CLÍNICA VIVALDI · FREE SHEET · SCHIZOPHRENIA SPECTRUM AND PSYCHOSIS

Schizoaffective disorder

It combines symptoms of schizophrenia with episodes of mood (depression or mania). It requires coordinated psychiatric and psychological treatment.

COMMON SIGNS

- Psychotic symptoms
- Depressive or euphoric episodes
- Changes in day-to-day functioning

TIPS FOR YOU

1. Follow-up with psychiatry and psychology
2. Learn to spot signs of relapse
3. Regular sleep and activity routines

FOR FAMILY AND FRIENDS

1. Help keep regular sleep and meal routines
2. Support them in sticking to treatment and check-ups

WHEN TO ASK FOR HELP

1. If they talk about death or harming themselves: 024 or 112
2. If they stop medication and symptoms return

CHECKLIST OF WARNING SIGNS

☐ Hears voices or has strange or persecutory ideas

☐ Has periods of deep sadness

☐ Has periods of euphoria, little sleep or excessive spending

☐ Psychotic symptoms continue when mood improves

☐ Finds it hard to keep a job or stay in education

☐ Has stopped treatment at some point and got worse

☐ Withdraws from family and friends

☐ Sleeps very little or irregularly

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-esquizoafectivo
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- Fundación Mundo Bipolar (Spanish bipolar disorder foundation): https://www.mundobipolar.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