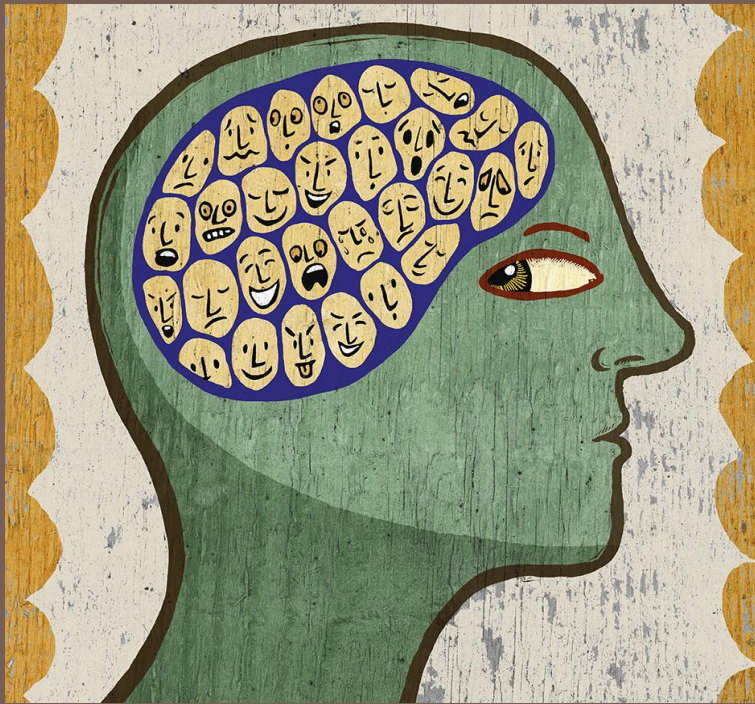


# Psychoeducational Manual For Families Of People With Schizophrenia



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# Affects of Schizophrenia on families



- **Schizophrenia affects every aspect of patients and their family's life.**
- **Families have an important role in managing the disease.**
- **Families want to be part of the treatment and are ready to support their loved ones through recovery.**

# Why psychoeducation is important?

- **Families with schizophrenia patient perceive some sort of stigma.**
- **Stigma roots in the lack of social knowledge and public awareness about this disease.**
- **When you know about the disease and it's complications its easier cope with.**

# Lack of awareness about schizophrenia

- **85 percent of Americans recognize that schizophrenia is a disorder, but only 24 percent are actually familiar with it.**
- **According to a 2008 survey by the National Alliance on Mental Illness (NAMI), 64 percent of people can't recognize its symptoms or think the symptoms include a “split” or multiple personalities.**

# Myths about schizophrenia

- 1. People with schizophrenia are dangerous, unpredictable and out of control.**
- 2. Schizophrenia is purely genetic.**
- 3. Medications make patients worse**
- 4. Individuals with schizophrenia can never regain normal functioning.**
- 5. Schizophrenia is untreatable.**

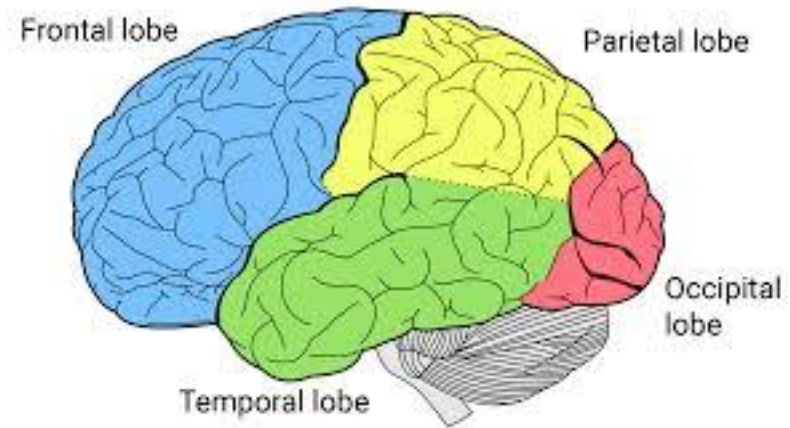
# Benefits of psychoeducation



- **Increasing Medication compliance**
- **Lowering relapse**
- **Lowering hospitalization rate**

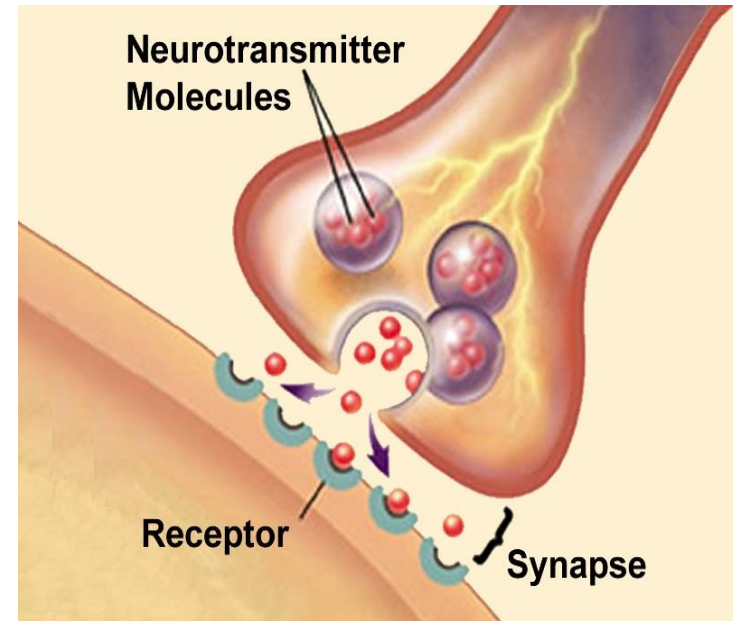
# Normal brain

- **Frontal lobes: control the emotions and personality.**
- **Parietal lobes: is responsible for sensation and perception.**
- **Temporal lobes: Process our hearing**
- **Occipital lobes: process visual information**



