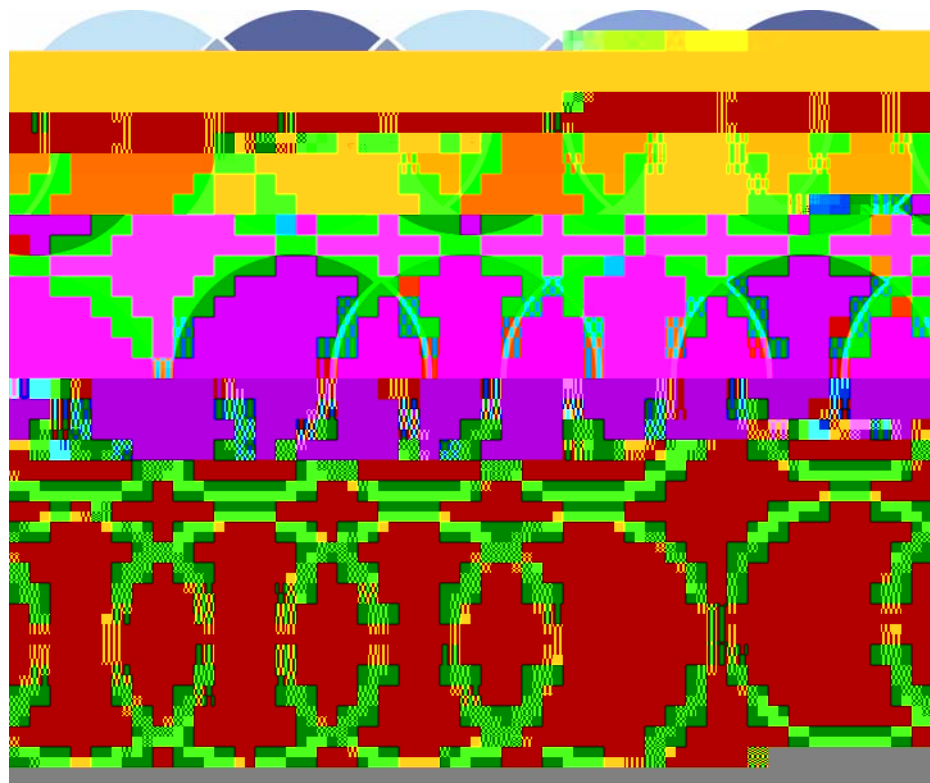


# EARLY PSYCHOSIS A GUIDE FOR PHYSICIANS



# qqkrf

sfiek0ss aqysfrlivc hl dkl aWfj ll .....	9
srllivc hl dkl aWfj ll dl l W ikAlh? .....	10
qnfa kfrn blmfri l gdx df mfzl .....	12
icqr 1 qnfa kfrn blmfri l gdx df mfzl .....	13

blmfri Aj fgr hx qllpihl F df pVfa (pZrm) .....	14
nfj k pVfa (aYkAlt Pj l) .....	16
mVf pk df (rlkvri) pVfa .....	18

sfrxl 1: idmfgl hfl q l el mafieny(mllt l stlts abj fmlnsh - ah aB el) dyihsy.....	22
---	----

sfrxl 2: cævlaf zfktrl aqyqllivigafnk (inArd g Ikl ) hfl qf, ij hVlaF  
sfiek0ss dyl Cxf dynfl nfl hfj lr h0skdlaF hn[ ..... 30

a0tIsfiek0tk rihq smF ..... 35  
dvfelaf rfhl0iel fj ..... 35

mfnisk blmfri bfryisiKaf ..... 37  
sllgafnk iel fj ..... 37  
blmfri nfl nij 0x dlaF Xgqvf aqyqnfa nllktr0 krn bfryph0F ..... 38

srl

vsll y

*blmfri Aj fgr hax qllpihl F dyl Cxf I el*

- o mrlj lnlmne-icikqsk (sfieikaltirst) j fc I el Bj o
- o mrlj ldl hfl fq ivc sDfr df inrlKx kro
- o mrlj laqypirvfr nllidl fsf aqysl fh-msvrf idAu

