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# Uncovering The Truth & Breaking Myths On Schizophrenia

To the uninitiated, it can be difficult to categorize schizophrenia as a condition. Some would say it is a brain disorder, while others claim it to be a deeper psychological condition. One method of reaching a distinctive assessment on this mental disorder is to study more about the characteristics of this condition.

### Shattering Misconceptions and Myths

Majority of people have probably heard about schizophrenia but knew nothing or little about what this condition is. The impressions that people make up about it is based solely on what they see or read on a daily basis, as well as the representations created on that. Often, these are all just misconceptions or myths that tell nothing about the truth behind what schizophrenia is all about.

One of the biggest misconceptions that people have about patients of schizophrenia is that they are often labeled in movies as “psycho” or people who are “insane”. This is due to their manifestation of unusual behaviors. In some cases, movies or TV depictions of schizophrenics often go as far as characterizing them as murderers. It is important to set the information straight about what is the state of mind for people with schizophrenia to save the patients from these unfair representations in the media, which often leads to false misconceptions and generalization.

### How Common is Schizophrenia?

According to health statistics, schizophrenia affects approximately 2.2 million adults in America. That means, about 1% of the entire country's population is affected by this mental disorder. Everyone is vulnerable to developing this condition as it recognizes no economic, racial, and gender boundaries. Even children aged 5 can manifest the symptoms of schizophrenia, although the symptoms become evident only during late puberty stage. The symptoms manifest earlier in men than it is in women.

Depending on the gravity of the symptoms, schizophrenia could affect the way a person feels, thinks, and acts. After all, it affects the central control system of your entire body – the brain.

If your Schizophrenia facts are out-of-date, how will that affect your actions and decisions? Make certain you don't let important Schizophrenia information slip by you.

### Added Symptoms of Schizophrenia

This particular category of symptoms refers to those that a patient acquires once they suffer from this condition. Hallucinations belong to this group, which is characterized by the ability to hear, see, smell, or feel something that one would not normally experience. In some cases, a schizophrenic individual will hear “voices” that others don't.

A person could also become delusional such that they fiercely believe in something despite the existence of proofs that would indicate otherwise. Finally, a patient could develop disorganized thinking or confused speech.

### Deceased or Absent Symptoms of Schizophrenia

This category of symptoms refers to those functions that degrade in quality as a result of developing this mental condition. Some of the most common symptoms include inability to finish common daily tasks, lack of vigor in doing things you normally find pleasure in, and lack of expression, whether facial or verbal.

### Cognitive Symptoms of Schizophrenia

This particular category of symptoms refers to those that are more closely associated with one's brain functions. Once your cognitive behavior is affected, an individual could suffer from decreased memory capacity, minimal attention span, and inability to absorb information and make decisions based on that information.

Now that you understand the real information behind what are the characteristics and symptoms of schizophrenia, you will be equipped with the knowledge to gain full understanding about the patients dealing with it on an

everyday basis. Avoid stereotyping; instead, encourage them and be supportive.

Take time to consider the points presented above. What you learn may help you overcome your hesitation to take action.

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