

# Treatment and Diagnosis of Individuals with Schizophrenia

BY LAUREN DAILEY SMALLING, MSW,  
LCSW



# Schizophrenia According to the DSM 5





# Who Am I?

LAUREN SMALLING, MSW, LCSW – WIFE, MOTHER, SOCIAL WORKER



# How Do I Know?

Delusions

Hallucinations

Disorganized Thinking

Catatonia

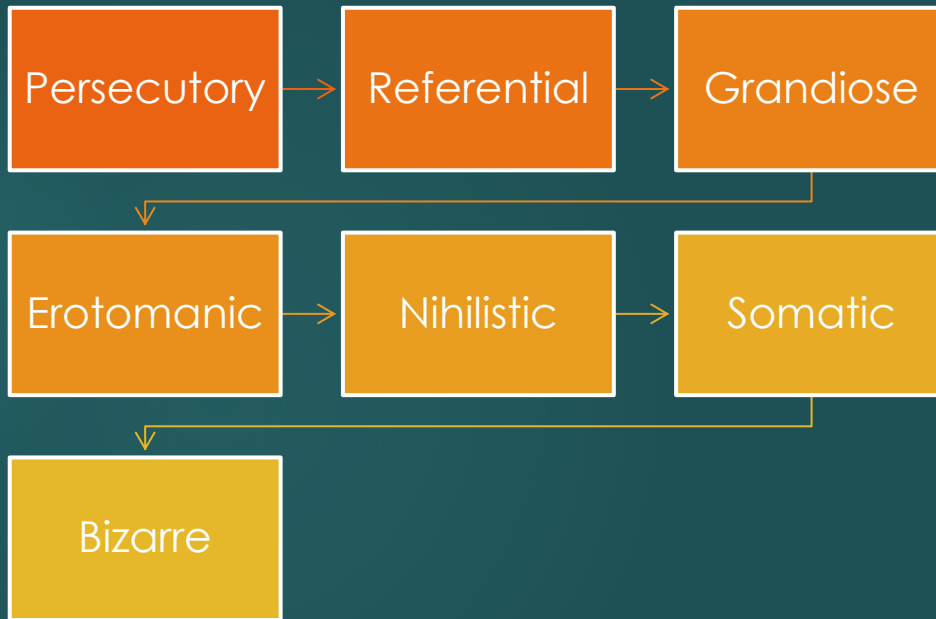
Negative Symptoms





# How Do I Know?

## *Delusions*





How Do I  
Know?  
*Hallucinations*



---

Auditory

---

Visual

---

Tactile

---

Olfactory



How Do I  
Know?  
*Disorganized  
Thinking and  
Catatonia*

Derailment

Loose Associations

Abnormal Behavior

Akinetic

Excited

Malignant

How Do I  
Know?  
*Negative  
Symptoms*



---

Diminished Emotional  
Expression

---

Alogia

---

Anhedonia

---

Asociality



# A Word On Paranoia





# Treating Schizophrenia

GROUNDING  
CBT







# Medications





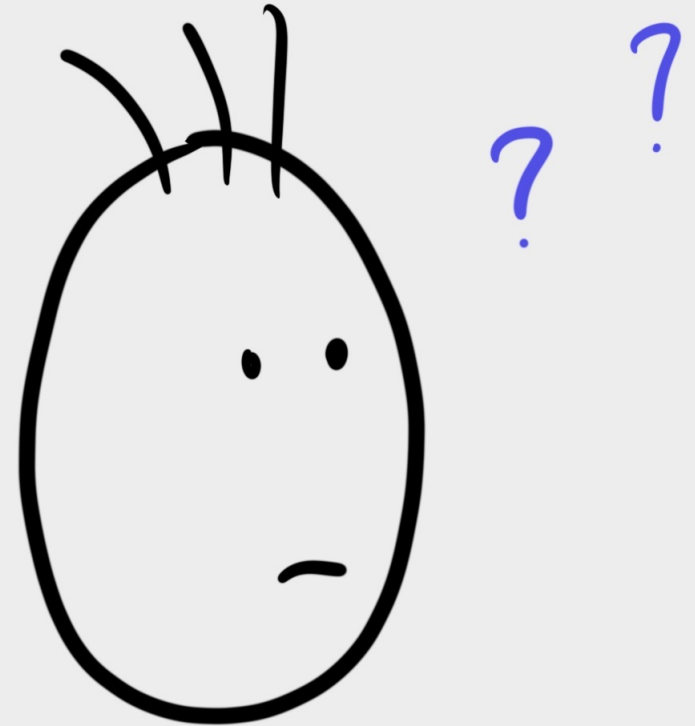
# Communication and Wrap Around Services





# Schizophrenia in Adolescents

WHY DO WE HESITATE?