# Neurons and Neurotransmitters

- **Neurons transfer information from one to another using neurotransmitters.**
- **Some disease or drugs change the amount or way of transferring these neurotransmitters**





# Dopamine theory

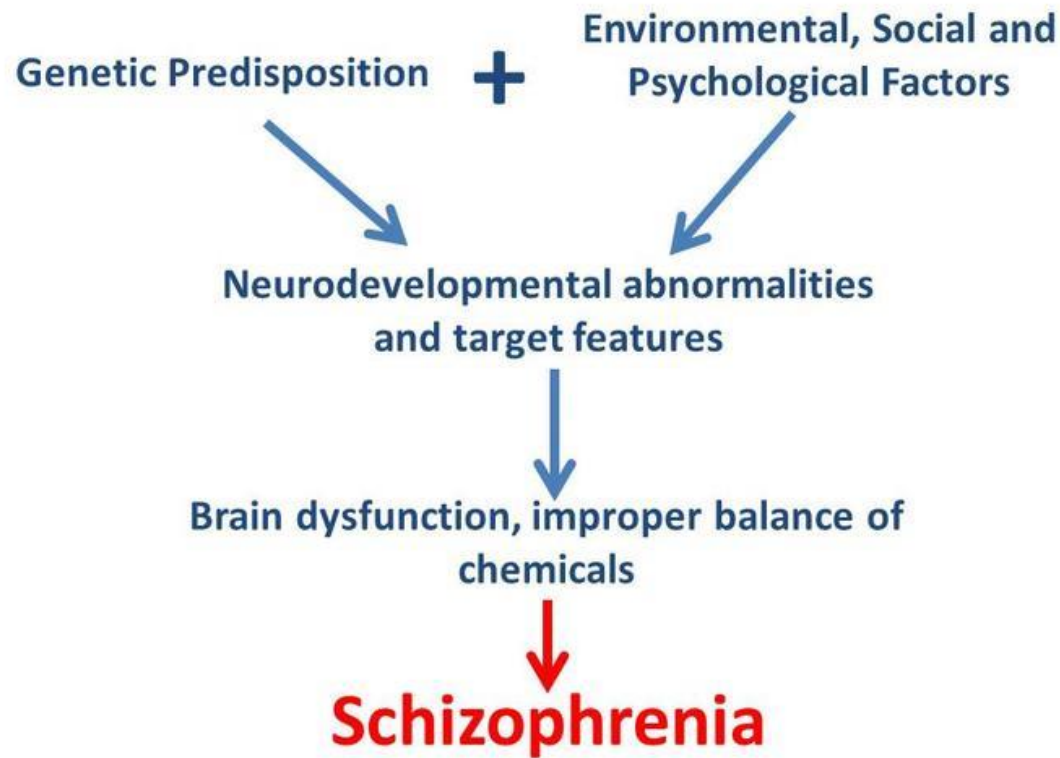
- Dopamine is responsible for our thought, feelings and behavior.
- many of the symptoms of schizophrenia are a result of excess of dopamine in the brain.
- Anti psychotic medications block dopamine transmission and are used to treat and improve the symptoms of schizophrenia.

# Etiology and pathology

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- **Genetics**
- **Environmental Triggers**
- **Brain changes**
- **Viral and immune causes**

# Section 2 : Etiology



# Brain changes in Schizophrenia

Schizophrenia Brain



Healthy Brain



# Diagnostic criteria according to DSM criteria

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- **Delusions**
- **Hallucinations**
- **Negative symptoms**
- **Disorganized speech**
- **Disorganized behavior**

# Antipsychotic Medications:

## TYPICAL ANTIPSYCHOTICS VERSUS ATYPICAL ANTIPSYCHOTICS

Typical antipsychotics are known as first-generation antipsychotic drugs

Atypical antipsychotics are known as new generation antipsychotics

Can cause extrapyramidal motor control disabilities

Less likely to cause extrapyramidal motor control disabilities

Have more side effects

Have fewer side effects

Have fewer withdrawal symptoms

Have more withdrawal symptoms

# Medication side effects:

- **Akathisia**
- **Dystonia**
- **Hyperprolactinemia**
- **NMS (Neuroleptic malignant syndrome)**
- **Parkinsonism**
- **Tardive dyskinesia (TD)**
- **Anticholinergic effects**

# Psychosocial treatment

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- **Cognitive Behavioral Therapy (CBT)**
- **Personal Therapy (PT)**
- **Compliance Therapy**
- **Acceptance and Commitment Therapy (ACT)**
- **Supportive Psychotherapy**
- **Employment rehabilitation**
- **Assertive community treatment**



# NAMI



- **Some family organizations such as NAMI (National alliance on Mental illness) have invented some family psychoeducation models for patients and their families.**
- **They offer free psychoeducational classes for families of people with mental diseases.**

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