*mfnisk rg dyAj fgr horhyl Cxf I el*

- o mfnisk rg dyl Cxf bfryisDypr sihj mel safl pCo
- o ivsQfr sihq j fc krn I el POn iksymne-icikqsk (sfieikaltirst) j F mfnisk ishq syf (mltl hl Q srivs) kl Bj f

- o blmfri dl afrj ll pCfx ivc sD krn I el iqafv rho
- o spbSl st qlldbfrf j fc krfAx bfryscO

- o iel fj dl l gfqfrqf kfiem rKx I el plH kisSSkro
- o ivakql nlliek afj fd bfl g vfg smJo
- o blmfri nllkfbllivc rKx dysbDD ivc mrlj lnfl iml vrqx pldf kro

- o mrlj F df rij str rK0
- o apæfieltmlt KWfAx, iel fj j frl rKx vrgymsil af sbDDI pbdKl inXmfvl l iqafv kro
- o mrlj laqypirvfr I el bhKqrl aqysrbpKl shfieqf XKlnl bxfAu

- o mrlj ldysfiek tirst (mne icikqsk) j f kys mhj r nfl sbrk rko
- o jysbv hwyqf mfnisk ishq (mltl hl Q) tlm nfl iml kykth kro
- o sB qllpihl f afpxl aqydsiraf dl sriiKaf Xklnl bxfAu (pil s nllisrP l W pk Alkyhl sld)
- o Dmkl rihq aqytfkryrihq phlt apxfAu
- o dKvik kl ibnf mrj ll dydfkl ydl ksstl mg ld hl
- o mltl hl Q akt ansfr kfrvfel kro- mzikl srtliPkyt dx l el j ltrhl hlik zfktr nyivakql df mafienf klqf hwyaqyzfktr dl ieh rfie hwyik ivakql hylf idqlaf cfr ksvitlaf Albr plrf Anqrdf hl
  1. *ivakql aij hymfnisk ivgfV qllpIVq hlj iivgfV ivakql dl afpxycigrdy nfl iswx j f dsiraf l kf nfl mj iml fp krn dl Xgqf ivc rnkvt pfAlbf hl*
  2. *ivakql nllksyinsfcq sBQf (hspqfl j f As vrgl iksyhr sBQf) ivc j f rfhlliel fj dl l W hl*
  3. *ivakql dl inj l mfnisk j f srlrk hfl q ivc vzf inGfr afAx qllrkx l el j f Asdl afpxl sriiKaf j f dsiraf dl sriiKaf l el As nllksyinsfcq sBQf (hspqfl j f As vrgl iksyhr sBQf) ivc/rfhllsBfl , ingrnl j f kltrd krn dl l W hl*
  4. *ivakql afpxl mrj ll nfl dfkl hx dyXg nhllhl*
- o mrlj lnllAsdl kfnll hfl q bfryspst dsoaqyj fxkfrl idAu
- o ingrnl aDln hspqfl phltfAx df plbD kro
- o hoskdf hlivakql nlldvfel nfl sbq krn dl l W hwy

- o afþxlaaf slmfvf pCfx0aqyspß\$! stf aqydbryvslil af dl vrqñ kro
- o aÞtIsfiek0tk dvfelaaf dl cæ krn smÞAhnf dysfelz iePkts dÞKkycæ kro
- o iek smÞisrP iek hl aÞtIsfiek0tk dvfel dl vrqñ kro
- o hÞTF qñsirUkro- h0 l h0 l cñ 0
- o dbfrf d0f pk qñrkx l el aqysfelz iePkts qñbcx l el dvfel dl Gut qñGut l Wlidl Kirfk idAñ
- o - l Cxf Allþyingñ nk0
- o - nf-qfmll l dykfrn l B0
  
