

Schizophrenia

- **Many different classifications – most common is paranoid schizophrenia**
- **Experiences include – believing people are talking about you, criticising you, out to get you, that people on TV or radio are speaking to you, that messages are coming through the electricity sockets, that your thoughts are public & everyone can hear them, that your body is inhabited by supernatural entities, beetles, aliens.**
- **Most common treatment – chlorpromazine or a derivative but see also the [Hearing Voices Network](#)**

From NHS Choices website:

chief123 said on 16 October 2012

i as a teenager was a bit crazy and used to for example make deals with god in my head, draw all over walls religious stuff and once smashed my head through a window.

But only after smoking skunk a few times a week at about 19 for a few months did i get paraniod. i thought cameras in my room, hear vioces sometimes at night, i coulnt trust even family thought everone was lying all the time and would fall out with friends and havnt made new friends as i think stuff like my drinks been spiked.

even a year after not smoking for a year at all and barely drinking i got like this again last winter [thought i was on telly]. I now just get bad anxiety but feel bad somedays.

I get better over a long perieod staying at home, exercising everyday and trying to do something usefull even though it feels hard and i get very anxious and bad thoughts but im now ready to go work again volunteering eventually and if id have had drugs and treatment etc i dont think i would ever have recovered to this extent, sleep and exercis are the keys.

From MIND:

Positive symptoms

'Positive' symptoms are symptoms that most people do not normally experience. They include: strange thinking ('thought disorder'), hallucinations and delusions.

Strange thinking ('thought disorder')

Your thoughts and ideas may seem jumbled and make little sense to others. Conversation may be very difficult and this may contribute to a sense of loneliness and isolation.

Hallucinations

Hallucinations can affect any of your senses. You might:

- see things that others don't
- smell things that others don't
- hear voices or sounds that others don't.

Voices can be familiar or strange, friendly or critical and might discuss your thoughts or behaviour. The voices you hear might tell you to do things. People who are diagnosed with schizophrenia seem to hear mostly critical or unfriendly voices. You may have heard voices all your life, but a stressful life event might have made the voices harsher and more difficult to deal with.

I can ignore the voices most of the time but some days it's insistent and frightening.

According to some research, up to four per cent of the population hear voices. For most people, the voices they hear present no problem and are not associated with schizophrenia.

Delusions

Delusions are usually strongly held beliefs or experiences that are not in line with a generally accepted reality. Delusions associated with schizophrenia are probably distressing for you, or those around you, as they may be unusual or extreme. For instance, you might believe secret agents are following you or that outside forces are controlling you or putting thoughts into your mind. For more information, see paranoia and psychotic experiences.

Negative symptoms

'Negative' symptoms are a lack of some emotional responses or thought processes. 'Negative' symptoms include: lack of interest, emotional flatness, inability to concentrate, wanting to avoid people or to be protected.

I was finding it difficult to talk, the words in my mind just would not come out.