



Psychosis and Schizophrenia

Diagnoses According to the DSM-5

A **Brief Psychotic Disorder** persists for more than a day, but less than a month. It has a major impact on a person's functioning during the episode but ceases afterwards.

At least 1 of the first 3 symptoms must be present:

- Delusions (i.e.: false beliefs that do not change despite the contribution of other people or facts)
- Hallucinations (i.e.: hearing voices or seeing things that are not there)
- Disorganized speech (i.e.: inconsistency)
- Very disorganized or catatonic behavior

Reference : American Psychiatric Association. (2016).
Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.

Schizophrenia is a mental illness that impacts a person's thoughts, emotions and behaviours. A person with schizophrenia may lose contact with reality which may cause distress for themselves and their loved ones. A diagnosis can be made when the symptoms are present for at least 6 months and have a major impact on the person's functioning in at least one domain (i.e.: work, school).

Schizophrenia is usually diagnosed between late teens and early thirties and often follows a first episode of psychosis. However, gradual changes in thinking, mood and social functioning often occur before the first episode of psychosis.

At least 2 symptoms must be present:

- Delusions (i.e.: false beliefs that do not change despite the contribution of other people or facts)
- Hallucinations (i.e.: hearing voices or seeing things that are not there)
- Disorganized speech (i.e.: inconsistency)
- Very disorganized or catatonic behavior
- Negative symptoms (i.e.: absence or decrease in the expression of emotions)

References : American Psychiatric Association. (2016).
Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.,
<https://www.nimh.nih.gov/health/topics/schizophrenia>,
<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia>



If you have serious concerns,
please contact emergency services.





A **Psychosis Episode** occurs when a person loses contact with reality and has disturbed thoughts and perceptions. The person may have a difficulty understanding what is real and what is not.

Phases Of Psychosis

1) Prodrome Phase:

- The early signs may be vague and hardly noticeable.
- Signs: Reduced concentration; loss of motivation; depressed mood; sleep disturbance; anxiety; social withdrawal; deterioration in functioning; odd beliefs or thoughts.

2) Acute Phase (Critical Period):

- Emergence of the first psychosis symptoms.
- Symptoms: hallucinations; delusions; confused thinking; high level of distress; odd behaviour.

3) Recovery Phase:

- Physical and neurological evaluation, psychological evaluation.
- Early action is recommended.

References : <https://medicine.yale.edu/psychiatry/step/psychosis/phasis/>,
<https://www.nimh.nih.gov/health/topics/schizophrenia/raise/what-is-psychosis>,
<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Psychosis>,
<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Psychosis>



Livres / Books

Carlson Jr., R., & Carlson, K. (2012). Please Stop Smiling—A Story about *Schizophrenia and Mental Illness for Children*. CreateSpace Independent Publishing.

Monestès, J.-L. (2008). *La schizophrénie : Mieux comprendre la maladie et mieux aider la personne*. Odile Jacob.

Snyder, K., Gur, R.E., & Wasmer Andrews, L. (2007.) *Me, Myself, and Them*. Oxford University Press.

Internet

<https://jeunes.refer-o-scope.com/>

<https://medicine.yale.edu/psychiatry/step/psychosis/phasis/>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Psychosis>

<https://www.nimh.nih.gov/health/topics/schizophrenia>

<https://www.nimh.nih.gov/health/topics/schizophrenia/raise/what-is-psychosis>



Ressources / Resources

Ligne Parents (24/7) : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Tel-Jeunes (24/7): 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

Jeunesse, J'écoute - Kids Help Phone (24/7): 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

Suicide Action Montréal (24/7): 1-866-277-3553, <https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7): 514-768-7225, <https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7): 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885, <https://info@asmfmh.org>



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Please note that some information or resources may have changed since the last update (2021/08/17).