- o iel fj df mdd Biraf irsþf pðf kro
- o þryklqyj f skx vfl yAðsSim00
- o dbfrf Brøf idAñaqyBfvnfvf nÞivakq krn l el mÞkf pðfn kro
- o mrlj laqypirvfr nÞisiKa q kro
- o l Cxf Allþyafpxyafp ingñ nkx aqyblmfrl nfl iswx l el l Wlidlaf Xgqfvf nÞ Aqsfihq kro
- o sbþf-afDfir q bhpkl dkl aÞfj llaf pðfn krn nÞXklnl bxfAñ

mfik (D/ieck) mgisl tAsls blls fagynZ fAsfiek0ss Aldm (arl I sfiek0ss ieinsfjtv  
-el pl afel) I el ieh ikqfb iek shfiek dsqfvj ldyqf Albyiqaf klql sl[ el pl afel  
df iek mK Adpsfiek0ss dlaf mZI laf insfnlaf aqyl Cxf dl pCfx nllskfl f krnf hl  
qfik smjlsr asrdfiek iel fj sfrUklqf j f skj

sth 1999/2000 ivc ibltsSkd blaf dl minstrl afP hl Q nymfnisk ishq Xj nf (mltl  
hl Q pl h) ivc klql insfnhl ansfr gBlr mfnisk blmfrlaf dyKqryhTl ynq vfnf I el  
rkQfm aqysrlivc hl dkl ahlj ll vfl laf syfvf ivksq krn dymlv I el pbydx I el  
iek Aldm dl ij thyfrl I el sl[ mfrc 2Dmyfr xf dl pCfx nDyvf0p79cl zn da

