

Psychotic disorders are some of the most intense mental health diagnoses that exist. It can be hard to recognize them, however, as they often share features with other mental illnesses. This resource will help you identify when a person has a psychotic disorder.

SHARED FEATURES

Psychotic disorders share some symptoms with other common mental illnesses, including: disturbed sleep, high levels of anxiety, social withdrawal, suicidal thoughts or actions, and difficulty concentrating. What separates psychotic disorders from depression and anxiety disorders is the issues with understanding reality and abnormal thought processes.

SUSPICION

Paranoid thinking is common in psychotic disorders. The individual with a psychotic disorder may confuse you with someone else, accuse you of something you've never done, accuse you of plotting against them, or accuse you of being a government operative attempting to cause them some type of harm.



DISORGANIZED SPEECH

Someone with a psychotic disorder will often be difficult to have a conversation with. They may jump rapidly from topic to topic, have a hard time sharing their thoughts, or just may not make much sense. They may be sharing bizarre and probably impossible thoughts and ideas, a common symptom of psychotic disorders.



MISUNDERSTANDING REALITY

Individuals with a psychotic disorder typically struggle with understanding what's real and what isn't. They will often see and hear things that nobody else does and believe that they are really in the room with them. They may appear as though they're talking to themselves; however, they are actually responding to someone they are seeing in the room or responding to a voice in their head that they believe is someone speaking to them. Also, they may experience physical sensations that are not real. This may include things like feeling as if bugs are biting them, resulting in them scratching to get them off, despite there not being bugs on them.