

Exercise

Professional Version | US English

Am I Experiencing Psychosis?



Description

Psychosis is an umbrella term which encompasses experiences such as delusions and hallucinations. Up to 1 in 10 people say that they have heard voices or seen things that aren't there at least once in their lifetime (McGrath et al, 2015; Beavan, Read & Cartwright, 2011).

The DSM-5 diagnostic criteria for a brief psychotic disorder include:

- The presence of one (or more) of the following symptoms, at least one of which must be from the first three items in the following list:
 - Delusions
 - Hallucinations
 - Disorganized speech (e.g. frequent derailment or incoherence)
 - Grossly disorganized or catatonic behavior
 - Negative symptoms (i.e. diminished emotional expression or avolition)
- The duration of an episode of the disturbance is at least 1 day but less than 1 month, with an eventual return to premorbid level of functioning.

The DSM-5 diagnostic criteria for schizophrenia include:

- The presence of two (or more) of the following symptoms, each present for a significant portion of time during a 1-month period. At least one of these must be from the first three items in the following list:
 - Delusions
 - Hallucinations
 - Disorganized speech (e.g. frequent derailment or incoherence)
 - Grossly disorganized or catatonic behavior
 - Negative symptoms (i.e. diminished emotional expression or avolition)
- The level of functioning in one or more major areas (such as work, interpersonal relations, or self-care) is markedly below the level achieved prior to onset.

The ICD-11 diagnostic criteria for schizophrenia include:

- The presence of two (or more) of the following symptoms, each present for the majority of the time within a period of 1 month or more. At least one of the qualifying symptoms must be from the first four items in the following list:
 - Persistent delusions (e.g., grandiose delusions, delusions of reference, persecutory delusions).
 - Persistent hallucinations (most commonly auditory, although they may be in any sensory modality).
 - Disorganized thinking (formal thought disorder) (e.g., tangentiality and loose associations, irrelevant speech, neologisms). When severe, the person's speech may be so incoherent as to be incomprehensible ('word salad').
 - Experiences of influence, passivity or control (i.e., the experience that one's feelings, impulses, actions or thoughts are not generated by oneself, are being placed in one's mind or withdrawn from one's mind by others, or that one's thoughts are being broadcast to others).
 - Negative symptoms such as affective flattening, alogia or paucity of speech, avolition, asociality and anhedonia.
- Grossly disorganized behavior that impedes goal-directed activity (e.g., behavior that appears bizarre or purposeless, unpredictable or inappropriate emotional responses that interfere with the ability to organize behavior.)
- Psychomotor disturbances such as catatonic restlessness or agitation, posturing, waxy flexibility, negativism, mutism, or stupor. Note: If the full syndrome of catatonia is present in the context of schizophrenia, the diagnosis of catatonia associated with another mental disorder should also be assigned.

Am I Experiencing Psychosis? is an indicative screening tool, designed to help clients self-assess whether their experiences might warrant further investigation. It is not intended to give a formal diagnosis or provide a measure of severity.

Instructions

Suggested Questions



Some people who report similar experiences to yours have a condition called psychosis. Would you like to try a short quiz that could give us an idea whether this is a problem that troubles you?

References

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Psychosis should only be diagnosed by a mental health professional or doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Do you hear voices or sounds that people around you cannot hear?

Never Occasionally Sometimes Often

Do you see, feel, or smell or taste things that others can't?

Never Occasionally Sometimes Often

Do you have unusual thoughts or beliefs that others around you don't share?

Never Occasionally Sometimes Often

Do you have difficulty thinking and concentrating in a way which makes your speech sound muddled?

Never Occasionally Sometimes Often

Do you act in ways that other people think are strange or unpredictable?

Never Occasionally Sometimes Often

Do you feel disconnected, or struggle to experience emotions as strongly as you used to?

Never Occasionally Sometimes Often

Do any of the above experiences interfere with your usual daily routine?

Never Occasionally Sometimes Often

If you answered 'sometimes' or 'often' to several of these questions, you could be experiencing the symptoms of psychosis. You might find it helpful to speak to a mental health professional about how you're feeling.

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