CLÍNICA VIVALDI · FREE SHEET · SCHIZOPHRENIA SPECTRUM AND PSYCHOSIS

Delusional disorder

Presence of one or more delusional thoughts (of persecution, jealousy, illness, etc.) for at least a month, without other major symptoms of psychosis. Outside of that subject, the person usually functions normally.

COMMON SIGNS

- Firm conviction in something unrealistic
- Great distress or conflict over that idea
- The rest of life seems unaffected

TIPS FOR YOU

1. Don't argue about the idea: validate the emotion behind it
2. Encourage them to seek help for the distress it causes
3. Therapy and medical treatment can help

FOR FAMILY AND FRIENDS

1. Don't agree or contradict: listen to how they feel
2. Encourage them to seek help for the distress, not the idea

WHEN TO ASK FOR HELP

1. If the idea leads them to threaten or attack: 112
2. If they stop eating for fear of being poisoned

CHECKLIST OF WARNING SIGNS

☐ Is convinced of something that doesn't match reality

☐ This idea takes up much of their time

☐ Doesn't accept other explanations

☐ The idea causes conflicts with other people

☐ Has taken action because of this idea (complaints, moving house, surveillance)

☐ Apart from that topic, behaves normally

☐ Has had this idea for more than a month

☐ Suffers a lot because of this belief

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-delirante
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com