



## UNRAVELING THE COMPLEXITIES OF SCHIZOPHRENIA: A COMPREHENSIVE EXPLORATION

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### Abstract

Schizophrenia is a serious mental disorder with distorted perception, thinking paralysis, hallucinations, delusions, depression, anxiety, and many other psychotic disorders. The real cause of schizophrenia is still vague. In the population, 1% of people are affected by schizophrenia. Well, it is quite suppressive, and it is very hard to predict who will be the target to manifest the symptoms of schizophrenia. However, based on much psychiatric evidence and the DSM-5 formula, we can just toss it out about the chances of developing schizophrenia in life. The study of schizophrenia is of great importance due to several reasons, encompassing both scientific and societal aspects. People with schizophrenia have a poor quality of life since they are totally lost and separated from the real world. Schizophrenia poses a considerable burden on public health systems due to the need for long-term treatment, rehabilitation, and support services. Studying schizophrenia contributes to a deeper understanding of the neurobiological underpinnings of mental illness. Discoveries in schizophrenia are a new door to open up and gather more knowledge about other mental disorders. We may gain insight, study schizophrenia in a broader way, and accumulate wisdom from the field of psychiatry.

**Keywords:** Schizophrenia, DSM-5, Symptoms, Psychiatry

### Introduction:

Schizophrenia is a serious mental disorder with distorted perception, thinking paralysis, hallucinations, delusions, depression, anxiety, and many other psychotic disorders. The real cause of schizophrenia is still vague. In the population, 1% of people are affected by schizophrenia. Well, it is quite suppressive, and it is very hard to predict who will be the target to manifest the symptoms of schizophrenia. However, based on much psychiatric evidence and the DSM-5 formula, we can just toss it out about the chances of developing schizophrenia in life. The study of schizophrenia is of great importance due to several reasons, encompassing both scientific and societal aspects. People with schizophrenia develop false beliefs and think of themselves as superior. They love to stay in their own imaginative world, and because of their suspicious nature, they end up in a relationship. It is very hard for them to trust anyone. They hear voices continuously, and it gives them commands to perform something that doesn't exist at all. Sometimes they scream and giggle without any reason. Mostly, persistent symptoms need to be present for the diagnosis of schizophrenia. The purpose of studying schizophrenia is to discover causes, symptoms, and effective treatment procedures for the better administration of schizophrenia.

Schizophrenia poses a considerable burden on public health systems due to the need for long-term treatment, rehabilitation, and support services. Understanding the disorder helps in developing more effective and cost-efficient interventions. Studying schizophrenia contributes to a deeper understanding of the neurobiological underpinnings of mental illness. Research explores the role of genetics, brain structure, neurotransmitters, and other factors in the development and manifestation of schizophrenia. Investigating the interplay between genetic and environmental factors in schizophrenia can shed light on its etiology. This knowledge is crucial for identifying risk factors and potential preventive measures. Schizophrenia often affects cognitive functioning, including memory, attention, and executive functions. Studying these cognitive deficits can provide insights into a broader understanding of brain function and dysfunction. Discoveries in schizophrenia research often have implications for our understanding of other mental health disorders.

**Jotting down few factors that may influence to manifest schizophrenia:**

**1. Birth month and infection:**

It has been found that people who develop schizophrenia in Northern Hemisphere, born in the month in between Jan to April, whereas people who develop schizophrenia in southern Hemisphere, born in the month in between July to September. We wonder that these evidences are so correct that if we check the birth month of schizophrenic patients, all most all patients born in these birth months. Well, few rare cases are there that they born in another month. Again in these cold seasons mostly pregnant mothers get exposure to cold, flue, influenza, and bacterial, virus infections in 2<sup>nd</sup> time stars. It may affect the new born baby.

**2. Birth complications:**

It also plays a major role in the development of schizophrenia. Babies who are born in 7-8 months are likely to end up with mental illnesses or some other physical ailments. When babies are born before nine months, they may not develop fully inside and outside. It may affect brain development and a strong sign of the development of schizophrenia and other mental or physical ailments.

