



What Are Psychotic Disorders?

General

You may have heard the word “psychotic” used to describe people. Psychotic disorders cause a lot of problems in people’s everyday lives. People with psychotic disorders lose touch with reality. This means they often do not know what is real and what is not real. This resource will help you better understand the symptoms of a psychotic disorder.

WHAT ARE PSYCHOTIC DISORDERS?

Psychotic disorders are severe mental disorders that cause problems with thinking. Psychotic disorders change the way a person views reality. Each type of psychotic disorder can have different problems. The most common problems are called delusions and hallucinations.

DELUSIONS

There are many types of delusions. A delusion is when a person cannot tell what is real and what is not real. People with psychotic disorders strongly believe things that are just not possible. Common delusions are beliefs that the person is someone else, like a celebrity or a religious figure. Another type of delusion that is common is the belief that people are “out to get” the individual. For example, they may believe that strangers are government operatives spying on them.

HALUCINATIONS

There are also many types of hallucinations. A hallucination is when someone experiences something that is not really there. This includes hearing sounds or voices, seeing things that are not there, smelling things, or feeling something on the person’s skin or body that is not there. A person with a psychotic disorder thinks these hallucinations are real. Convincing them that the hallucinations are not real is very difficult, if not impossible.

THOUGHT PROBLEMS

A person with a psychotic disorder has trouble thinking clearly and making decisions. Also, their unclear thoughts may make communicating very difficult and frustrating. It may be so difficult that other people may not be able to understand what they are saying or what they are thinking.

Psychotic disorders have a big impact on how people live their lives. It can lead to them not taking care of themselves very well. Risks of having a psychotic disorder also include homelessness, being admitted to a psychiatric hospital, or even prison.



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