# The Schizophrenia Spectrum

Schizophrenia

Schizophreniform

Schizoaffective Disorder, Bipolar and Depressive type

Schizoid Personality Disorder

Schizotypal Personality Disorder

nia; brief psychotic disorder; delusional disorder; other specified and unspecified psychotic disorders; schizotypal, schizoid, or paranoid personality disorders; autism spectrum disorder; disorders presenting in childhood with personality disorders; autism spectrum disorder; disorders presenting in childhood with personality disorders; attention-deficit/hyperactivity disorder; obsessive-compulsive disorder; posttraumatic stress disorder; and traumatic brain injury.

Since the diagnostic criteria for schizophreniform disorder and schizophrenia differ primarily in duration of illness, the discussion of the differential diagnosis of schizophrenia also applies to schizophreniform disorder.

Schizophreniform disorder differs in duration from brief psychotic disorder, which has a duration of less than 1 month.

## Schizophrenia

295.90 (F20.9)

### Diagnostic Criteria

- A. Two (or more) of the following, each present for a significant portion of time during a 1-month period (or less if successfully treated). At least one of these must be (1), (2), or (3):
  1. Delusions.
  2. Hallucinations.
  3. Disorganized speech (e.g., frequent derailment or incoherence).
  4. Grossly disorganized or catatonic behavior.
  5. Negative symptoms (i.e., diminished emotional expression or avolition).
- B. For a significant portion of the time since the onset of the disturbance, level of functioning in one or more major areas, such as work, interpersonal relations, or self-care, is markedly below the level achieved prior to the onset (or when the onset is in childhood or adolescence, there is failure to achieve expected level of interpersonal, academic, or occupational functioning).
- C. Continuous signs of the disturbance persist for at least 6 months. This 6-month period must include at least 1 month of symptoms (or less if successfully treated) that meet Criterion A (i.e., active-phase symptoms) and may include periods of prodromal or residual symptoms. During these prodromal or residual periods, the signs of the disturbance may be manifested by only negative symptoms or by two or more symptoms listed in Criterion A present in an attenuated form (e.g., odd beliefs, unusual perceptual experiences).
- D. Schizoaffective disorder and depressive or bipolar disorder with psychotic features have been ruled out because either 1) no major depressive or manic episodes have occurred concurrently with the active-phase symptoms, or 2) if mood episodes have occurred during active-phase symptoms, they have been present for a minority of the total duration of the active and residual periods of the illness.
- E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition.
- F. If there is a history of autism spectrum disorder or a communication disorder of childhood onset, the additional diagnosis of schizophrenia is made only if prominent delusions or hallucinations, in addition to the other required symptoms of schizophrenia, are also present for at least 1 month (or less if successfully treated).

100

### Schizophrenia Spectrum and Other Psychotic Disorders

**First episode, currently in partial remission:** Partial remission is a period of time during which an improvement after a previous episode is maintained and in which the defining criteria of the disorder are only partially fulfilled.

**First episode, currently in full remission:** Full remission is a period of time after a previous episode during which no disorder-specific symptoms are present.

**Multiple episodes, currently in acute episode:** Multiple episodes may be determined after a minimum of two episodes (i.e., after a first episode, a remission and a minimum of one relapse).

**Multiple episodes, currently in partial remission**

**Multiple episodes, currently in full remission**

**Continuous:** Symptoms fulfilling the diagnostic symptom criteria of the disorder are remaining for the majority of the illness course, with subthreshold symptom periods being very brief relative to the overall course.

**Unspecified**

Specify if:

**With catatonia** (refer to the criteria for catatonia associated with another mental disorder, pp. 119–120, for definition).

**Coding note:** Use additional code 293.89 (F06.1) catatonia associated with schizophrenia to indicate the presence of the comorbid catatonia.

Specify current severity:

Severity is rated by a quantitative assessment of the primary symptoms of psychosis, including delusions, hallucinations, disorganized speech, abnormal psychomotor behavior, and negative symptoms. Each of these symptoms may be rated for its current severity (most severe in the last 7 days) on a 5-point scale ranging from 0 (not present) to 4 (present and severe). (See Clinician-Rated Dimensions of Psychosis Symptom Severity in the chapter "Assessment Measures.")

**Note:** Diagnosis of schizophrenia can be made without using this severity specifier.

### Diagnostic Features

The characteristic symptoms of schizophrenia involve a range of cognitive, behavioral, and emotional dysfunctions, but no single symptom is pathognomonic of the disorder. The diagnosis involves the recognition of a constellation of signs and symptoms associated with impaired occupational or social functioning. Individuals with the disorder will vary substantially on most features, as schizophrenia is a heterogeneous clinical syndrome.

