

Schizophrenia in Men

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Schizophrenia is an uncommon disorder seen in the general population. It is estimated that 1% of the total population will develop schizophrenia during their lifetime.

While specific data do not exist on the exact statistics of schizophrenia in men, it is known that African American men are at greater risk for schizophrenia. The disease is pervasive and chronic. It affects me at the individual, societal, and institutional level.

Risk Factor

Family history of schizophrenia

Impaired metabolism of secondary antipsychotics

Social Inequality- ethnic density increase neighborhood crime, and decrease social support

Discrimination

Lack of African American mental health providers

Clinician Bias

Substance abuse

Signs and Symptoms

Symptoms usually present during the middle to late teenage years.

Positive Symptoms	Negative Symptoms
Hallucinations	Reduced Emotional expression
Agitation	Reduced feelings of pleasure for life
Delusions	Isolation
Dysfunctional ways of thinking	Reduced speech
Movement disorder	Inability to understand information or make decisions
Paranoia	Inability to use information.
Anxiety	Impaired movement

Treatment

There is a stigma that individuals with schizophrenia are dangerous. Most individuals are not violent if compliant with treatment. Schizophrenia treatment takes a village.

Antipsychotic therapy- may be daily or long acting if compliance is an issue

Family education

Intensive community case management

Individual treatment through genetic testing.

Cognitive Behavior Therapy (CBT)- restructuring thinking to influence feelings and behaviors

Self-help groups

Substance abuse treatment

Involvement in clinical trials.

Source

National Institute of Mental health

World Health Organization

National Library of Medicine