

Schizophrenia

Schizophrenia is a serious mental illness in which affects individuals in a variety of aspects. This is through how the way a person thinks, how a person feels and how they behave. This also affects individuals by awareness which means their seeing and their hearing. This can be caused by having symptoms such as hallucinating. Hallucinations are sensory experiences. Examples of this is through seeing, hearing, smelling, tasting and feeling. This experience is created by the mind with no external source. An example of this can be seen as hearing voices when no one is present and seeing things that aren't present. There are many symptoms that may cause an effect for schizophrenia to be present. Such as having mental health conditions, neurological diseases, certain drugs, or even sleep related issues. Schizophrenia is a disorder that is mostly found in young teens and early adulthood. It can be passed down through mother/father in which this means that it can be inherited by them. It is important to note that there are three types of hallucinations. There's the tactile hallucination which identifies as the sensations of touch movement. The painful hallucination which identifies as the intense, sharp pain (like knife stabs) or burning sensations that feel that they aren't real. The last hallucination is the cenesthopathy experience hallucination which identifies as being distorted by bodily sensations such as limbs feeling too long or a foreign object inside the body. All these hallucinations have a huge part of schizophrenia. Schizophrenia affects less than 1% of the population.

Unfortunately, there is no cure for this illness but there is medication to help try and control the episodes. It can be difficult living.

With Schizophrenia it can be triggered which then gives the individual to have certain episodes. These triggers are such as stressful life events, substance use, sleep deprivation and other environmental factors. Stressful life events can indicate a high level of stress that can increase the body's production of cortisol which can overwhelm the brain. Examples of this include bereavement, losing a job, divorce. Substance use can also have a significant impact on schizophrenia by taking substances such as cannabis, cocaine. This can trigger psychosis in susceptible people. Sleep deprivation even if it's insufficient or disrupted sleep can cause confusion and can trigger psychotic episodes. Having other environmental factors which can trigger schizophrenia is done by residing in populated areas and factors such as social fragmentation that can also be a trigger. People with schizophrenia suffer badly. As if they misuse their medication this would lead for them to have an episode. It can cause them to have voices in their head. It's not just voices they suffer with. It's not just voices they suffer with. It's delusions. They even struggle to order things online and go to the door to get them as they believe. They even struggle to order things online and go to the door to get them as they believe. That people are trying to poison. They can also suffer from Blackouts which caused them to cause harm to themselves or others. Without meaning to as the voices in their head can affect the judgement. Not all Schizophrenia Patients are the same.

People with schizophrenia have quite a hard time coping with it. In the world we live in there are many factors out there which can help with coping. This can involve a combination of therapy, medication, lifestyle adjustments and support systems to manage and improve quality of life. "Structured therapy can help individuals manage their symptoms by identifying and changing negative thought behaviours." no name, (2025). It can be particularly helpful in reducing positive symptoms such as hallucinations, delusions, and paranoia. Which is vitally important that individuals try doing therapy.

There are three different Symptoms such as positive symptoms, negative symptoms and cognitive symptoms. A positive symptom is seeing and hearing things that are not present. Delusions. On task. Disorganised talking and speech. Negative symptoms include the inability to function normally. Examples of this would be a lack of motivation, withdrawals from social life and reduced emotional expression.

Cognitive symptoms can involve difficulty. This can be seen as pleasing someone, Attention, significant memory and ability to Progress information. It is vitally important as individuals that we function daily. Psychologists diagnose patients with schizophrenia by using a code. DSM this a book that Helps Fashionistas Take note, patients with mental health Issues such as schizophrenia. The correct version is DSM-5-TR published by The American psychiatric association, offering criteria and codes for disorders, but the uk's NHS also relies heavily on the ICD-10/11 for official health records. Schizophrenia Isn't an easy illness to live with. As it affects them with day-to-day assess cities. Where people without schizophrenia find it easy to go shopping. "The DSM TR, published by the American Psychiatric Association, is the most recent edition of the manual, featuring significant updates based on the latest scientific literature." -no name (2025). DSM is a book It is used by psychologists to diagnose schizophrenia to meet the Soteria. It is important that Schizophrenia people need to experience one or more of the symptoms in the DSM book.

Negative symptoms are these refer to decrease in the ability to function normally, they have the lack of motivation. These individuals also suffer with withdrawals from social life and can have reduced emotional expression. Cognitive symptoms are memory problems. From these individuals can process information. This can significantly impact their daily function. It is proven that research has shown that schizophrenia was passed down through the mother or father the national institution. This is shown that having the diagnosis with schizophrenia can impact on their individuals' life. The chance of being diagnosed with schizophrenia is by 10%. There is an unmistakable link between the hereditary genetic makeup. This can indicate of what was then passed down from your parents and developed being schizophrenia.

In the process of schizophrenia there are medications out there that can help reduce the factors of it. An example of this is clozapine (Clozaril) Schizophrenia is a well-known term in psychology. Even though this is well known to psychology It's not understood that it has many misconceptions. That include violent. an aggressive split personality and un Predicted behaviour. "These chemicals affect mood, movement, and the way you respond to experiences. You can get these medications during an episode to help relieve psychosis quickly and take them long term to prevent symptoms. " Painter,K,(2024)

I believe people are watching them. Which then can cause harm to themselves or people around them.

Antipsychotics: These are the most prescribed medications for schizophrenia. These come in two forms such as first-generation antipsychotics and second-generation antipsychotics. First-generation antipsychotics include Haloperidol and Chlorpromazine. "They are effective for positive symptoms (hallucinations, delusions) but may have more side effects, such as extrapyramidal symptoms (movement disorders)." Painter.K (2024)

Second-generation antipsychotics include risperidone and aripiprazole. These are the newer medications that affect both dopamine and serotonin receptors. These can help with both positive and negative symptoms (such as lack of emotion). "They generally have a lower risk of severe side effects compared to first-generation antipsychotics." Painter.K.(2024)

Antipsychotics can be taken orally as a pill or be given as an injection known as a depot. Several slow-release antipsychotics are available. These require you to have one injection every 1 to 4 weeks.

They also can provide anti-anxiety medication. This will help by when the individual is having symptoms of schizophrenia return or having a flare up after having been manageable. "This type of medication can shorten a psychotic episode as well as calm anxiety that often corresponds with the symptoms of schizophrenia." No name (2025).

Alongside these medications it is important that the individual is recommending therapy with their family members. Having these sessions involving the family members aims towards not just supporting the individual but to the people who they live with or are close to. This is due by it can help everyone who may have been affected by living with this condition. These sessions also disclose information about schizophrenia, exploring ways in which to support the individual, planning on what to do in a crisis and deciding how to solve practical problems causes by schizophrenia.

Reference

No name. (2025) “20 coping strategies for people with schizophrenia” [20 Effective Coping Strategies for People Living with Schizophrenia](#) (Accessed: 12/12/2025).

American Psychiatric Association. 2025 “Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) “[Psychiatry.org - DSM](#) (Accessed: 12/12/2025)

Painter K. (2024)” medications that treat schizophrenia” [Medications for Schizophrenia: What Are the Pros and Cons, and How Do You Know What’s Right for Your Loved One?](#) (Accessed: 12/12/2015)

No name. “ complete list of schizophrenia medications” [Complete List of Schizophrenia Medications | HealthyPlace](#) (accessed:12/12/2025).