese embassy
to deal with culture shock

Sometimes must be flown back to
Japan with doctor on board



Some delusions

Capgras Delusion

The belief that some or all of your close friends and relatives have been replaced by identical imposters

Fregoli Delusion

The belief that many different people you encounter are actually the same person in disguise (and you are usually being persecuted by this person)

Cotard Delusion

The belief that you are dead and putrefying, or do not exist
Sometimes believe you are immortal



The End!

