

Psychosis Disorder

Unlike Neurosis, Psychosis has similarities to Neurosis and at times is confusing and misunderstood. The difference is, Neurosis is a mild mental disorder unlike other commonly known diseases. It can occur from stress, depression, or anxiety. Conversely, Psychosis is a major personality disorder characterized by mental and emotional disruption. It is much more severe than neurosis, often impairing and debilitating for all who are affected.

Psychosis plagues more than 200,000 people in the US every year. It usually begins in young adults when a person is in their late teens to mid-20's. However, people can experience psychotic episodes at younger and older ages and as part of many disorders and illnesses. For instance, older adults with neurological disorders may be at higher risk of psychosis. People with psychosis typically experience delusions. Other symptoms can include incoherent or nonsense speech and behavior that is inappropriate for the situation. However, a person will often show changes in their behavior before psychosis develops. Behavioral warning signs for psychosis include:

- Suspiciousness, paranoid ideas or uneasiness with others
- Trouble thinking clearly
- Withdrawing socially
- Decline in self-care
- Disruption of sleep
- Difficulty telling reality from fantasy
- Confused speech or trouble communicating
- Sudden drop in grades or job performance

In some cases, a person experiencing a psychotic episode may behave in confusing and unpredictable ways and may harm themselves or become threatening or violent toward others. The risk of violence and suicide decreases with treatment of psychosis, so it is important to seek help. If you find that you are experiencing these changes in behavior or notice them in a friend or family member and they begin to intensify or do not go away, reach out to a health care provider.

Studies have shown that it is common for a person to have psychotic symptoms for more than a year before receiving treatment. Reducing this duration of untreated psychosis is critical because early treatment often means better recovery.

Treatment, also, often includes other elements. There is substantial research support for coordinated specialty care, which is a multi-element, recovery oriented team approach to treating psychosis that promotes easy access to care and shared decision making among specialists, the person experiencing psychosis and family. People experience better outcomes

from coordinated specialty care if they begin treatment as soon as possible after psychotic symptoms emerge.

Coordinated specialty care is now the standard of care for early psychosis according to 'The American Psychiatric Association Practice Guideline for the Treatment of Patients with Schizophrenia.'

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