養和精神健康門診
HKSH Mental Health Clinic

Schizophrenia

Schizophrenia is a mental disorder characterised by significant impairments in one's thinking process, emotions and sense of reality.

Common Symptoms

Delusions:
Beliefs that one is being persecuted or controlled by others, despite the absence of evidence

Hallucinations:
Seeing or hearing things that do not exist

Disorganised thinking:
Speaking in a jumbled or irrelevant manner

Emotional disturbances:
Mood swings caused by hallucinations and delusions, accompanied by constant suspicion

Causes

Schizophrenia is linked to abnormalities in brain function, such as excessive dopamine secretion, leading to neurotransmitter dysfunction (e.g. receiving or processing messages that do not exist). Hyperactive thinking also affects interpersonal abilities and relationships.

Treatment

Treatment typically involves medications to regulate brain chemicals responsible for neurotransmitter function. Psychological counselling can also help patients realign thoughts and emotions with reality.

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Patient feedback is incorporated

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