aWfj h 3 Plsdl l k afpxl ij Wgl dyiksyntf iksypVfa Alqymfnisk rg dydf anBv

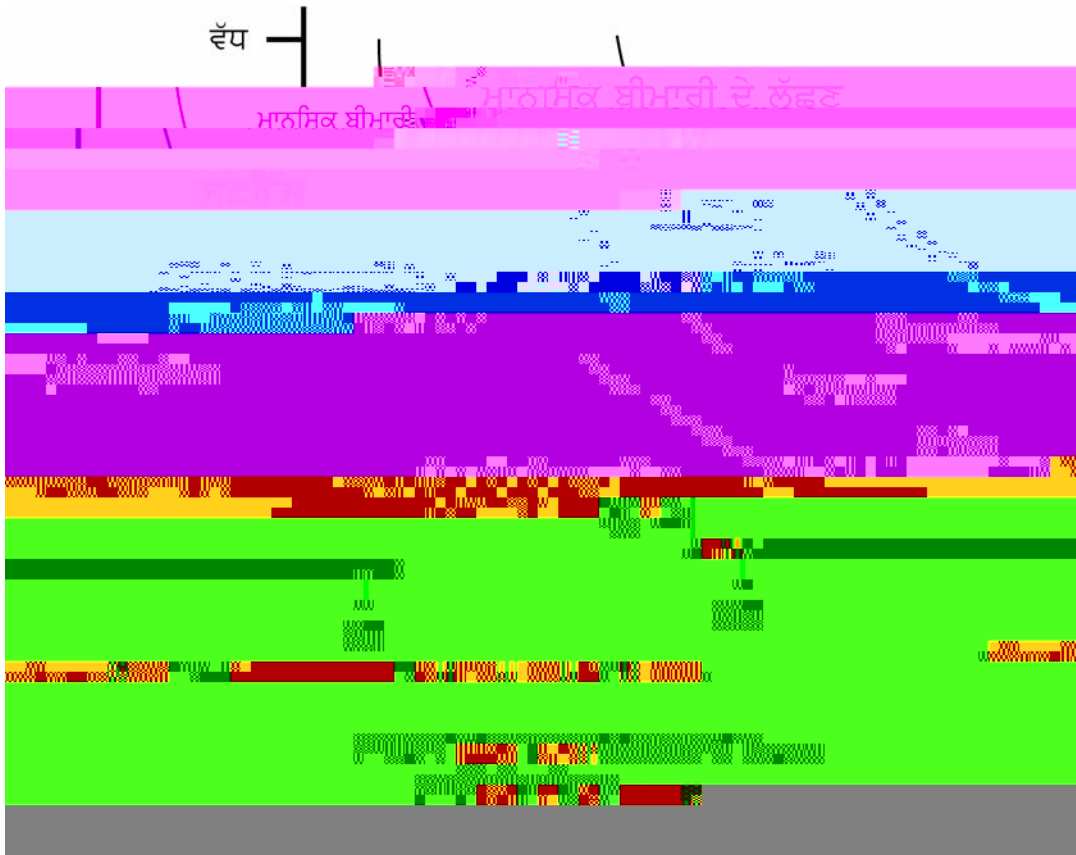






- o rfj ll hœ ivc dyl aqyptll qrl rfj ll nf hœf
- o mfnisk aqysmfj k ivkfs ivc ivGn
- o irsŧqaf ivc qxfa, pirvfrk aqysmfj k mdd dl kml
- o nŧ vfn mfvf/ipqvf vl llmfipaf df Prj LinBfAœ ivc ivGn
- o pVll el j f nkrl ivc ivGn
- o pirvfrk qxfa ivc vfdF
- o rŧ qllptll qrl Tik nf hœf
- o Adfsl aqyafqmhiqaf
- o nisœaf dl dirvrqll
- o hspqfl ivc axl Mlldf dfKI f
- o kimAntl dyafriQk nkshn ivc vfdF





*mllnaf j f skdf h'lik sfiek0ss dypihl yd0rydf afm d0r iqllhf pVfvf ivc vfprdf hl' blmfri  
Aj fgr h0x qllpihl F df pVfa (p0zrml ), nfj k pVfa (a'lkAlt) aqymVf pk df pVfa  
(rlkvrl)[*

blmfri Aj fgr h0x qllpihl F df pVfa As smj'sfhmxyafAlbf h'j d0 ivakql dlaf Bfvnfvf,  
sc, sul aqyvrqfAivc qbdll laf afAlblaF hn Bfvj'ik As ivc aj yCl fy  
(hl' 0lnshj ), Brm (izl ij h'j ) j f sc ivgfV vrgymfnisk blmfri dyl 0x sps0 idKfel  
nhll dx l 0yhllf

vKryvKryivakqlaf ivc blmfri Aj fgr h0x qllpihl F dy(p0zrml ) l 0x vKryvKryh0yhn  
aqyh0skdf h'ik k0 ivakqlaf ivc ieh l 0x p0df nf h0x[ ies pVfa df smf kfPl  
ains0q h0lf h' Bfvj'ik ieh kel mhlinaF qk h0lf h' afm q0r Albyblmfri Aj fgr h0x qll  
pihl F df pVfa (p0zrm) asi0r aqyAqrfvf-cVfvf vfl f h0lf h' iesdy l 0x h0 l h0 l  
sfhmxyafAlbyhn aqysmj'nfl bdl dyrih0yhn[ ij hnF Kqrf ivc blmfri Aj fgr h0x qll  
pihl ypVfa (p0zrml ) dyslkq aqyl 0x iml dyhn, AlhnF Kqrf ivc s0ml hn:

*Bfvnfvf*

A0fsl, ic0lf, mfnisk b0, icVicVfpx, g0f j f sBfa ivc qbdll laf[

*sllgafn*

iDafn l fAx aqyXfd rKx ivc m0skl , ies qrf l 0xf ij v'isc s0q h0gel h'j f qj l,  
k0zbyivcfr, asps0 b0 cfl , vDfey-cVlleyivcfr[

