

Title: Paranoia: Symptoms, Causes, & Treatment	
Primary Keyword <i>Used in the title, several headers, and throughout the body.</i>	paranoia (72.0k volume, 67 difficulty)
Secondary Keyword <i>Used in a few headers & in the text.</i>	what is paranoia (3.8k volume, 67 difficulty)
Tertiary Keywords <i>Used in headers when appropriate & in the body text.</i>	paranoia symptoms 62 3.2k what causes paranoia 59 1.5k symptoms of paranoia 61 1.0k signs of paranoia 62 900
Semantic Keywords <i>Important to include these in the body of the article so Google knows we're writing a comprehensive article on the topic!</i>	Manic episode, marijuana, alcohol abuse, dementia, personality disorder, PCP, LSD, hypervigilance, Alzheimer's, Parkinson's, amphetamines, HIV mania, psychosis
Similar Article as an Example	Persecutory Delusions: Definition, Examples, & Treatments
Articles for Inspiration	Paranoia
	Paranoia
	What Is Paranoia?
Length	~2000 words
Meta Title	What Is Paranoia?
Suggested Slug	/paranoia/

Below is an article outline for our "What is____" style articles. While the exact topics headers may change depending on the article, this outline should give you a sense of the topics to cover, the order in which to cover them, and roughly how much space to devote to them.

*** NOTE TO WRITERS: Please do not use this outline to write your draft. Create a new document via word or google docs, as we use these outlines for future reference and editing purposes.**

*** Please only use journals, book publications, or medical websites (Mayo Clinic, Cleveland Clinic, etc.). Please do not use sources from our competitors such as Very Well Mind, Psychology Today, PsychCentral, etc.***

Title: Paranoia: Symptoms, Causes, & Treatment

*** Paragraphs should be ~60 words in length***

Opening paragraph: Paragraph should be close to ~56 words in length. It provides a general overview of what paranoia is, its symptoms, and treatment options. Remember, the audience just googled something like, "what is paranoia?" and are looking to learn more about it. If you only had one short paragraph to answer that question, this would be it.

H2: What Is Paranoia?

1 brief paragraph to explain that paranoia is a distortion of reality and mental perception of one's environment, leading them to believe that they are being threatened by some kind of outside force. Does paranoia need to occur simultaneously with a mental health condition, or can it sometimes happen to anyone?

Then provide a bulleted list of ~4-6 examples of paranoia.

Lead in sentence: Below are some examples of paranoia:

- **Bulleted list:**
- Something like...
- A person fears the government is watching them
- A person thinks there is a murder plot against them
- **Additional ~2-4 examples**

H3: Anxiety vs. Paranoia

1 brief paragraph to explain the difference between [an anxiety disorder](#) and paranoia. How can someone differentiate between [anxiety symptoms](#) and paranoia? Can one cause the other? What are clear signs that someone is simply experiencing anxiety and shouldn't be concerned about paranoia?

H2: Symptoms of Paranoia

1 brief paragraph to introduce how symptoms of paranoia may manifest in a person. Are these symptoms persistent, or do they sometimes come in bouts or cycles? Do symptoms vary based on the mental health condition a person experiences?

Then provide a bulleted list of ~5-7 symptoms of paranoia.

Lead in sentence: Symptoms of paranoia may include:

- **Bulleted list:**
- Something like...
- [Hypervigilance](#)
- Mistrust of others
- Increased isolation
- **Additional ~2-4 symptoms**

H2: Causes of Paranoia

1-2 brief paragraphs explaining what may lead to paranoia. Which factors are considered the most influential, if any?

Then provide an H3 list of ~9+ causes with a ~1-2 paragraph explanation for each.

Lead in sentence: Possible causes of paranoia include:

H3: Something like...Stress

1-2 paragraphs explaining why certain [types of stress](#) or [toxic stress](#) can increase a person's likelihood of experiencing paranoia. What levels of stress are typically necessary for paranoia to occur? Does this result due to prolonged stress?

H3: Something like... Lack of sleep

1-2 paragraphs explaining how a lack of sleep or [insomnia](#) can lead to paranoia. Why is this? How does [sleep impact a person's mental health](#)? Can this also lead to hallucinations and delusions, as well?

