

# Could it be psychosis? Symptoms and Prodromes

social withdrawal   sleep disturbances   anxiety  
sadness   difficulties concentrating  
neglect of housework, hygiene, job or school  
preoccupation with thoughts about death, politics  
or religion   mood swings   hearing voices  
talking incoherently   persecutory ideas  
feeling controlled by others

## PSYCHOSIS AND PRODROME SCREENING TOOL

For General Practitioners and Psychologists in Primary Health Care



Stavanger Universitetssjukehus  
Helse Stavanger HF  
Psykiatrisk klinikk



**TIPS**  
TIDLIG OPPDAGELSE OG  
BEHANDLING AV PSYKOSER

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# Why Is It Important To Get Help Early?

Often there is a long delay before treatment begins for the first episode. The longer the illness is left untreated the greater the disruption to the person's family, friends, studies, and work. The way that individuals feel about themselves can be adversely affected particularly if treatment is prolonged. Other problems may occur or intensify, such as unemployment, depression, substance misuse. Breaking the law and causing injury to themselves may occur or intensify. In addition, delays in treatment may lead to slower and less complete recovery.

If psychosis is detected and treated early, many problems can be prevented.

## Early Signs

### A person may become:

- suspicious
- depressed
- anxious
- tense
- irritable
- angry

### A person may feel:

- their thoughts have sped up or slowed down
- things are somehow different
- things around them seem changed

### A person may experience:

- mood swings
- sleep disturbances
- appetite changes
- loss of energy or motivation
- difficulty in concentrating or remembering things

### Family and friends may notice when:

- a person's behaviour changes
- a person's studies or work deteriorates
- a person becomes more withdrawn or isolated
- a person is no longer interested in socialising
- a person becomes less active

When these prodromal or psychotic symptoms appear it is important that the young person gets help.

A good place to start is with a local GP, or a community health centre, or a community mental health service.

School counsellors might also be available.



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