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# Delusional Disorder

P . G . Sem -2  
Paper – CC-7  
Psychopathology

# Delusional Disorder

- Delusional disorder is a psychiatric disorder in which the predominant symptoms are delusions.
- It is formerly called paranoia or paranoid disorder.

# History

- The term Paranoia was derived from Greek words meaning ' beside' and ' mind'.
- In modern usage, paranoia is taken to mean extreme suspiciousness, usually not based on realistic assessment of the situation.

# Symptoms

- The patient expresses an idea or belief with unusual persistence or force, even when evidence suggests the contradictory.
- That idea appears to have an undue influence on the patient's life, and the way of life is often altered to an inexplicable extent.

## Symptoms Cont..

- The individual tends to be humorless and oversensitive, especially about the belief.
- There is a quality of *centrality*: no matter how unlikely it is that these strange things are happening to them, the patient accepts them relatively unquestioningly.
- An attempt to contradict the belief is likely to arouse an inappropriately strong emotional reaction, often with irritability and hostility. They will not accept any other opinions

## Symptoms Cont..

- The patient is emotionally over-invested in the idea and it overwhelms other elements of their psyche.
- The delusion, if acted out, often leads to behaviors which are abnormal and/or out of character, although perhaps understandable in light of the delusional beliefs.
- Individuals who know the patient observe that the belief and behavior are uncharacteristic and alien.

# Causes

- The causes of delusional disorder is unknown but It appears a variety of genetic, biological, psychological, and environmental factors are at play.
- Psychotic disorder seem to run in families, so researchers suspect there is a genetic component to delusions. Children born to a parent with schizophrenia, for example, may be at a higher risk of developing delusions

## Causes Cont..

- An imbalance of neurotransmitters (chemical messengers in the brain) may increase the likelihood that an individual will develop delusions.
- Individuals who tend to be isolated appear more vulnerable to developing the delusional disorder as well.

# Treatment

- Therapy may include cognitive behavioral therapy (CBT) it helps an individual learn to recognize and change unhelpful thoughts and behaviors.
- Family therapy is often part of the treatment as well. Through therapy, family members can learn how to support someone who is experiencing delusions.

## Treatment Cont..

- Managing the environment also can help someone with delusions .
- Medication play a significant role in the treatment of delusional disorder.