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SCHIZOPHRENIA



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1.INTRODUCTION:

Schizophrenia is a tough mental health problem that affects people all over the world. It is a long-term condition that can cause problems with the way people think, feel and behave. This can make it very hard for people with Schizophrenia to do things like hang out with friends go to work or go to school. This is called psychosis. When someone has psychosis, they might see things that are not real or they might think things that do not make sense. They might also have trouble thinking clearly which is known as thinking as noted by researchers, like (van OS and Kapur in 2009)

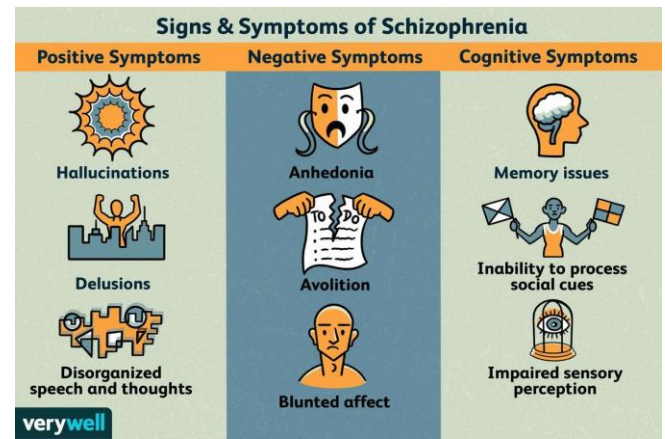
Mental health services these days try to help people with schizophrenia by using a mix of medicine talking therapies and support in the community. The National Health Service has made plans and rules to help people with schizophrenia get care. They want to make sure people with schizophrenia get the help possible so they use things that have been proven to work and they care about each person as an individual. The **National Health Service in England** made some of these plans in 2019.

2.DEFINITION OF SCHIZOPHRENIA:

Schizophrenia is a term mental problem that changes the way a person thinks feels and acts. It is considered a serious disorder because people with schizophrenia have times when they lose touch with what is real. This disorder has a mix of things that happen, like symptoms and negative symptoms and it also affects how people think and remember things as (Andreasen said in 2010)

The **National Institute of Mental Health** says that schizophrenia is a disorder that affects how people think feel emotions and get along with others. It is a condition that can really change how people think and feel and how they interact with people

3.SYMPTOMS OF SCHIZOPHRENIA:



Positive symptoms: These things include hearing or seeing things that're not really there thinking things that are not true talking in a way that does not make sense and doing things that are not usual. When people have hallucinations they hear things that are not really there like voices or objects that nobody else can see. Delusions are beliefs that people think are true. They are not. People who have delusions think these things even when they are shown that they are not true as noted by **Barlow and Durand in 2017**. Positive symptoms are a part of this issue and they can include things, like hallucinations and delusions.

Negative symptoms: are when people do not do things that're normally a part of their daily life. People with symptoms may not feel like doing anything they may not show any emotions they may not talk very much and they may not want to be around other people. The person who wrote about this **Bentall said this in the year 2013**.

Cognitive symptoms: are about having trouble with memory.

I have a time focusing and making decisions.

These problems make it tough for me to understand information and figure things out.

Memory and attention and decision-making are really frustrating for people with these issues.

People, with memory and attention and decision-making issues struggle to process information and solve problems in a way.

4.GLOBAL BURDEN AND PREVALENCE:

The World Health Organization says that about 24 million people around the world have schizophrenia. The World Health Organization did a study in 2023. Some other studies about people and diseases found that between 0.4 percent and 1 percent of people, in the world will have schizophrenia at some point in their lives. These studies were done by van Os and Kapur in 2009. They looked at how many people have schizophrenia. The World Health Organization is still looking at this problem. Schizophrenia is a deal because so many people have it.

Schizophrenia is a problem because it can make people disabled for a long time. Many people with schizophrenia have trouble with their jobs, education and making friends.

The burden of schizophrenia goes beyond the person who suffers from it.

Schizophrenia costs a lot economically because of the money spent on healthcare the work people with schizophrenia can't. The social care they need.

Many people with schizophrenia struggle to keep a job.

This struggle can cause problems and mean they have to rely on welfare systems.

