

# Schizophrenia

Mabrouka alsyd (2102), Imbarkah Alkasher (2695),  
and Mohammed Salem (2452)

First Year PharmD Students, Academic Year 2019/2020  
Faculty of Pharmacy, Libyan International Medical University

## Schizophrenia

Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling. Symptoms of schizophrenia usually start between ages of 16 and 30.

## Risk Factors

Because the causes of schizophrenia are still unknown there are several risks :

- Family History
- Exposure to viruses
- Malnutrition before birth
- Problems during birth
- Psychosocial factors



## Symptoms

Positive symptoms

- Hallucinations
- Delusions
- Thought disorders
- Movement disorders

Negative symptoms

- Flat affect
- Reduced feelings of pleasure
- Difficulty sustaining activities
- Reduced speaking



## Problems facing schizophrenic patients

- Anxiety and depression
- Problems with drug and alcohol use
- Health problems caused by smoking



## Treatment

Antipsychotics are usually recommended as the initial treatment for the symptoms of an acute schizophrenic episode. Other methods for the treatment of schizophrenia can be used such as: psychological treatments, cognitive behavioral therapy, family therapy and arts therapy.



## Summary

Schizophrenia is a psychological disorder characterized by positive and negative symptoms. Family history, psychological factors are some of its risk factors. The most recommended treatment for this disease is antipsychotic drug. However, family and art therapy may be used as well.

## References:

- 1-Available on (2020) <https://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>
- 2-Available on (2020) <https://www.nhs.uk/conditions/schizophrenia/treatment/file:///C:/Users/HP/Desktop/Schizophrenia-YHIM>