



Analysing Psychosis Types and Its Diagnostic Techniques

Rochelle Winjer[†]

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Description

Psychosis is a broad term that encompasses a range of mental health conditions characterized by a disconnection from reality. This disconnection can appear in various forms, including hallucinations, delusions and impaired vision. Understanding the different types of psychosis and the diagnostic techniques used to identify them is essential for effective treatment and management. It provides an overview of the main types of psychosis and the diagnostic methods employed to differentiate and diagnose these conditions. Schizophrenia is one of the most well-known psychotic disorders, characterized by persistent and severe symptoms that impact daily functioning. It often involves a combination of hallucinations, delusions, disorganized thinking and impaired social or occupational functioning. Positive Symptoms these include hallucinations (typically auditory), delusions (fixed false beliefs) and disorganized speech. Negative Symptoms these include diminished emotional expression, reduced ability to experience pleasure and social withdrawal. Cognitive symptoms include impaired attention, memory and executive functioning.

Schizophrenia is typically diagnosed based on a thorough psychiatric evaluation and history. Diagnostic criteria include the presence of symptoms for at least six months, with at least one month of active symptoms. Schizoaffective

disorder combines symptoms of schizophrenia with mood disorder symptoms, such as depression or mania. Patients experience psychotic symptoms and mood disturbances concurrently or sequentially. The disorder includes symptoms of both schizophrenia (hallucinations, delusions) and mood episodes (depressive or manic). To meet diagnostic criteria, psychotic symptoms must persist even when mood symptoms are not present. Diagnosis involves identify mood disorders and ensuring that psychotic symptoms persist independently of mood episodes. The presence of both schizophrenia and mood disorder symptoms must be established over a significant period.

Bipolar disorder involves mood swings between depressive and manic or hypomanic states. In some cases, psychotic symptoms, such as hallucinations or delusions, occur during severe mood episodes. During manic or depressive episodes, individuals may experience psychotic symptoms that align with their mood state. For example, delusions of vanity may accompany mania, while paranoia may occur during depression. Diagnosis is based on the presence of psychotic symptoms in conjunction with mood episodes. The psychotic features must be directly related to the mood disturbance and not a separate psychotic disorder. Delusional disorder is characterized by the presence of one or more

Department of Psychiatry and Addiction, Universite de Montreal, Quebec, Canada

[†]**Author for Correspondence:** Rochelle Winjer, Department of Psychiatry and Addiction, Universite de Montreal, Quebec, Canada
email: rochelle_winjer@um11.ca

delusions that persist for at least one month. Unlike schizophrenia, delusional disorder does not include significant hallucinations or disorganized thinking. Brief psychotic disorder is marked by the sudden onset of psychotic symptoms that last for at least one day but less than one month. Symptoms may include hallucinations, delusions and disorganized speech or behavior.

The disorder often follows a traumatic or stressful event. Symptoms are transient and typically resolve within a month. Diagnosis is based on the presence of psychotic symptoms for a short duration, with the exclusion of other psychotic disorders or substance-related conditions. Substance-induced psychotic disorder occurs when psychotic symptoms are directly attributable to substance use, such as drugs or alcohol or exposure to toxins. Diagnosis involves confirming that the psychotic symptoms are related to substance use, with a thorough history and assessment of substance use patterns. Symptoms should not persist after substance withdrawal or cessation.

■ Diagnostic techniques

Accurate diagnosis of psychosis requires a complete assessment that includes the following techniques. The clinical interview is the essential component of psychiatric diagnosis. It involves a detailed discussion of the patient's symptoms, history and functioning. A psychiatric evaluation includes standardized diagnostic tools and assessments. Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5) provides

criteria for diagnosing psychotic disorders, including symptom duration, severity and impact on functioning. Tools like the Structured Clinical Interview for DSM (SCID) provide a systematic approach to diagnosing mental health conditions based on DSM-5 criteria. Techniques such as Magnetic Resonance Imaging (MRI) or Computed Tomography (CT) scans may be used to identify structural brain abnormalities that could contribute to psychosis. Blood tests or toxicology screenings determining medical conditions or substance use that could cause psychotic symptoms.

Conclusion

Psychosis encompasses a range of disorders characterized by disruptions in reality perception, including schizophrenia, schizoaffective disorder, bipolar disorder with psychotic features, delusional disorder, brief psychotic disorder and substance-induced psychotic disorder. Accurate diagnosis is vital for effective treatment and involves a combination of clinical interviews, psychiatric evaluations, laboratory and imaging tests and differential diagnosis. Understanding the types of psychosis and employing comprehensive diagnostic techniques can lead to better management strategies, improving outcomes for individuals experiencing these challenging conditions. Continued studies and advancements in diagnostic methodologies hold potential for enhancing the accuracy of diagnosis and the effectiveness of treatment in psychotic disorders.