**3. Substance abuse:**

It is another main factor in developing schizophrenia. Cocaine, morphine, heroin, GHB, and alcohol are so powerful agents that they can affect our central nervous system and peripheral nervous system, and we can see the reflection in our whole body and changes in behavior. Long-term use of these drugs may paralyze our brain and body parts. When our nerves are not in a good position to control our body, it will lead to many physical symptoms as well as mental symptoms like loss of memory, loss of appetite, dizziness, trembling of hands and legs, hallucinations, and so on. Well, the presence of all these situations cannot be diagnosed as schizophrenia. However, if the symptoms match the DSM-5 criteria, we can treat it as schizophrenia. However, chances are that long-term use of substances may develop schizophrenic symptoms. Most of the schizophrenic patients are addicted to substances.

**4. Family history:**

There may be a family history of schizophrenia. Not necessarily. If the parents have schizophrenia, the child will develop it later in life. However, if anybody in the family, like a grandmother, grandfather, or siblings, has schizophrenia, a child may develop schizophrenia in later life.

**5. Social withdrawal:**

It may play a major role in developing schizophrenia. People who are withdrawn in childhood and enjoy solitude may develop these symptoms in later life. These withdrawal signs encourage him or her to develop his or her own imaginative world. Well, it is not always true for everyone. Most of the scientists like solitude; it doesn't mean that all of them are schizophrenic patient

## 6. Seizure attack and schizophrenia:

This is a new burning and trending topic in detecting schizophrenia. Scientists think there might be a correlation between schizophrenia and seizure attacks or epilepsy. When our neurons in the brain don't work properly, an electrical short circuit happens in our brain, and we can witness the seizure attack. Since the brain controls our movements, behavior, and everything else, it may reflect in our body symptoms. Again, it depends on the seizure attack in the brain and in which lobe it is happening.

There are so many causes that influence schizophrenia. We tried to jot down a few causes. Now the question is why everyone doesn't develop schizophrenia; only 1% of the population develops this serious mental disorder. We will try to figure it out.

Schizophrenia is a sudden onset, and it may happen and affect anyone. It is unpredictable, and we cannot say anything without any evidence. However, few things play a major role to predict it in a logical way:

1. Childhood case study plays important to monitor a person. If we check the childhood case study, we can see the development of child in each stage. How family, society, environment, school history is play an important role in his or her all round development.
2. Sometimes we see only one sibling develop schizophrenia, not all. Why didn't other siblings develop when they had the same biological mother and grew up in the same environment? It depends on a few factors, such as egg quality, stress level in the mother during pregnancy, hormonal changes, and the thinking pattern of the mother in that particular child's birth period. So the mental health conditions of the mother also reflect in the new-born child's behavior. If the mother stays stressed, the new-born baby will be weak to cope with any external situation, and he or she may develop the symptoms of mental illness.
3. Basic instincts plays important role in developing schizophrenic symptoms in later life. According to Sigmund Freud, a basic instinct plays a major role in our life in developing personality. We should nurture our basic instincts, like anger, self-preservation, hunger, survival of species, creativity, sexual desire, and so on. When we suppress our basic instincts, we are one step behind in developing our healthy development and end up with mental symptoms in later life. In most cases, suppression of sexual desires manifests in different forms of psychotic illnesses. It affects people in late adulthood when they have a desire to fulfill sexual urges but can't do it because of social norms and suppress them. When these kinds of people are diagnosed with schizophrenic episodes in later life, we can see the lack of hygiene issues that surface; they love to stay in old, torn clothes, do not wish to take a bath, love to stay in wet clothes, and feel good about protecting themselves with all their dirty thoughts in mind.
4. When we have so many reasons to give evidence of mental illness and schizophrenia, we can add one more important reason to develop schizophrenia. If we believe in the existence of science, art, technology, and astronomy, of course we believe in astrology as well. Astrology is a science that can tell us about our physical and mental disorders. We can predict the manifestation of a mental disorder through our birth chart and planetary positions. Our ancestors could tell us about our illnesses just by seeing the palm and checking our nerves in our body, and that is enough proof that whatever is happening inside our body is reflecting in our palm. It is because the roots of our body parts are situated in our palms, feet, and naval. This hidden scientific method is known as the acupuncture technique in modern science.
5. According to Vedic astrology, we can predict the position of moon, the sign of mind; Mercury, the sign of logic and intellect; and Jupiter, the sign of maturity and wisdom. Well, the 5<sup>th</sup> house also plays a major role in judging mental disorders. Again, it is so scientific that, seeing the position of

these planets, we can predict mental disorders. It is like setting the planets in a mathematical formula. We can check the power of a planet just by seeing the degrees of the planets. If the planets are at 0 degree, they are in baby stage; if they are between 26 - 29 degrees, they are in the young stage and more productive. When they are above that, they are in old stage with less power. In this way, it is very much effective to detect mental disorders or physical illness from birth chart. Patients of schizophrenia may or might have these beneficiary planets in 0 degree or in above 29 degree.

