SIGNS AND SYMPTOMS IN PSYCHIATRY

Introduction

Definition of psychopathology

Psychopathology is the study of psychiatric symptoms of the mind._There are more than 350 terms that describe the manifestations of mental illnesses.

Speech

- ✓ Emotion –Mood and Affect
- ✓ Perception – Hallucinations, Illusion, depersonalization & de realization

- ✓Thinking – Thought form abnormalities & Thought content abnormalities
- ✓Memory
- ✓Motor disturbances
- ✓Consciousness disturbances
- ✓Sleep disturbances
- ✓Characteristics of psychosis

- Speech

- **Muteness** - refers to the absence of speech as in severe depression, severe schizophrenia or disease of the brain system (mid brain).

- **Pressured speech**:-rapid, loud & usually excessive speech seen in classic mania

- **Aphasia**

- Any disturbance in the comprehension or expression of language caused by a brain lesion

EMOTION: is a feeling state

- **MOOD:** is the sustained state of once feelings or emotions w/c is internally experienced.
- **Elated Mood**:- is characterized by excessive happiness as in mania
- **Depressed mood**: - refers to unusual and persistent sadness or unhappiness as in depressive illness.

- **Irritable mood**: - refers to easily being annoyed as in mania or depressive illness.
- **Labile mood**: - is characterized by fluctuation of mood without warning, say from extreme happiness to anger or depression and weeping, as in mania

- **AFFECT:** is a short term emotional state or feeling tone as perceived by the clinician during the interview. It is the outward manifestation of internal feeling.
- **Incongruent affect**: if emotional externalized feeling tone is not harmonious with one's thoughts, actions and circumstances.

- **Blunted affect**:-Disturbance of affect manifested by a severe reduction in the intensity of externalized feeling tone; one of the fundamental symptoms of schizophrenia.
- **Flat affect**:-Absence or near absence of any signs of affective expression.
- **Labile affect**: excessive, rapid and abrupt change of emotional feeling tone.

- **<u>Disorder of perceptions</u>**
- **Perception: is the process of becoming aware of what is presented through sense organs.**
- **Types of Perception:**
- **Illusion 2) Hallucination**
- **De realization 3) Depersonalization**

- **Hallucinations:** is perception in the absence of an external stimulus and may occur in all the sensory modalities.

Types of hallucinations

- Auditory hallucination
- Visual hallucination
- Olfactory hallucination
- Tactile hallucination
- Gustatory (taste) hallucination

- **Auditory hallucination** is hearing a voice which does not exist.
- **Running commentary** refers to the experience of the patient that strange people comment on his/her every action, thought and feelings.

✓Example one patient complained that even when he went to toilet, his/her enemies commented on this act of opening bowels and laughed at him/her.

Command hallucination: False perception of orders that a person may feel obliged to obey o unable to resist.

Visual hallucination: is seeing things which don't exist.

Tactile hallucination: is sense of touch without existing stimulus, e.g. insect crawling on the body.

Olfactory hallucination: smelling things

- **Illusion:** is the misinterpretation of real external stimulus.
- **De realization:** refers to the experience of the patient that everything in his surrounding appears to have changed and is strange.
- **De personalization**: Sensation of unreality concerning oneself, or parts of oneself.

- **ANHEDONIA** is loss of interest in, and withdrawal from, all regular and pleasurable activities. Often associated with depression.

- **THINKING**: the ability to process information in once mind in both content and form.
- Disturbance of thinking occur in the following two forms:
  - Thought form abnormality
  - Thought content abnormality

- **Form of thought:** refers to how ideas are connected and related to each other.
- The following are the disorders thought form:
  - ✓**Circumstantiality**
  - ✓**Tangentiality**
  - ✓**Flight of ideas**

- ✓ **Clang association**
- ✓ **Loosening of association**
- ✓ **Neologism**
- ✓ **Thought block**
- ✓ **Perseveration**

- **Circumstantiality**:-Disturbance in the associative thought and speech processes in which a patient digresses into unnecessary details and inappropriate thoughts before communicating the central idea. Observed in schizophrenia, obsessional disturbances, and certain cases of dementia.

- **Tangentiality:-**Oblique, digressive, or even irrelevant manner of speech in which the central idea is not communicated.
- **Flight of ideas:** refers to rapid flow and expression of ideas within the same time with rapid shift from one idea to another.
- **clang association**:-

- **Thought block**: refers to the experience of the patient characterized by sudden blankness, and or emptiness, and the patient losses track of his/her own thought.
- **Loosening of association**: refers to lack of connection between ideas as occurs in schizophrenia.
- **Neologism**: New word or

- **Perseveration**: refers to:
- (1) Pathological repetition of the same response to different stimuli, as in a repetition of the same verbal response to different questions.
- (2) Persistent repetition of specific words or concepts in the process of speaking.

