



Schizophrenia



Schizophrenia is a disorder that affects how a person thinks, feels, and behaves. This disorder can cause hallucinations, irrational thoughts and delusions, abnormal body movements, loss of motivation and interest in activities (Torres, 2020).



Schizophrenia affects about 0.3-0.7% of people worldwide. Symptoms of this disorder usually start between late teens to mid twenties. The exact cause of schizophrenia is unknown, but research shows it is a combination of genetics, environment, and brain structure and function (Torres, 2020).

One theory known as the neurodevelopmental hypothesis of schizophrenia created by theorist Weinberger, Murray, & Lewis states that schizophrenia may be caused by neurodevelopmental abnormalities that can develop as early as while the patient is still in utero. This can be as early as late first or early second trimester (Owen, et al., 2018).



Educate the patient and their family about the disorder and teach them ways to help manage their symptoms and coping mechanisms to help them stay calm and improve their ability to function.

Help the patient to develop a medication routine to ensure that they are taking the right medications and dosages at the proper times they were prescribed.

Monitor and assess the patient throughout their treatment plan to note any changes and improvements in their condition. Give the patient resources on different types of psychotherapies that can help to manage symptoms such as cognitive behavioral therapy and behavioral skills training.

resources

Owen, M. J., O'Donovan, M. C., Thapar, A., & Craddock, N. (2018, Jan 2). Neurodevelopmental hypothesis of schizophrenia. *British Journal of Psychiatry*, 198(3), 173-175. doi:10.1192/bjp.bp.110.084384

Torres, F. (2020, August). What is Schizophrenia. American Psychiatric Association <https://www.psychiatry.org/patients-families/schizophrenia/what-is-schizophrenia>