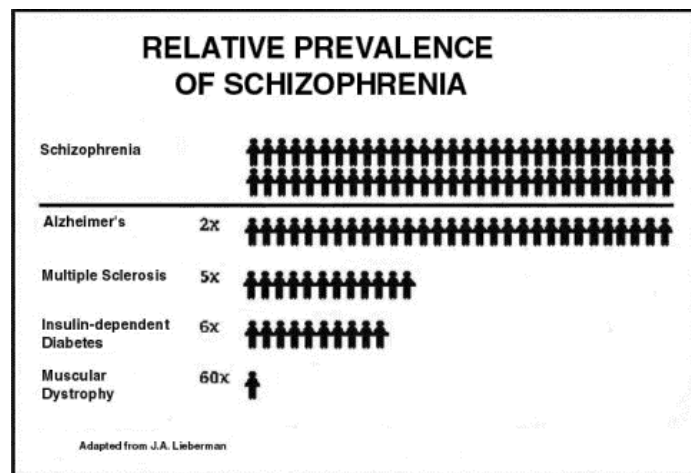


Schizophrenia: A Living Dream

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All of us daydream on a daily basis whether it's reminiscing our past, thinking about our current ambitions, or imagining our future. The point is we all are aware of the fact that our mind is only indulged in a thought that is either a memory or a wanted future scenario. However, have you ever imagined how would it feel if were unaware of this fact and your mind tricked you into thinking that your thoughts are the present situation? Most of you might be frightened and afraid to even consider such a scenario. I am sorry to tell you that such a mental disorder exists in the world and this article will explain all that you need to know about this condition, known as 'Schizophrenia', in case you have an unexpected discussion with someone based on it or even engage with a schizophrenic person as it is a common mental disorder (though people don't know much about it).

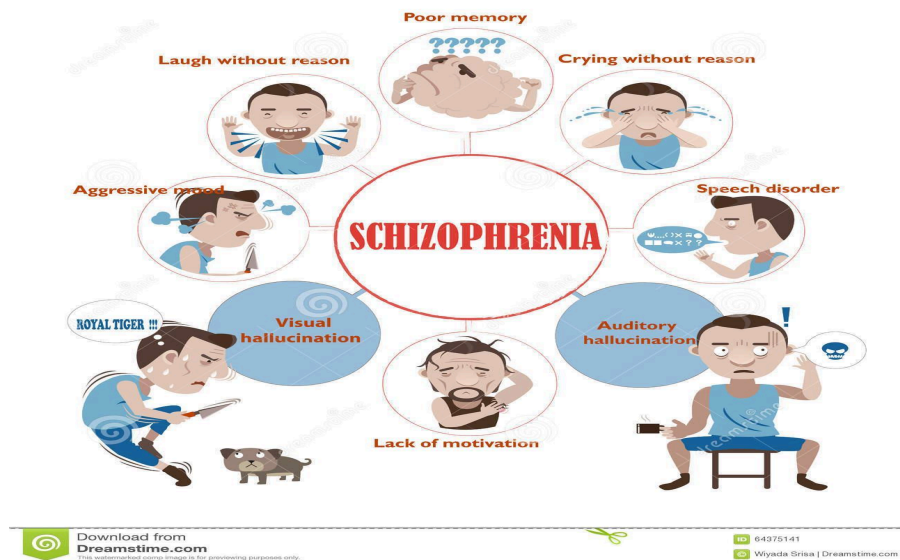
(Anonymous, 2022) To prove its widespread control of humans, let's dive into the statistics world. Schizophrenia affects approximately 24 million people or 1 in 300 people (0.32%) worldwide. This rate is 1 in 222 people (0.45%) among adults. It usually fosters during late adolescence and the twenties (teenagers do not frighten out as it still has a very low probability of occurring), and the trends show that it happens earlier among men than women.



Credit: schizophrenia.com

The above image compares the count of schizophrenic people to that of people affected by other common diseases. It is a reference comparing the US population. This verifies the wide grip of schizophrenia among humans relative to other illnesses.

(Anonymous, Causes - Schizophrenia, 2019) I know the statistics game was boring but it was important for you to know schizophrenia's impact. Now, let's have a look at the causes that invite schizophrenia. The causes of schizophrenia are a mystery yet to be discovered. However, researchers suggest that a combination of physical, genetic, psychological, and environmental factors can push a person toward this condition. Some people may have a higher risk of developing schizophrenia due to factors related to genetics, brain development, neurotransmitters, pregnancy and birth complications, drug abuse, or stress.



Credit: netmeds.com

Let me share with you my personal life experience regarding schizophrenia. Five months after my grandfather passed away in 2018, my grandmother started showing signs of schizophrenia (this confirms the above-mentioned stress factor due to losing a loved one and the end of a long relationship). Four more months later, she was completely hypnotized and under the control of this mental disorder. She started having trouble remembering things; she started crying or laughing suddenly as she said that she is seeing her brother being beaten badly by an imaginary demon or she is talking to her husband (although her brother and husband were both had passed away); she started getting furious at my family and me for no reason; she started speaking curse words without even knowing what she was saying. This tragic tale explains to you all what happens to a schizophrenic person (though her condition strengthened my bond with her).

(Bhandari, 2022) Lost in the curiosity of what its treatment would be, aren't you? Well, there is no cure for schizophrenia (you didn't possibly expect such a bitter answer). However, to pour some honey over you, there are some usual services a schizophrenic person can entertain his or her mind with including medications, psychotherapy, behavioral therapy, and social engagement. These services do not guarantee a cure but can reduce and stabilize symptoms (such as those faced by my grandmother) leading the victim back to a normal life. There even have been reported cases of recovery from schizophrenia.

By now, you must have developed the necessary knowledge to understand schizophrenia. But you may also be wondering how would it be like to actually meet a schizophrenic person. Most importantly, you may have a lot of questions revolving around your head. So, follow my advice: note down all your queries on a notepad and keep it safe; try to find a person who has recovered from this illness or has minimized its symptoms; after contact, arrange an in-person or online meeting with him or her; finally, explore!

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