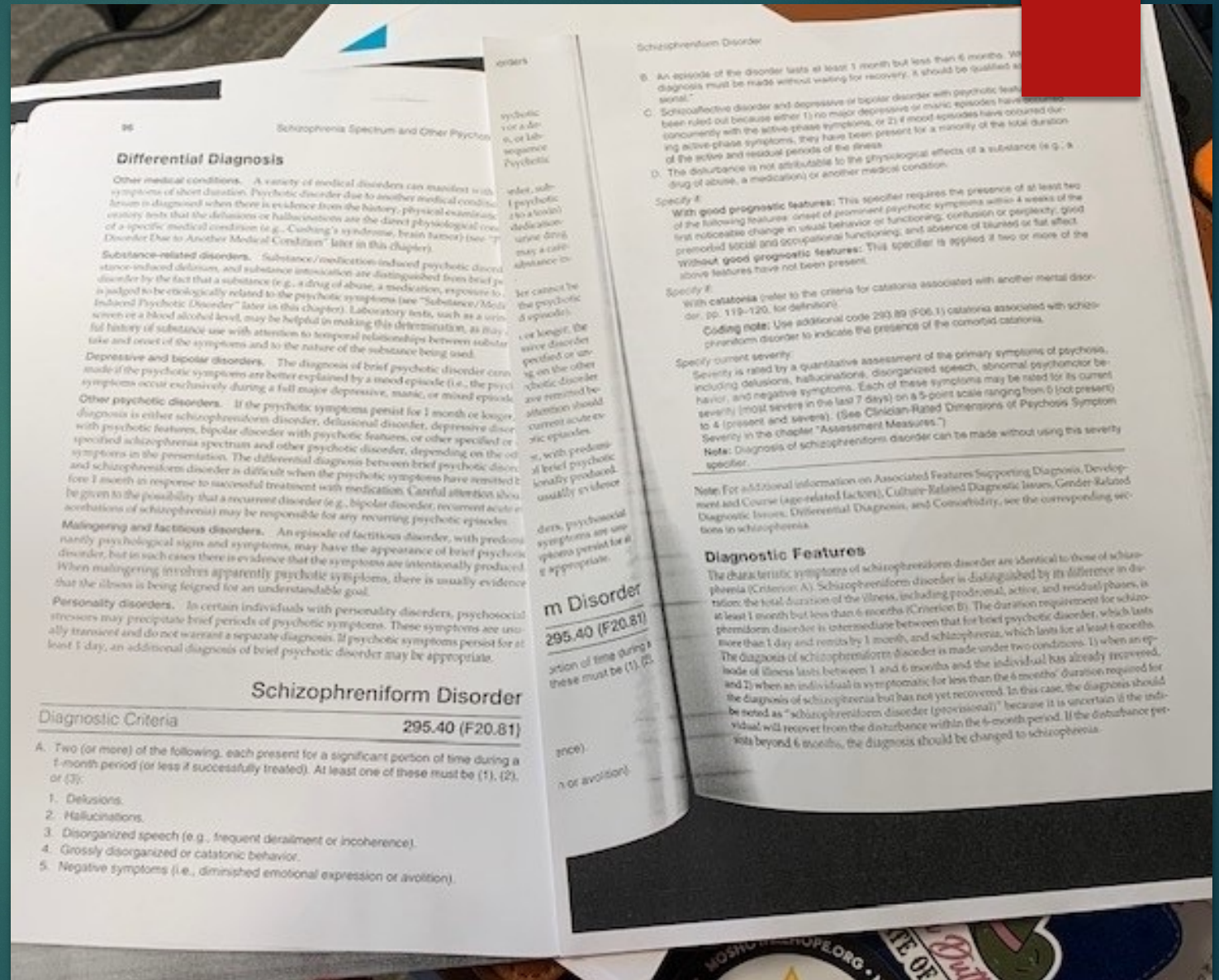
At least two Criterion A symptoms must be present for a significant portion of time during a 1-month period or longer. At least one of these symptoms must be the clear presence of delusions (Criterion A1), hallucinations (Criterion A2), or disorganized speech (Criterion A3). Grossly disorganized or catatonic behavior (Criterion A4) and negative symptoms (Criterion A5) may also be present. In those situations in which the active phase symptoms remit within a month in response to treatment, Criterion A is still met if

