

Symptoms of Psychosis

Positive symptoms

Delusions	<p>False personal beliefs that are not part of reality</p> <ul style="list-style-type: none"> • Truly believes something that doesn't make sense to others around them, and any reasoning and showing evidence that contradicts their belief doesn't convince them that their belief is false • Includes the belief that they are being spied on, plotted against, harmed or tormented; many report receiving messages from the radio or television
Hallucinations	<p>Sensing things that aren't actually there</p> <ul style="list-style-type: none"> • Includes hearing, seeing, smelling, tasting or feeling things that others don't perceive • The most common hallucinations involve hearing voices usually saying negative, critical or frightening things to the person, warning of danger, or even giving orders
Disorganized thinking	<p>Being unable to "think straight"</p> <ul style="list-style-type: none"> • Organizing thoughts is difficult, making it impossible to communicate clearly with others • Unable to concentrate on one thought for very long; thoughts may come and go quickly • Unable to connect thoughts into logical sequences; thoughts are often blocked and become fragmented
Agitation	<p>Being emotionally disturbed or excited</p> <ul style="list-style-type: none"> • Includes appearing disturbed, excited, restless or hyperactive
Grandiosity	<p>Trying to seem very important</p> <ul style="list-style-type: none"> • Believe that they are powerful, wealthy, very intelligent, famous or have special powers
Suspiciousness	<p>Being untrusting and guarded</p> <ul style="list-style-type: none"> • Might think they are being watched, followed, persecuted or conspired against
Hostility	<p>Acting unfriendly and showing ill feelings towards others</p> <ul style="list-style-type: none"> • Behaving in an abusive, sarcastic and difficult manner

Negative symptoms

Lack of drive or initiative	<p>Lack of energy, desire or motivation to start or do anything – even simple things</p> <ul style="list-style-type: none"> • Sleeps more than doing anything else and picks at meals
Social withdrawal	<p>Absorbed in own thoughts and senses</p> <ul style="list-style-type: none"> • Spends most of the time alone, avoids contact with others
Apathy	<p>Lack of emotion or interest in things normally considered important</p> <ul style="list-style-type: none"> • Shows no interest in activities with family or friends and everyday activities such as personal hygiene, cooking, reading, watching TV
Emotional unresponsiveness	<p>Lack of normal feelings</p> <ul style="list-style-type: none"> • May feel less connected emotionally to what is going on around them • May appear less emotionally responsive to their surroundings • May feel very little pleasure doing things that are normally enjoyed
Lack of spontaneity	<p>Slow speech and actions</p> <ul style="list-style-type: none"> • Movements may seem unnatural and slow
Difficulty in abstract thinking	<p>Concrete thinking</p> <ul style="list-style-type: none"> • Cannot see the underlying meanings of things • Cannot move from the specific to the general
Poor communication skills	<p>Avoids eye contact and conversation</p> <ul style="list-style-type: none"> • In conversation may appear bored, uninterested or cold • May speak in a monotonous voice, have few facial expressions and appear uninterested • Won't say much unless spoken to directly
Stereotyped thinking	<p>Strong attitudes and beliefs that may seem unreasonable to others</p> <ul style="list-style-type: none"> • Thoughts may be repetitive and pushy
Physical symptoms	<p>Movements may slow down or stop</p> <ul style="list-style-type: none"> • May be unconcerned with grooming and hygiene