H3: Mental Health Disorders

1-2 paragraphs explaining how having certain mental health conditions increases the likelihood of paranoia in individuals. Which condition is more commonly associated with paranoia? Why is this? Is this more commonly a [symptom of schizophrenia](#)?

Then provide a bulleted list of ~5+ associated conditions of paranoia.

Lead in sentence: Mental health disorders that may induce paranoia include:

- **Bulleted list:**
- [Schizophrenia](#)
- [Paranoid personality disorder](#)
- [Bipolar disorder](#)
- **Additional ~2+ disorders**

H3: **Additional ~6+ causes on topics such as Genetics, Certain Medications**

(link to [Adderall](#)), **Drug Use** (link to [Substance Use Disorder](#), [Marijuana Addiction](#), [Meth Addiction](#) and [Cocaine Addiction](#)), **Trauma** (link to [Childhood Trauma](#) and [PTSD](#)), **Aging & Memory Loss** (i.e., dementia), and **Certain Physical Conditions** (i.e., exposure to toxins, human immunodeficiency virus HIV).

H2: How Is Paranoia Diagnosed?

1-2 brief paragraphs explaining where a person can seek diagnosis and who can provide this. Can paranoia be diagnosed without the prevalence of a mental health disorder? What tests may be performed during this process? Are there conditions that need to be ruled

out before a proper diagnosis of paranoia is provided? What happens after diagnosis? Is someone referred to a psychiatrist or other treatment provider?

H2: Treatment for Paranoia

1-2 brief paragraphs explaining when a person experiencing paranoia should seek professional help. When does [mental fatigue](#) or physical exhaustion become a problem and lead to [burnout](#)? Is treatment usually multifaceted, including both medication and therapy? How long does treatment generally last?

H3: Therapy

1 brief paragraph introducing the importance of therapy when treating paranoia. Is therapy considered frontline in this case? How can someone [find a therapist](#) (i.e., [online therapist directory](#), doctor referral, etc.)? What should a person expect from therapy? Link to "[Do I need therapy?](#)" if possible.

Then provide a bulleted list of ~4+ therapy options, with a ~1-2 sentence explanation for each.

Lead in sentence: Therapy options for paranoia include:

- **Bulleted list:**
- Something like...
- [Group therapy](#): what is this, and how is it helpful?
- **Cognitive behavioral therapy (CBT)**: what is [CBT](#) and how is it helpful?
- **Additional ~2+ options**

H3: Medications

1 brief paragraph explaining when medication may be prescribed to those experiencing paranoia. What symptoms do these medications aim to address? Are medications generally only prescribed when a person has diagnosable paranoia or an associated mental health condition? **(medications can be in the form of a bulleted list if needed!)** link to [Medication for Depression](#) and [Anxiety Medications](#) if possible.

H2: How to Cope With or Prevent Paranoia

1 brief paragraph to explain the ways a person can work to cope with or prevent future periods of paranoia. Can paranoia be prevented? How can [healthy coping mechanisms](#) help a person in this case?

Then provide a bulleted list of ~7-10+ tips for coping with/preventing paranoia, with a ~1-2 sentence explanation for each.

Lead in sentence: Below are ways to help you cope with or prevent paranoia:

- **Bulleted list:**
- Something like...

- **Fix your sleep routine:** why is this important?
- **Maintain a healthy diet:** why is this helpful?
- **Refrain from substance use:** why is this helpful? (possible link to [relapse prevention plan](#))
- **Additional ~4-7+ tips.**

H2: Final Thoughts

Concluding paragraph to sum up what was discussed, and encourage readers to seek professional help if they are experiencing symptoms of paranoia. Add something along the lines of “paranoia is difficult to overcome, but there are ways to move forward.” Feel free to change the wording, but this is what we’re going for :) Add whatever concluding information you feel fits well here!

H2: For Further Reading

Please include links to resources you think would add particular value to the reader on this topic. We would encourage linking to relevant nonprofits, highly reputable sources of information or support, or groups / peer support networks.

Possible links:

[10 Best Stress Management Books](#)

[21 Best Mental Health Podcasts](#)

[14 Best Online Therapy Services](#)

Additional 3+ links

subsection of the page - between article and footer

Article Sources (expand/collapse)

Citations follow APA style: <https://www.mendeley.com/guides/apa-citation-guide>

DMS5, Org, association, gov, edu - EAT-friendly w/ full names and lists, linked

Website Footer Navigation