# Schizophrenia



# Schizophreniform

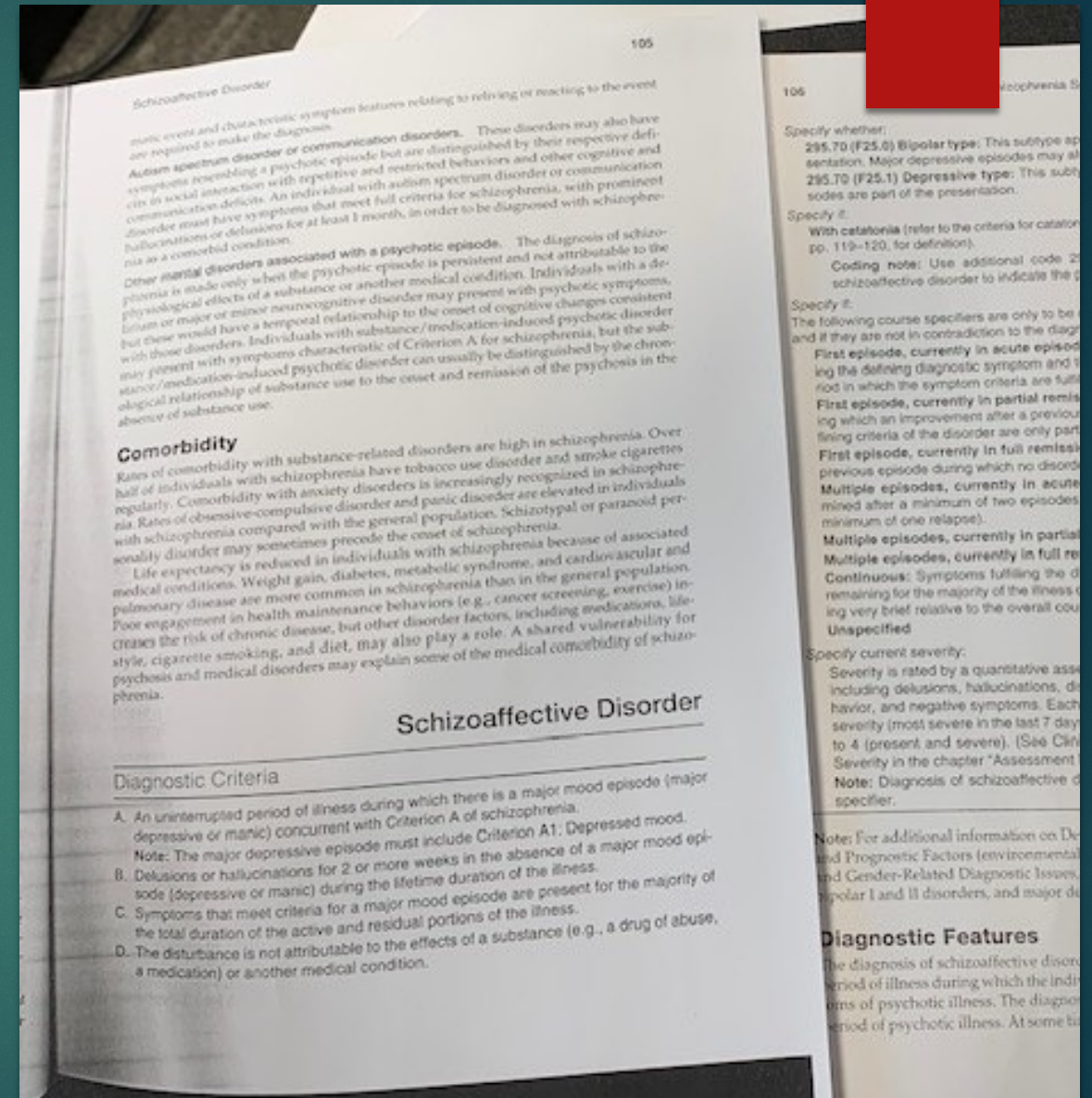
► Not as common





# Schizoaffective

- ▶ Bipolar
- ▶ Depressive



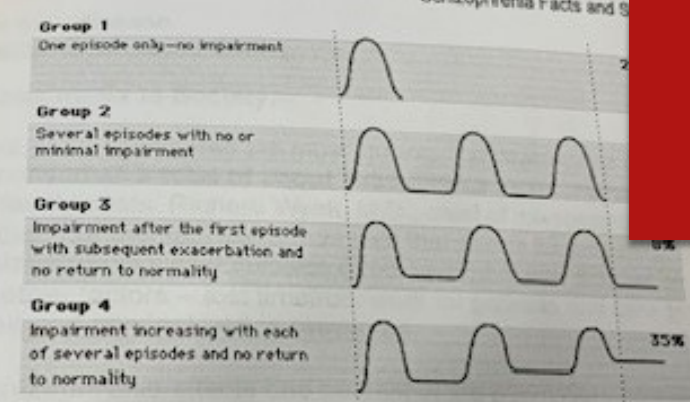


# Charts and Graphs

## Age at Onset

## Episodes of Schizophrenia

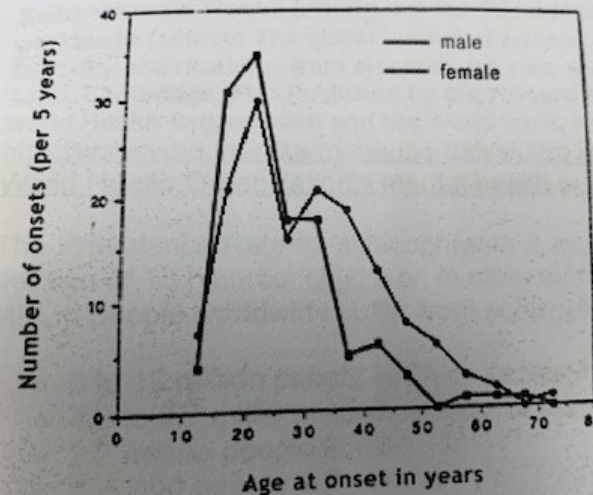
## Risks of Getting Schizophrenia



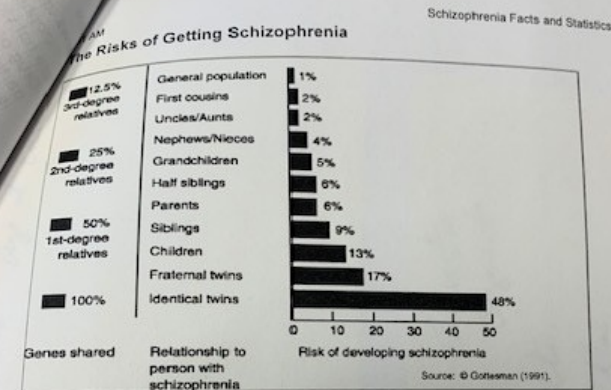
After 10 years, of the people diagnosed with schizophrenia:

- 25% Completely Recover
- 25% Much Improved, relatively independent
- 25% Improved, but require extensive support network
- 15% Hospitalized, unimproved
- 10% Dead (Mostly Suicide)

women. Schizophrenia onset is quite rare for people under 40 years of age. The diagram below demonstrates the for schizophrenia in men and women, from a represen



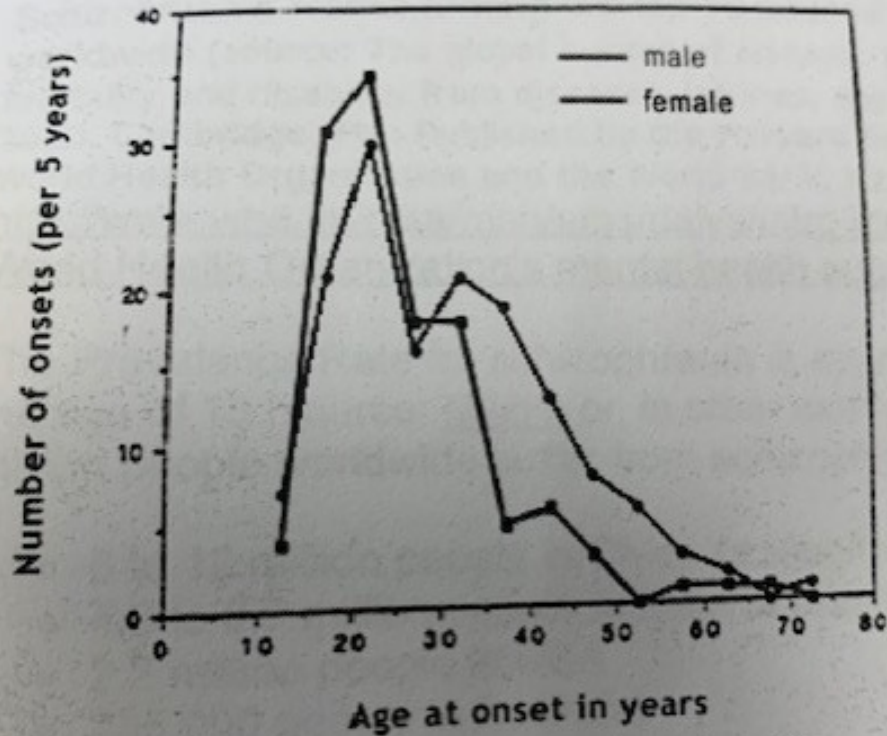
Source: A typological model of schizophrenia based on morbidity. *Acta Psychiatrica Scand.* 89, 135-141 (1994).



After a person has been diagnosed with schizophrenia in a family, the chance for a sibling to also be diagnosed with schizophrenia is 7 to 9 percent. If a parent has schizophrenia, the chance for a child to have the disorder is 10 to 15 percent. Risks increase with multiple affected family members.



AM  
Schizo  
women; whereas most males become ill between 16  
develop symptoms several years later, and the incid  
higher in women after age 30. The average age of o  
women. Schizophrenia onset is quite rare for peopl  
40 years of age. The diagram below demonstrates  
for schizophrenia in men and women, from a repre



Age at onset in schizophrenia

Source: A typological model of schizophrenia based on age at onset and family morbidity. *Acta Psychiatrica Scand.* 89, 135-141 (1994)

The diagram below represents the differences in age at onset for men and women who have schizophrenia. Schizophrenia tends to hit younger males