### **Suicidal Tendency and Schizophrenia:**

Suicidal tendency is so common in many psychotic and neurotic disorders. It is one of the common issues in schizophrenia. Only difference is, not all schizophrenic patients end up with suicide. Many evidences suggest that few factors affect in committing suicide in schizophrenia. We would like to sum up few fascinating facts:

1. When personality if a person develops schizophrenia, he or she may end up with suicidal attempt. It is because of A personality traits like anxiety, aggression, frustration, high ambition, and perfection. When they develop schizophrenia, all of their traits lead them towards his goal, and because of too much perfection, everything seems to be exaggerated, which stimulates the brain and behavior. It is because most of the time these people are so ambitious and restless that they always stay in this mood of “do or die,” and it reflects in their actions.
2. On the other hand, when people with B-type personalities develop schizophrenia, they stay calm, quiet, overthink, and love to spend time in bed and spend time in day dreaming. Most of these kinds of people do not commit suicide. Again, it is just an assumption. It doesn't mean that they will not attempt to commit suicide. Everything depends on other factors such as childhood case history, social adjustment, emotional development, relationships with family members, and so on. In most cases of B-type personalities, people develop depression because of overthinking. So while they are busy in their own world, they may do something knowingly or unknowingly. Well, any personality type may commit suicide. It depends on the situation.
3. Extroverts and introverts also play an important role. Most extroverts commit suicide in schizophrenia, where an extrovert people stay cool, calm, and irritate others with their stubbornness. Extrovert people with schizophrenia develop symptoms of restlessness, are talkative, move around, and do lots of activities. Whereas introverts who develop schizophrenia show the symptoms of suspiciousness and spirituality and think about their superpower. It doesn't mean that only extroverts will commit suicide, not introverted ones. Exceptions may happen in both cases.
4. Research evidence has shown that young people aged 12–25 and elderly adults over 60 are more prone to commit suicide attempts of schizophrenic onset. Middle-aged people in the population are on the safer side. Well, exceptions may or might happen in all the cases.
5. Education does play a vital role in detecting suicidal tendencies in schizophrenia. Highly educated people who developed schizophrenia may or might not think about suicidal attempts. It is because of moral development in them. On the other hand, people with less education may end up with suicidal attempts. It is not always true. However, a reverse situation can be witnessed.
6. Family support and the environment play a vital role in detecting suicidal attempts in schizophrenia. When someone has a good environment and supportive family, chances are very rare that a schizophrenic patient will think about making a suicidal attempt. Whereas when the family is not supportive and rarely they can bear the patient and all the time chant her and scream to go and die, it very much occupies the mind of the patient, and they end up with suicidal attempts.

7. Research evidence shows that most of the female schizophrenic patients are prone to committing suicide. It is very rare for male patients. It is because of the thinking pattern. In almost all cases, males are talkative and action-oriented. Whereas females are emotional, imaginative, and romantic. They love to stay calm and do their work without any notification. Well, the reverse case can also be seen. Psychology is based on absolute stuff, not an exact one. So we can assume and predict the behavior.

**Possible treatment procedures for better administration of schizophrenia:**

Schizophrenia is unpredictable, and it may happen to anyone. No particular method can be cited to control it. It is like cancer; when it will occur and who will be the victim, we cannot predict it just by seeing the environmental condition or heredity. However, in all cases, we can take preventive measures to create awareness in people and, if it happens, how to deal with it instead of dumping it or suppressing it because of society norms, fear, and rejection. Anyone may or might face these kinds of situations in life. It doesn't matter how healthy, wealthy, and strong that person is. We would like to figure out how the treatment and prevention plan works.