Schizophrenia affects not the individual but also has a big impact on their finances and society, as a whole as noted by (Marmot in 2010).

5.PREVALENCE IN THE UNITED KINGDOM:

In the United Kingdom schizophrenia is a problem that affects 1 percent of the

people which means that around 220,000 people are getting help from the NHS right now.

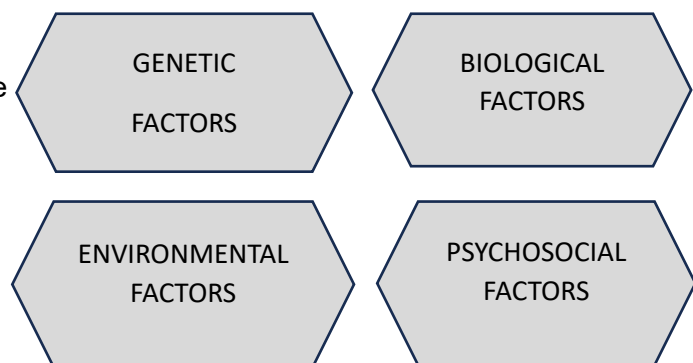
The problem with schizophrenia usually starts when people are, between 16 and 30 years old. Men tend to have symptoms before women do. This is what Castle and Buckley found out in 2015. When schizophrenia starts early it can be really bad. It is very important that we find out about it and do something early. Research in the UK also shows that different groups of people have rates of certain conditions.

* Some studies say that people from ethnic minority groups, especially African-Caribbean communities are more likely to be diagnosed with schizophrenia.

This has been pointed out by Thornicroft in 2006.

However, researchers are not sure if these differences are real or if they are caused by biases, in the healthcare system.

6.AETIOLOGY AND RISK FACTORS:



GENETIC FACTORS:

Genetics is a part of what happens when someone gets schizophrenia.

People who have family members, with this condition are more likely to get it themselves.

If one of your parents has schizophrenia you are a lot more likely to get it than people.

BIOLOGICAL FACTORS:

They have found that the brains of people with schizophrenia are a little different. Specifically, the parts of the brain that deal with feelings seeing things and making decisions do not work the way as they do in people who do not have schizophrenia as noted by researchers like (Barlow and Durand in 2017).

One idea about what might be wrong is that the brain has much of a chemical called dopamine. This chemical helps our brains work properly. Sometimes the dopamine can get out of balance. When this happens in parts of the brain it can cause people with schizophrenia to see or hear things that are not really there or to believe things that are not true. The dopamine is like a messenger, in the brain. When it is not working right it can cause big problems. Schizophrenia is an issue and the dopamine theory is one way that scientists are trying to understand what causes it.

ENVIRONMENTAL FACTORS:

The environment we live in can make it more likely for people to get schizophrenia especially if they are already prone to it because of their genes. Some things that can increase the risk of schizophrenia include:

- Things that happen to us when we are kids like childhood trauma
- Living in cities, which are urban living environments
- Not having enough money, which is called poverty and feeling alone which is social deprivation

- Moving to a new place, which is migration and being treated unfairly which is discrimination

- Taking drugs, especially cannabis, which is a kind of drug

If we use cannabis a lot when we are teenagers it can make us more likely to get schizophrenia when we are older as (van Os and Kapur found out in 2009).

PSYCHOSOCIAL FACTORS:

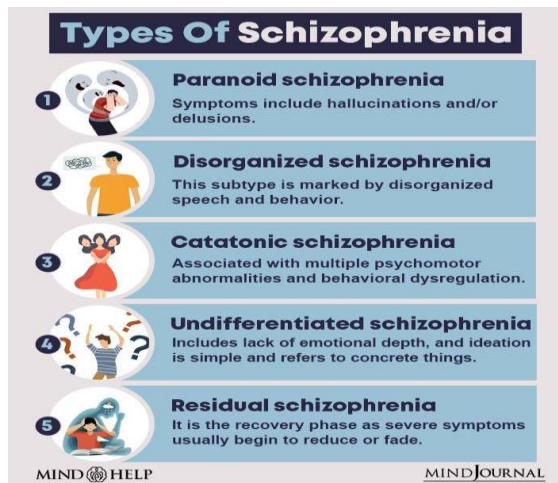
Psychosocial stress can also play a role in making schizophrenia worse or helping it develop.

