



Understanding and Coping with Psychosis

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Description

Psychosis is a mental health condition characterized by a loss of touch with reality. People with psychosis may experience delusions, hallucinations, disorganized thinking, and abnormal behavior. Psychosis can be a symptom of several different mental illnesses, including schizophrenia, bipolar disorder, and severe depression.

Physicians are faced with one of the most difficult clinical scenarios while treating children or adolescents with psychosis. These youngsters experience interpersonal issues, perceptual problems, cognitive delays, and maladaptive functioning in addition to difficulties across all developmental domains. Young people's psychosis diagnoses can have catastrophic effects on families and be expensive for society [1-3].

Many definitions of psychosis exist, but they all have a severe impairment of mental functioning with disturbance in reality testing, or the inability to assess the outside world and distinguish it from one's own. Accurate perception, well-structured mental processes, and adaptability in interpersonal relationships are necessary for reality testing. The hallmarks of psychosis include delusions and hallucinations as well as difficulties with reality testing [4-6].

Seizures and some types of psychosis have a close relationship. The correlation between psychosis and seizures may be even higher in children because epilepsy is more prevalent in children than in adults. Psychosis is most frequently categorised in connection to epilepsy based on the time when episodes take place. Six to ten percent of epileptics may experience postictal psychosis. Mood disturbance may also co-occur with psychosis. Postictal psychosis may be preceded by sleep disruption [7-10].

■ Symptoms of Psychosis

It can be frightening and confusing for both the person experiencing them and their loved ones. It is important for people with psychosis to receive prompt and effective treatment. This may include medication, therapy, and support from mental health professionals and family members.

The symptoms of psychosis can vary depending on the underlying cause and the individual experiencing them, but some common symptoms may include:

Delusions: False beliefs that are not based in reality, such as thinking that someone is out to harm you or that you have special powers or abilities.

Hallucinations: Sensory experiences that are not based in reality, such as hearing voices or

seeing things that are not there.

Disorganized thinking: Difficulty organizing thoughts or expressing them in a way that makes sense to others.

Abnormal behavior: Behaving in ways that are not appropriate or typical, such as speaking in a strange or incomprehensible manner, exhibiting erratic or impulsive behavior, or withdrawing from social interaction.

Catatonia: Unresponsiveness to stimuli, abnormal movements, or maintaining an unusual posture.

Paranoia: A strong sense of unease and mistrust towards other people, as though

someone is keeping watch or intends to harm them.

These symptoms can interfere with daily life and may cause significant distress or impairment in social, occupational, or academic functioning. It is important to seek help if someone is experiencing symptoms of psychosis.

Early intervention is critical in managing psychosis and preventing further complications. If someone is experiencing symptoms of psychosis, it is important to seek professional help right away. With the right treatment and support, many people with psychosis can manage their symptoms and lead fulfilling lives.

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