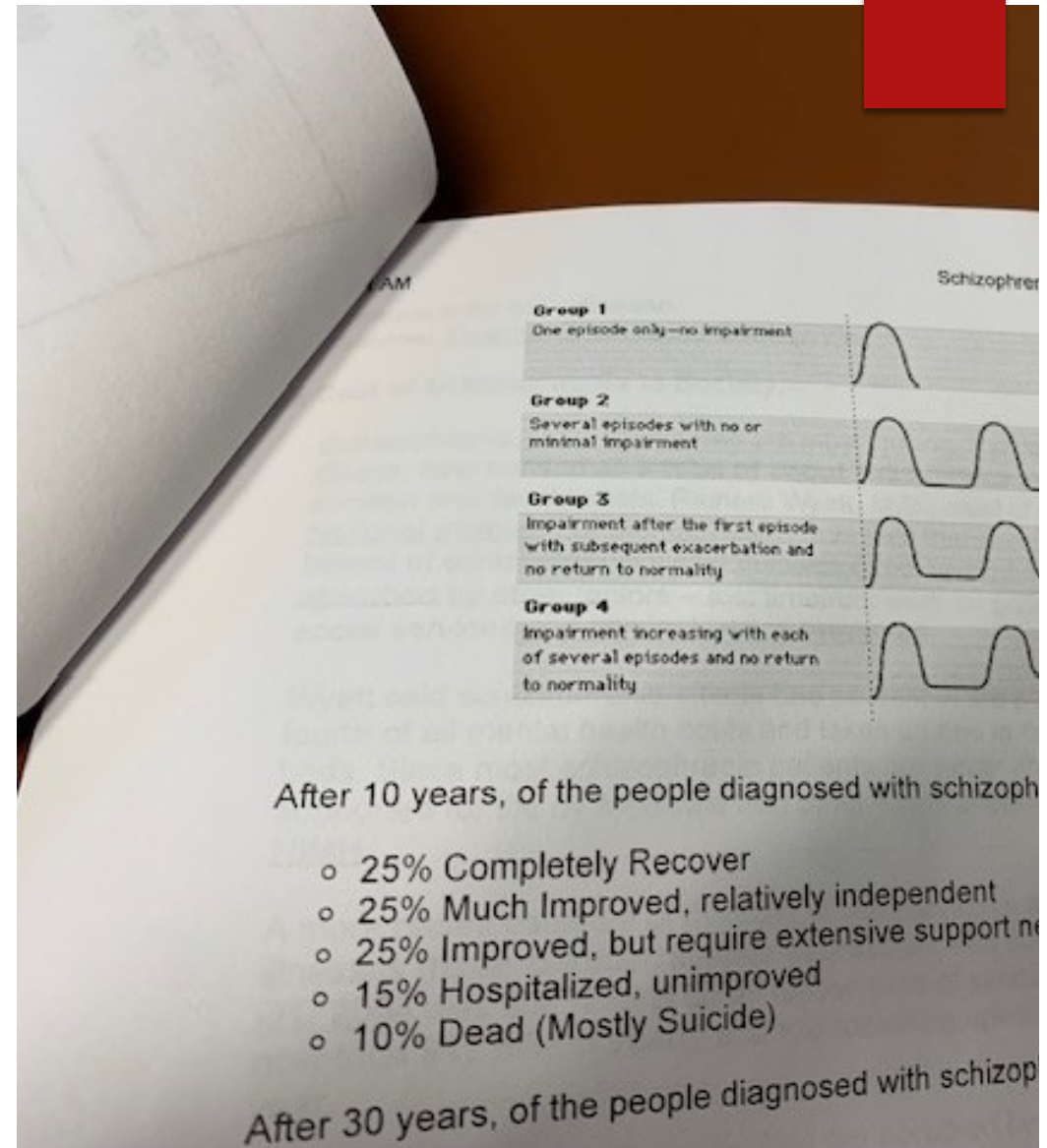
# Age at Onset

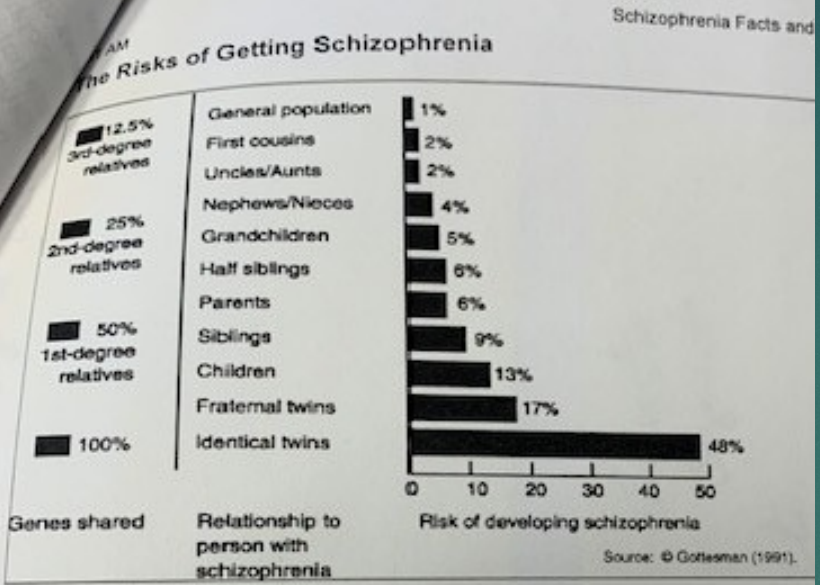
- ▶ Men: Between ages 16 and 25
- ▶ Women: Age 30 or later
- ▶ Rare in children under 10 or adults over 40