- **Content of thought**: refers to the quality of message being transmitted.
- **Delusion: i**s a false belief or conviction that cannot be changed by rational arguments or evidence.
  - **Grandiose delusions**
  - **Delusions of jealousy (infidelity)**

- ✓ **Persecutory delusions**
- ✓ **Somatic delusion**
- ✓ **Nihilistic delusion**
- ✓ **Delusion of guilt and worthlessness**
- ✓ **Erotomanic delusion**

- ✓ **Delusion of reference**
- ✓ **Delusion of being controlled**
- ✓ **Thought withdrawal**
- ✓ **Thought broadcasting**
- ✓ **Thought insertion**

- ✓ **Obsessions**
- ✓ **Compulsion**
- ✓ **Phobias**

- **Grandiose delusions**: refers to the patient's belief that he is great or important.
- **Delusions of jealousy (infidelity)**: refers to the person's belief that the spouse or partner is being unfaithful.
- **Persecutory delusions**: refers to the patient's belief that people or organizations are trying to inflict harm on

- **Somatic delusion**: Delusion pertaining to the functioning of one's body. E.g. the pt believes that he has incurable disease despite negative results.
- **Nihilistic delusion**: Depressive delusion that the world and everything related to it have ceased to exist.
- **Delusion of guilt and worthlessness**: refers to the

- **Erotomania**: Delusional belief, more common in women than in men, that someone is deeply in love with them
- **Delusion of reference**: concerned with ideas that objects, events or actions of people have special significance for the person. Example, gesture by somebody is believed to be directed

- **Delusion of being controlled**: belief that personal actions, impulses, or thoughts are being controlled by an outside agency.
- **Thought withdrawal**: refers to the patient's experience that his ideas are mysteriously removed. The patient may complain that his political enemies remove his ideas for their own personal ambitious

- **Thought broadcasting**: refers to the patient's experience that his/her *ideas are shared by others without telling him/her.*
- **Thought insertion:-**Delusion that thoughts are being implanted in one's mind by other people or forces.
- **Obsessions**: are recurrent and persistent thoughts, impulses, or images that enter one's mind despite efforts to exclude them.
- **Compulsion**: a conscious, standardized, repetitive, intentional behavior performed in stereotypical, routine way
- **Phobias**:-are irrational fear & avoidance of objects, events or situations

- **Ambivalence** -Coexistence of two opposing impulses toward the same thing in the same person at the same time. Seen in schizophrenia, borderline states, and obsessive-compulsive disorders (OCDs).

- **Memory:** is the ability to remember past events and general knowledge
  - These can be: immediate, short term and long term memory.
- **Immediate memory:** refers to events that have just occurred as

- **Recent memory:** Recall of events over the past few days.
- **Long term memory:** refers to the recall of events that occurred long time ago.

Memory Disturbances

- **Amnesia:** partial or total inability to recall past experiences.
- **Anterograde amnesia**: Loss of memory for events subsequent to the onset of the amnesia; common after trauma.
- **Retrograde amnesia: is** loss of memory for events before the onset of amnesia.

- **Paramnesia**: Disturbance of memory in which reality and fantasy are confused.
- **Hyperamnesia:** exaggerated degree of retention and recall.
- **Confabulation:** Unconscious filling of gaps in memory by imagining experiences or events that have no basis in fact.

- **Disturbances of consciousness**
- **Consciousness:** refers to the state of awareness of the environment and the disturbance may vary from mild to severe impairment.
- **Clouding of consciousness:** refers to state of drowsiness with incomplete reaction to stimuli, impaired attention, concentration and memory, and slow muddled thinking
- **Stupor**: a state in which the person is mute, immobile, and unresponsive, but appears to be conscious because the eyes are open and follow external objects.
- **Coma-state:** profound unconsciousness from which a person cannot be aroused by any external stimuli**.**

Disturbances of Motor function

- **Motor functions:** Comprises of movement, posturing and mannerisms
- **Tics:** are involuntary, regular and repeated movements involving small groups of muscles. E.g. raising shoulder.

- **Mannerism:** repeated, involuntary movements that appear to have some functional significance. E.g. saluting.
- **Stereotypes:** repeated movements that are irregular (unlike tics) and without obvious significance (unlike mannerism). E.g. rocking to and fro.

- **Negativism :** patient does the opposite of what is asked and actively resists efforts to persuade them to comply
- **Abnormal posturing and positioning:** adaptation of unusual bodily posture continuously for a long time. E.g. standing on one leg.
- **Waxy flexibility:** Condition in which a person maintains the body position into which they are placed.

- **Cataplexy**: an attack of muscular flaccidity.
- **Ecopraxia:** pathological imitation of movement of one person by another even when asked not to do so.
- **Echolalia:** pathological repeating

- **Astaxia Abasia -** Inability to stand or to walk in a normal manner, even though normal leg movements can be performed in a sitting or lying down position. Seen in conversion disorder.

- **Akathisia-** Subjective feeling of motor restlessness manifested by a compelling need to be in constant movement; may be seen as an extra pyramidal adverse effect of antipsychotic medication. May be mistaken for psychotic agitation.

Disturbances of consciousness

- **Consciousness –** refers to the state of awareness of the environment and the disturbance may vary from mild to severe impairment.
- **Clouding of consciousness:** refers to state of drowsiness with incomplete reaction to stimuli, impaired attention, concentration and memory, and slow muddled thinking

- **Stupor** : a state in which the person is mute, immobile, and unresponsive, but appears to be conscious because the eyes are open and follow external objects. If the patient's eye was closed, he/she will resist opening them.

- **Confusion:** inability to think clearly. Often occurs in organic mental disorders.
- **Inattention:** inability to focus on the matter in hand.
- **Impaired concentration**: inability to maintain that focused attention.
- **Coma-state:** profound unconsciousness from which a person

- **Judgment:** the ability to make sound decisions in the interest of self and others.
- **Insight:** is a correct awareness of one's own mental and physical health condition.

- **Sleep Disturbances**
- **There are three forms of sleep disturbances:**
  - Failure to fall asleep in early hours of night =**Initial Insomnia**
  - Interrupted sleep, associated with frightening dreams =**middle insomnia**
  - Early morning awakening, **at least 2 hours before the usual time =**Terminal insomnia