EARLY DETECTION OF PSYCHOSIS: FLOW CHART

HAS SOMEONE UNDER 25 YEARS EXHIBITED ANY OF THE FOLLOWING OVER THE COURSE OF SEVERAL WEEKS?

- MOOD
  - at least one significant change
- PERSONALITY
  - at least one significant change
- CONCENTRATION
  - (has trouble focusing day to day)
- SLEEP HABITS
  - (stays awake at night)
- SOCIALIZING
  - (keeps apart from others)
- OCD OR STRANGE RITUALS
  - at least one unusual sign
- SUBSTANCE USE
  - (drugs, cannabis, alcohol, etc.)

IF SO, THE DOCTOR MAY SUSPECT THEY ARE SUFFERING FROM PSYCHOSIS.*
THE DOCTOR WILL REFER THE YOUNG PERSON TO A SPECIALIST FOR EARLY DETECTION.

DOES THIS DOCTOR AGREE THAT THE YOUNG PERSON HAS EXHIBITED ANY OF THE FOLLOWING?

- PARANOIA
  - at least one behavior change
- DISENGAGEMENT FROM WORK OR STUDY
  - at least one significant change
- LACK OF INTEREST IN GOING OUT WITH FRIENDS AND/OR PLAYING SPORTS
  - at least one unusual sign
- SERIOUS HYGIENE PROBLEMS
  - at least one unusual sign
- TALKING TO THEMSELVES
  - at least one unusual sign
- INCOHERENT THOUGHTS
  - at least one unusual sign
- HEARING VOICES (OR WEARING HEADPHONES ALL THE TIME)
- OBSESSIONS OR STRANGE BELIEFS
  - at least one unusual sign

IF SO, THE DOCTOR MAY SUSPECT THEY ARE SUFFERING FROM PSYCHOSIS.*
THE DOCTOR WILL REFER THE YOUNG PERSON TO A SPECIALIST FOR EARLY DETECTION.

EARLY INTERVENTION MAKES ALL THE DIFFERENCE

- 85% of psychotic episodes start before the age of 25 years.
- 60% of young people with psychosis make a social recovery within two years with early intervention.**
- 15% of young people with psychosis make a social recovery within two years with a conventional treatment pathway.**

* For help with diagnosing mental health disorders in young people before referral to a specialist facility, visit: https://psyyoung.ch/en

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