# Episodes of Schizophrenia

- ▶ After ten years, of those diagnosed: 25 % completely recover, 25 % are much improved, 25% require extensive support, and 10% die (mostly by suicide)





After a person has been diagnosed with schizophrenia in a family for a sibling to also be diagnosed with schizophrenia is 7 to 9 percent. If a parent has schizophrenia, the chance for a child to have the disorder is 15 percent. Risks increase with multiple affected family members.

# Risks of Getting Schizophrenia

Copyright 1996-2010. Schizophrenia.com. The Internet Mental Health Initiative. All Rights Reserved.

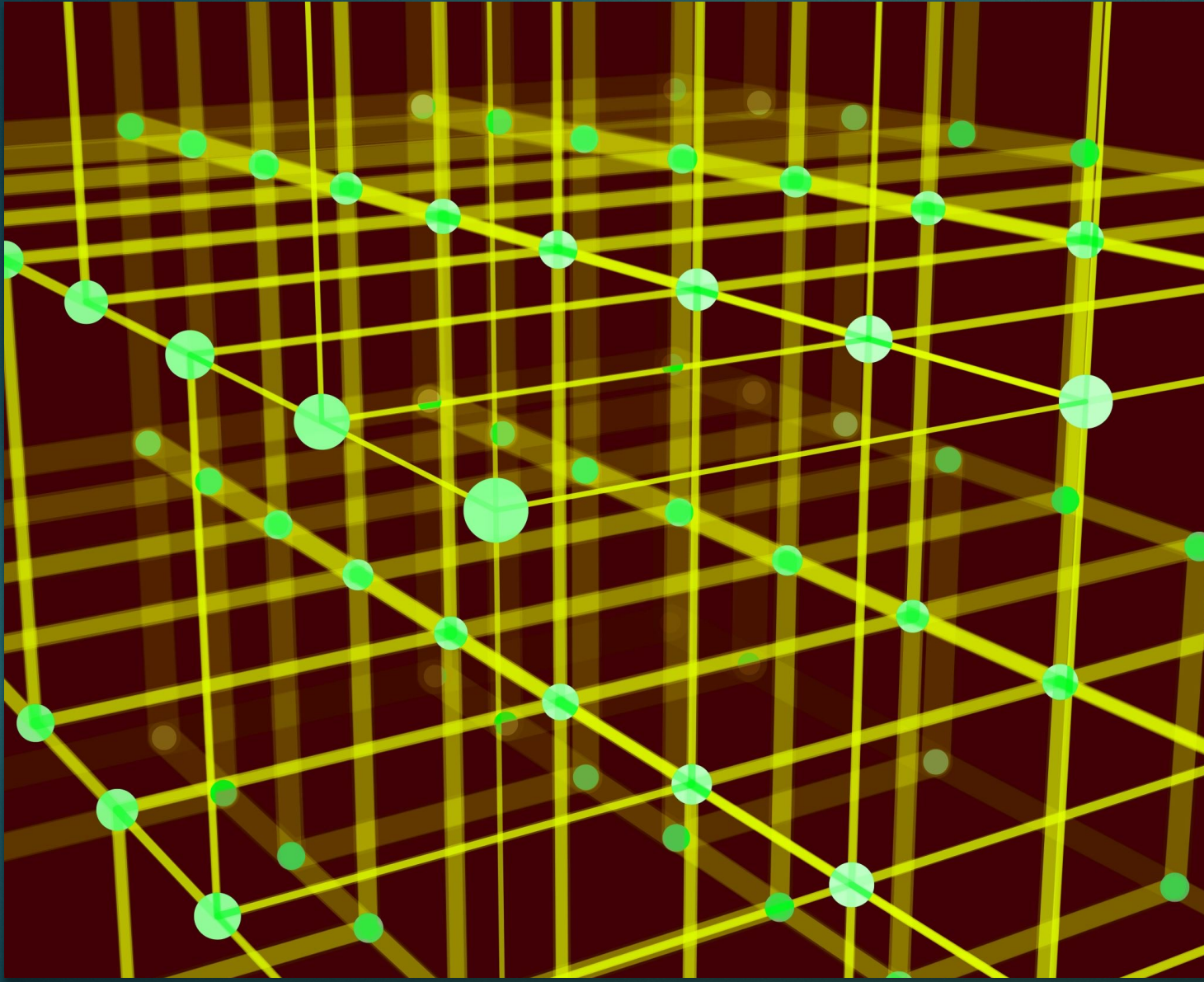
This site does not provide medical or any other health care or fitness advice, including the information above, are for informational purposes only and are not intended to be used for diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Do not delay seeking or disregard medical advice based on information obtained from this site. Schizophrenia.com makes efforts to update the content on this site and while Schizophrenia.com, including information about herbal supplements, is not intended to be used for diagnosis, or treatment and therefore the information is not intended to be used for diagnosis, or treatment.