Key things that can affect a person, with schizophrenia include:

- Being a lot
- Bad things happening in life
- Not having a job
- Not having people to turn to for help

Schizophrenia is a condition and these factors can make a big difference. Schizophrenia can be very hard to deal with. Psychosocial stress can make schizophrenia even harder to manage.

7.TYPES OF SCHIZOPHRENIA:



*** Paranoid schizophrenia**

This type is mainly about delusions and hallucinations. People, with this type may think they are being persecuted or watched. (Andreasen,2010)

*** Disorganized schizophrenia**

This type involves speech, behaviour and feelings. (Barlow and Durand,2017)

***Catatonic schizophrenia**

Catatonic schizophrenia is linked to strange movements like being very still or moving too much. (Tyrer and Steinberg,2005)

*** Residual schizophrenia**

schizophrenia happens when the major symptoms of psychosis have decreased but the negative symptoms of schizophrenia remain. (Andreasen 2010)

***Undifferentiated schizophrenia**

Lack of emotional depth and ideation is simple and refers to concrete things.

8. IMPACT ON INDIVIDUALS:

Schizophrenia affects people in ways. It affects their health how they feel about themselves and how they get along with others.

Physical impact

People with schizophrenia usually do not feel as healthy as people. This is because of the side effects of their medicine the way they live and the fact that they do not have access to doctors and hospitals.

Some common health problems that people with schizophrenia have include heart disease, diabetes and being overweight. (Murry et al,2021)

Psychological impact

Schizophrenia can be very upsetting for people. Many people with schizophrenia feel anxious, sad. Do not like themselves very much.

People with schizophrenia are also more likely to try to hurt themselves. Some studies say that 5 percent of people with schizophrenia die from suicide. (NIMH,2024)

Social impact:

Schizophrenia also affects how people get along with others. People with schizophrenia often have a time keeping friends getting a job and taking care of themselves.

Other people often do not understand schizophrenia, which can make things even harder for people with the condition. This can make people, with schizophrenia feel like they do not fit in.

IMPACT ON FAMILIES AND CAREGIVERS:

Families are really important when it comes to helping people with schizophrenia. They do a lot to support them. Taking care of someone with schizophrenia can be very hard on the family members.

It can cause them a lot of stress and financial problems. Family members may feel stressed and anxious all the time because of the pressure of taking care of someone with schizophrenia for a time. This can even lead to burnout as we learned from (Leff in 2016).

Family therapy and support groups are very helpful. They can make things easier for the family members who are taking care of someone with schizophrenia. They can also help the people with schizophrenia get better. This is good, for both the patients and their families.

9.EVIDENCE BASED TREATMENTS IN THE UK:



Treatment for schizophrenia usually includes a mix of things like medication therapy to help your mind and support from your community.

Antipsychotic medication is a part of this.

Antipsychotic medication helps people with schizophrenia. It does this by changing the chemicals in the brain, such as dopamine that can cause symptoms.

Some common medications, for schizophrenia are risperidone, olanzapine and clozapine (Lehman et al., 2004).

The main treatment, for schizophrenia is medication. This medicine helps reduce hallucinations, delusions and confusion. You need to take medication regularly.

Some examples of medication are:

- Risperidone
- Olanzapine
- Aripiprazole

Schizophrenia medication is important to prevent relapse. Take schizophrenia medication as prescribed.

Psychological therapies are really helpful.

Doctors usually suggest that people do these therapies along with taking medicine.

One type of therapy that a lot of people use is called Behavioural Therapy or CBT for short but I will call it Cognitive Behavioural Therapy.

Cognitive Behavioural Therapy helps people deal with their symptoms and find ways to cope with them.

There are types of therapy that work well too like family therapy and psychoeducation.

These therapies are good, at helping people get outcomes from Cognitive Behavioural Therapy and other psychological therapies.

Community mental health services help people with health issues.

* Community mental health teams support people with schizophrenia.

These teams help individuals live on their own.

They provide housing support so people can live independently.

The teams also offer job programs to help people get back, to work.

