

## 1. Describe the positive and negative symptoms of schizophrenia

Individuals who are diagnosed with schizophrenia have a variety of symptoms. These symptoms fall under positive symptoms (hard symptoms) and negative symptoms (soft symptoms).

### **Positive/ hard symptoms include:**

- Ambivalence
  - contradictory beliefs and feelings about something
- Associative looseness
  - Fragmented thoughts
- Delusions
  - No basis in reality
- Echopraxia
  - Imitation of movements and gestures of another person
- Flight of ideas
  - Continuous stream of verbalization, jumping from topic to topic
- Hallucinations
  - False perceptions not existing in reality
- Ideas of reference
  - False impressions that external events have special meaning for the person
- Preservation
  - Repetition of sentence, word, etc.
- Bizarre behavior
  - Unusual social or sexual behavior, eccentric clothing

### **Negative/soft symptoms include:**

- Alogia
  - Speaking little
- Anhedonia
  - Inability to feel pleasure
- Apathy
  - Indifference towards others
- Asociality
  - Social withdrawal
- Blunted affect
  - Restricted emotional feelings or mood
- Catatonia
  - Motionless or in a trance
- Flat affect
  - Absence of any facial expression to determine mood
- Avolition
  - Absence of ambition or drive to finish tasks
- Inattention
  - Inability to concentrate

8. Evaluate your own feelings, beliefs, and attitudes regarding clients with schizophrenia.

I don't really have strong feelings towards people with schizophrenia. I understand it is a mental condition. I feel sad for people who have schizophrenia because it must be very difficult. I am very fortunate to not have to deal with this condition myself. I don't personally know anyone with schizophrenia, but from learning about it, it seems like it can be difficult to live with. From my learning, I believe clients who have unfortunate or very stressful life situations can tend to relapse with this disorder.