

PSYCHOSIS

DID YOU KNOW?

Psychosis describes several mental health problems – including schizophrenia, psychotic depression, schizoaffective disorder and drug-induced psychosis – that cause a person to lose contact with reality. These illnesses disrupt a person’s life by causing severe disturbances in thinking, emotion and behavior.

Psychosis is rare compared to other mental health problems. The most common forms of psychosis – schizophrenia and bipolar disorder – affect about 2% of American adults.

Prevalence of Psychosis in U.S. Adults

Disorder	Total %
All forms of Psychosis	3
Schizophrenia	1
Psychotic Depression	
Schizoaffective Disorder	
Drug-Induced Psychosis	

CAUSES

A combination of factors – such as genetics, biochemistry and stress – interact to cause psychosis.

Symptoms usually begin in later adolescence or early adulthood and may include:

- Changes in emotion and motivation
 - Depression
 - Anxiety
 - Irritability
 - Suspiciousness
 - Blunt, flat or inappropriate emotion
 - Change in appetite
 - Reduced energy or motivation

- Changes in thinking and perception
 - Difficulties with concentration or attention
 - Sense of alteration of self, others or the outside world
 - Odd ideas
 - Unusual perceptual experiences (e.g., a greater or reduced sense of smell, sound or color)

- Changes in behavior
 - Sleep disturbances
 - Social isolation or withdrawal
 - Reduced ability to carry out work and social roles.

Treatment works for people experiencing psychosis. If you or a loved one shows signs, seek help from your community behavioral healthcare center.

Visit www.thenationalcouncil.org to find a community behavioral health center near you.