# The Importance of the DSM 5







# Interactive Segment



# Eli

- ▶ My name is Eli, and I am a twenty-seven year old Caucasian male. I first started hearing voices when I was six years old. I heard the voice of Satan telling me to give me back his wallet. I did not hear the voices all the time, just sometimes at night. I was very good at school making straight A's all through high school and graduated with a 4.0 grade point average. I did not make it through college though, because I started worrying that my professors were actually aliens trying to extract information about the planet from my brain. I was hospitalized once at the age of twenty after I was found barking in the subway at some people I believed to be aliens. Police were called, and I went straight to the hospital where I stayed for seven days. While in the hospital, I was convinced that I was actually staying in a spaceship on my way to Luna, a planet that has not yet been discovered by people on Earth. I was put on anti-psychotic medication which I took until recently. Since I stopped taking my medications, I started having thoughts about the aliens again.





# Questions for Eli

Have you ever been diagnosed with anything before?

Do you have any history of substance use?

Do you mind completing depression and anxiety assessments with me?

How long did you stay on your medications?

Do you have any medical conditions?

Were you ever hospitalized after the first time?

What's the longest that you remember having these thoughts about aliens?

Have you ever had suicidal thoughts?







# Ella

- ▶ **Hi, I'm Ella, and I am a 30-year old female with a history of Bipolar Disorder. I refuse to take medications, because they do not help, and I am an artist and cannot be contained within the confines of pills and taking pills. I was diagnosed as a teenager after I vandalized the school. They said I was "experiencing psychotic features." I guess that's on account of me telling the teacher who found me that I was commissioned to paint the mural I was working on. Despite being told by doctors that I need medications, I continue to live life as a free lance artist surfing on couches. I smoke marijuana every day and methamphetamines when I can get it. I have never injected.**



# Questions for Ella





# Noah

- ▶ Hello. I am a ten-year old male who sees shadow people. I have had this superpower for as long as I can remember. At times I think the Pillsbury dough boy is following me. Actually, I know he is. I watched old episodes of “Everest” on Youtube and sometimes think those sherpas want to secretly sabotage the other climbers, but I can’t prove it yet. I never know when the shadow people will follow me, but I am excited for school to start back. I hate being alone. I was told from the doctor in the last hospital I stayed in that I have been monitored for a year and that I was symptomatic, or “crazy,” for half the time. I’ll never eat a Grands biscuit.





# Questions for Noah

I see you just had a birthday – Happy birthday Noah!

Do you remember how many times you have been in the hospital?

What grade are you going into?

Do you mind if I ask your parent/legal guardian some questions as well?

What is your sleep schedule like?

Do you see the shadow people at night, or during the day, or both?

(To Mom) Are you open to Noah taking medications?

Do you feel like the shadow people are there to hurt you?

Do the shadow people ever speak to you?

Have you ever had outpatient therapy before?



## Quotes About Schizophrenia

“I needed to put two critical ideas together: that I could both be mentally ill and lead a rich and satisfying life.”

— Elyn R. Saks, “The Center Cannot Hold: My Journey Through Madness”

“As well as being one of the worst things that can happen to a human being, schizophrenia can also be one of the richest learning and humanizing experiences life offers.”

— Mark Vonnegut in his “Letter to Anita” at the end of “The Eden Express: A Personal Account of Schizophrenia”

“People are always selling the idea that people who have mental illness are suffering. But it’s really not so simple. I think mental illness or madness can be an escape also.”

— John Nash, PBS interview

“Perhaps it is good to have a beautiful mind, but an even greater gift is to discover a beautiful heart.”

— John Nash

“Even though the Voices were far more intense in the hospital than before, in some ways they were less frightening. When I was in high school and college, they had sneaked up on me, blasting out of the airwaves almost without warning. By now, they had become almost familiar. I hated them. I suffered from them. But they seemed almost a normal part of living. I knew them. I understood them and they understood me.”

— Lori Schiller, “The Quiet Room: A Journey Out of the Torment of Madness”





## Closing Thoughts and Recommendations



# References

DSM – 5

Schizophrenia.com (charts and stats)

Webmd.com/schizophrenia/ss/slideshow-schizophrenia-famous-names (images)

Psychcentral.com/schizophrenia/quotes-on-living-with-schizophrenia#schizophrenia-quotes (quotes)

Better Off Dead (1985)