Frightening things that can go wrong with your mind!

By Rebecca!
Schizophrenia

• Most well-known symptom: hearing voices in your head

• Actually, may include many “positive” and “negative” symptoms
Schizophrenia

Positive symptoms:
- Paranoid or bizarre delusions
- Hallucinations
- Disorganized speech and thinking

Some common delusions:
- Feeling that you are controlled by external force
- Thoughts are being inserted into or withdrawn from your head
- Everything you think is being broadcast to the people around you
Schizophrenia

Hallucinations:
- More commonly auditory
- Voices in your head commenting on your thoughts and actions
- Sometimes say things you find very disturbing, or tell you to do things
- May also see images

Disorganized speech and thinking:
- Saying strings of seemingly random words, making up words
- Changing the subject frequently
- Sometimes complete incoherence
- Echolalia
Schizophrenia

Negative Symptoms:

- Flat affect
- Emotions inappropriate to the situation
- Limited motion (sometimes “waxy flexibility”)

Caused by:

- Both genetic and environmental (stress) factors - just like everything else!
- Also could be influenced by prenatal infection (flu studies)
Schizophrenia

Treatment:

- Antipsychotic medication - working on improving these due to side effects (e.g. tardive dyskinesia)
- Education of patient and family
- Basic life skills training

Prognosis:

- Not so good!
- Some can become functional, others must always be cared for
- Shorter life span (and high suicide rate)
Schizophrenia

In the movies!
  A Beautiful Mind
  Benny & Joon
Dissociative Identity Disorder

“Multiple personality disorder”

Symptoms:
Mainly, having at least 2 distinct personalities that recurrently appear
Personalities act differently and may experience the world in different ways
Significant loss of memory - “losing time”
Sometimes voices of alters in head (confused with Schizophrenia)
To be diagnosed with DID, these must not be due to drugs or other medical disorders (as is usually the case)
Dissociative Identity Disorder

Cause:
- Extreme stress - traumatic childhood abuse
- Lack of nurturing relationship with parent
- Imaginary friends?

Treatment:
- Try to get personalities to integrate back into one person
- Deal with stress and abuse from earlier in life
- Life skills and coping skills if integration fails
Dissociative Identity Disorder

Controversy:

- People very suggestible, easily hypnotized
- Memories can be implanted
- DID encouraged by psychologist

In the movies!

- Sybil (based on a true (if DID is real…)
  story - also a book!)
- Me, Myself & Irene (warning: may not be the most accurate representation)
Tourette’s Syndrome

Best known for:
  Coprolalia!

Actual symptoms:
  Multiple motor tics
  At least one phonic tic (may include coprolalia!)
  Must occur for at least a year
  No longer than 3-month break
  Usually of normal intelligence, healthy in other respects
  Usually begins early in life (around 5-7 years)
Tourette’s Syndrome

About tics:
- Can be temporarily suppressed
- Nonrhythmic
- May be preceded by an urge
- “Unvoluntary”

Treatment:
- Usually no medication
- Education of patient and family about disorder
- Sometimes relaxation techniques

In the movies!
- What About Bob?
Bipolar Disorder

Actually, a set of disorders!
Which include episodes of depression and manic or hypomanic episodes

Manic Episodes:
Elevated, expansive
Increase in energy, decrease in sleep
Euphoric
Irritable, sometimes rage
Sometimes delusions or hallucinations - psychotic symptoms
Bipolar Disorder

Hypomaniac Episodes:
Basically, milder versions of manic episodes

Major Depressive Episodes:
Sadness
Anxiety
Loss of interest
Decreased energy
Etc
Bipolar Disorder

Timing of episodes:
- Usually quite spaced out
- Usually periods of normal mood in between episodes
- Rapid cycling: 4+ episodes in a year
- Ultra rapid cycling: mood shift in 24-48 hours

Treatment:
- Medications such as lithium
- Hard to get patients to comply

In the movies!
- Six Feet Under (not a movie)
Antisocial Personality Disorder

Basically:
- Disregard for and violation of the rights of other people
- Deceit and manipulation
- Aggression
- Recklessness, disregard for safety of self and other people
- No remorse
- Psychopath/sociopath
- Usually starts childhood/ early adolescence
Antisocial Personality Disorder

Treatment:
  Trying to convince patient that it is beneficial to them somehow to follow social rules
  Difficult - can’t really change personality

In the movies!
  No Country For Old Men
OCD

Not just about being clean!