1. Since childhood is the best period of time to detect and develop anything, whether it be physical or mental illnesses, we should keep an eye on our healthy development in childhood. If any deception is found, we should address it at that moment and try to rectify it in that moment with the help of our family, school, or any other institution involved.

2. Since family history does play a vital role in diagnosing symptoms of schizophrenia, we must take it into consideration. People from the schizophrenia family should be treated properly. If it is running in the family, chances are that any of the family members may end up developing schizophrenic symptoms if they do not take care of any issues properly. We must take care of their all-round development, such as education, anxiety, stress, attitude, behavior, social withdrawal, and so on. If any discrepancy is found in their behavior, we must address it, not just ignore it.

3. Sex education is one of the most demanding techniques at the school, college, and university levels to cope up with mental or physical challenges. Well, it is obvious in most foreign countries. However, it doesn't mean that we want to accept their culture blindly, though it has pros and cons. If something is good, we must adopt it rather than judge it like a scapegoat, whether it is eastern or western. What happens when we start sex education? It helps us to deal with hidden and secret things with our inner urges and connect with them properly. They will have a better idea how to deal with any physical or mental issues. It has been found that most of the mental disorders manifests from hidden feelings of human

4. Nutritional deficiency is one of the most common causes of mental and physical illnesses. Vitamins and minerals boost our immune system, support normal growth and development, help our body cells work properly, and protect us from infection by viruses, bacteria, and fungi. So we must be concerned about our daily diet, a balanced diet, and nutritional deficiencies. Most of the mental issues are related to nerves, and they are related to our brain. So we must make our nerves healthy with vitamin B12, vitamin D, calcium, and other vitamins and minerals.

5. Acceptance and realization are the keys to recovering fast and steadily from any kind of physical and mental ailment. When someone has schizophrenia, they must agree to it to speed up their recovery. When we accept our issues, we are motivated, and we set a goal and try to reach and set it up. The cooperation of family members, emotional support, and social support also play important role. When the patient accepts their problem, they will take medicine rather than ignore it. It will make them mentally strong and motivated to overcome this situation. Again, the same kind of videos may encourage them to deal with the issue. They will feel that they are not only person who are suffering; so many are there in a group.

6. Meditation plays a vital role in controlling our physical and mental issues. Everyone should do meditation at least for 10–15 minutes to improve their quality of life. Meditation is a powerful tool to align our body, soul, and mind. It doesn't mean that only the seeker will do meditation. Everyone must add 10–15 minutes of meditation to their busy lives. When medicine stops working, meditation

starts showing its miracle. This is the reason that in most mental asylums and in many countries, they use meditation techniques, musical instrument playing, and chanting mantras to treat the most incurable and aggressive diseases. All most all mental hospitals, drug addiction rehabilitation centers, and cancer hospitals have added meditation as a powerful technique to help people recover.

7. We must address all the physical or mental issues. We shouldn't ignore it. This is the reason all schizophrenics must go through physical examinations first to detect the underlying causes. Body and mind are related, and whatever happens in our body, reflection is manifesting in our behavior. So medicine is necessary for any kind of mental or physical issue. Most of the mental cases are the result of malfunctions in our brains. We can see it with an MRI, CT scan, ECG report, or some other way to check for malfunctions in the brain, if any infection is there. All these therapies are very helpful and assist the patients to cope up with the situation in a better way. Therapy is helpful not only for schizophrenics, but all individuals can get the benefits.

8. Physical exercise plays an important role. The human body is like a machine. When we do exercise every day, it does affect our body, mind, and balance in our mood. It helps to rejuvenate our body cells and repair them. Every day, if we go for a walk and do juggling, it makes our mood happy and relaxing. It helps us get better sleep and refresh our minds.

9. At last, we can take preventive measures for our astrological planet as well. Since they have an influence on our mental and physical health, we can take precautions by wearing gems and stones to make our planet favorable. It is like taking medicine if we have any issues with our body parts.

In a nutshell, we can tell that schizophrenia is a trending topic now, and it is no more than 1% of the population. It has increased so much now-a-days that most houses may have one schizophrenic patient. So we tried to explore all possible causes and administer it in a better way with different treatment plans, educations, and suggestions.

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