Additionally, they provide rehabilitation to help people interact with others.

The goal of these services is to help people recover and be independent.

They focus on helping individuals with schizophrenia live lives.

10.THEORETICAL PERSPECTIVES AND MODELS:

Biopsychosocial Model (International Model)

Explanation

The Biopsychosocial Model was made by George Engel in 1977. This model is very helpful to understand schizophrenia. It looks at the Biopsychosocial Model in three ways.

The Biopsychosocial Model is a way to understand things by looking at biology and psychology and social things

The Biopsychosocial Model says that schizophrenia happens when some things go wrong. These things are:

- Biological things like genes and the chemicals in our brain do not work properly
- Psychological things like our thoughts and feelings are not
- Social things like the place we live and the people around us affect us

The Biopsychosocial Model helps us understand how the biological and psychological and social things work together to cause schizophrenia.

The Biopsychosocial Model is very useful, for understanding what schizophrenia is and how it works. The Biopsychosocial Model is a way to look at schizophrenia.

Strengths

The Biopsychosocial Model is a good way to understand schizophrenia. It helps doctors give people the care possible by using medicine talking to them and giving them support from family and friends all at the same time. This idea was first talked about by (Engel in 1977).

Recovery Model (Uk Model):

The Recovery Model is a way of helping people that puts them first. It is about helping individuals live lives even when they have a mental illness. The Recovery Model is about giving people hope and helping them take control of their own lives. The Recovery Model also helps people manage their problems. The Recovery Model says that people can live lives and do things that are important, to them even when they have a mental illness and this is what the Recovery

Model is trying to do. The Recovery Model is based on some ideas that were talked about by **(Anthony in 1993)**.

Strengths

The Recovery Model is really good because it helps people be independent. This means they can do things for themselves and have a life. The Recovery Model also matches what we think is important in healthcare today which is taking care of people as individuals or what we call person-centred care. The Recovery Model is about the Recovery Model making sure people get the kind of care that is right, for them.

11. NATIONAL HEALTH POLICIES:

The government of the United Kingdom has made a lot of changes to make mental health services better.

They want to help people with health problems.

The National Health Service Long Term Plan is a deal. It wants to make community mental health services bigger and better. It also wants to help people on when they start having problems. **The National Health Service in England talked about this in 2019.**

The National Institute for Health and Care Excellence gives us tips on how to treat people with schizophrenia. These tips are based on what works.

The National Institute for Health and Care Excellence is very helpful for people with health problems like schizophrenia. National Health Service and National Institute for Health and Care Excellence are important, for National Health Policies.

12. Person-Centred Care:

Person-centred care is about what the individual wants and needs. The person who is sick gets to say what they want to happen. Doctors and nurses work with the patient to make a plan that's just for them.

13. Self-Management:

When people have a health problem, they can do things to take care of themselves. This is called self-management. (slade,2009)

Examples include:

- Taking medicine, the way it is supposed to be taken
- Finding ways to deal with stress
- Joining a group of people who are going through the thing

14. End-of-Life Care:

People with schizophrenia may need end-of-life care. This is because they can get illnesses that are life threatening.

Healthcare providers have to make sure that people with schizophrenia get the level of care as others. They should have access to care services. They also need caring support.

Healthcare providers must ensure that individuals, with schizophrenia receive palliative care services and end-of-life care support. (health and social care,2015)

15.Recommendations:

To make things better for people who're sick we need to do a few things.

We need to:

- Figure out what is wrong with someone soon as possible (NICE,2014)
- Give more money to help people, with mental health problems (NHS ENGLAND,2019)
- Tell people that it is okay to talk about mental health
- Make sure all the different parts of the healthcare system work together like person-centred care and self-management and all the other things that can help people get better. (LEFF,2016)

16. CONCLUSION:

Schizophrenia is a term mental health condition. It affects people, their families and society. Even though not many people have it it causes a lot of problems. Costs a lot for healthcare. (WHO,2023)

To manage it well we need to look at the person. This means using medicine, talking therapy and support from the community. We also need to keep making health policies better do more research and care about each person. This will help reduce the problems caused by schizophrenia and make life better, for those who have it. (NICE,2014)

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