Obsessions:
- Intrusive thoughts
- Different from realistic worries
- When patient resists them, they still don’t go away
- Patient realizes they are not rational
- Cause distress

Examples:
- Thought that you are contaminated
- Thought that you are going to throw your baby out the window
- Worry that you are going crazy
OCD

Compulsions:
Repetitive behaviors usually following rigid rules
Usually meant to prevent something “bad” from happening, or reduce stress of obsessions
Usually unrelated to worry, or excessive

Examples:
Hand-washing
Counting things in groups of 3
Checking
Balancing sides of body

Not to be confused with OCPD, which should probably have a different name
OCD

One possibility - Bibliomania

Compulsion in which patient collects and hoards books to the point where it interferes with other aspects of their life.

Wikipedia says:
“Other abnormal behaviors involving books include book-eating (bibliophagy), compulsive book-stealing (bibliokleptomania), book-burying (bibliotaphy), bibliocaust, etc”

Interesting!

In the movies!
As Good As It Gets
Munchausen’s Syndrome

Basically:

- Faking medical symptoms in order to get treatment, attention, and sympathy
- Sometimes very knowledgeable about medicine and can confuse and manipulate doctors with their symptoms
- Sometimes cause actual problems: may inject foreign substances into veins to cause infection
Munchausen’s Syndrome

Something very scary:

- Munchausen’s Syndrome by proxy
- Formally known as “Fabricated or Induced Illness”
- Causing illness in another person for similar reasons, usually your child

In the movies!

- The Sixth Sense
Dissociative Fugue

Loss of memory about some or all of your past (type of amnesia)

Fugue state occurs when you travel away from home suddenly

Usually start a new life, and develop a new identity

In the movies!
Amnesia: The James Brighton Enigma
Pain Disorder

Symptoms:
- Pain in one or more body area
- Lasts at least six months
- Impairs functioning in some way
- Patient is not purposefully causing the pain
- Not due to any physiological condition
- This really sucks!

Treatment:
- Coping strategies for dealing with pain
- Psychologist must keep in mind that patient may actually have something physical that hasn’t been identified yet
Muscle Dysmorphia

Symptoms:

- Obsession with not being muscular enough!
- Strict diet and exercise regimen
- Very upset if don’t adhere to it
- Exercise interferes with rest of life
- Hold self to impossible standards
- Usually starts in late teens
Muscle Dysmorphia

Sometimes called reverse anorexia
I didn’t even make that up!

Has been attributed to exposure to “characters of unattainable musculature in children’s cartoons” by an actual psychiatrist.
Trichotillomania

Symptoms:
- Urge to pull out hair
- May get bald patches on head, in eyebrows, in pubic region
- Often try to hide bald patches, don’t want to draw attention
- Often have anxiety, low self-esteem, or other symptoms

Related Problems:
- Patients may also eat the hair, this is called trichophagia
- Results in a trichobezoar - known as Rapunzel syndrome (much prettier name)
Paris Syndrome

Psychological breakdown due to traveling to Paris
Most common in Japanese tourists

May be due to:
  Language barrier
  Cultural differences
  Idealized image of Paris
  Exhaustion

24-hour hotline at Japanese embassy to deal with culture shock
Sometimes must be flown back to Japan with doctor on board
Some delusions

Capgras Delusion
The belief that some or all of your close friends and relatives have been replaced by identical imposters

Fregoli Delusion
The belief that many different people you encounter are actually the same person in disguise (and you are usually being persecuted by this person)

Cotard Delusion
The belief that you are dead and putrefying, or do not exist
Sometimes believe you are immortal
The End!