*afpxyafp, d0siraF j f dnlaf bfrysmJ*

afpxyafp nllksyqrf d0siraF nfl 0vKrf smJxf, cigrdyivc clj f bdl laf h0laf  
j fpxf, sklpx[

*srlrk*

nll0 ivc ivGn, BK ivc qbdll laf,ij smfnl isk'fiefq (sm'0tk k0l jts), sfh-sq j f  
j 0sdf Gtfa aqys0l ivc iQVka[

*vrqfAusbDl*

afpxf bxdf rd inBfAx ivc inGfr, smfj qll tuxf j f al ihdgl, afm idl csplaf df  
Kqm hxf, scf ivc mgn rihxf ij vlik afqmf/PI sPynfl sbDq msil af bfrybhq  
iPkrmll rihxf, sBfa dyAl t bfglpxf[

sfP hlik ieh qbdll laf iksyiek Kfs rg nfl sbDq nhllhn sgnkel qrl dlaf  
mnsmfj k mskl f, srlrk ivgfVf aqymfnisk ivgfVf kfrn pbf hoskdlaF hn[

mfnisk ivgfVf dfrn sflivc hl dkl aDfj ll krn l el mhqvplrn hlik j dliksynj vfn  
ivakql ivc ieh l Cx idKfel dx qf Anllsfiek0ss h0 dl sbfvnf nllidmfg ivc rikaf  
j fvj ieh j fxnf Kfs qf Alqymhvplrn hlik sKslaq aqvvrqfAuvc afelaf qbdll laf  
kfiem rihllaf hn j f hr ivgV rhlaF hn[ iehnf qbdll laf nlliksir avsof df ih0f smJ  
kyiek dm hl pfsynhllkr dx cfhldf[ kel kfrn hoskdyhn, ij hnF ivcblmfri Aj fgr  
h0 qllpihl f df (p0zrnl ) sfiek0ss iek kfrn hlies krkyivakql df g0 nfl ma0fienf  
krnf aqyAs Alqybkfiedgl nfl ingfh rKxf Aicq h[

nfj k pVfa (aYkAlt Pj ) d0fn mfnisk ng dyafm I Cx Aj fgr hoj fdyhn[ hskdf h'sc  
ivc ivgV, Brm (izl j nj ) aqyCl fvy(hl Blnshj ) vrgynkfrqmk I Cx ptk q0r Alby  
idKfel dyl[ afm q0r Albyieh pVfa Ans smj qk cl df h'j dl qk Zkvf iel fj nf s'rlklqf  
j fvj

Cl fvy(hl Blnshj ) df arQ h'iksybfhrl p'rk vsq (sitml s) dl g'rhfj lrl ivc sl'pdl  
p'qlql (sl'rl prspsh) h'xf[ ies dl sB q'afm iksm avfj E s'xfel dyl[ (afiztrl  
hl Blnshj ) h[ Cl fvydlaf hr iksmf iehnf igafn iedrlaf nfi s'bdq hn: ingll, Ch,  
safd aqysgdl[ ieh Cl fvyafm nhlliml dyaqyiehnf dyp'bf h'x dyzfktrl/dvfelafl nfi  
s'bdq hr kfrn h'skdyhn[

Brm (izl j nj ) ivakql dysiBafcfrk vqfvrX q'bfhr dyins'cq J0'yivsVfs h'by  
hn[ afm q0r Albyieh ivsVfs ivakqlgq h'byhn j omrlj ll el bhq mh'qvprn h'byhn pr  
dlj yl k'f n'iehnf n'ismJx ivc m'skl afAlcl h[

Brm (izl j nj ) h0 I h0 I pbl h'byhn, ij hnf n'pikafel PVn q'p'ihl F p'ihl ypVfa Alby  
cx'ql dyl s'kfl I h'bl h[

- o sqfeyj fx df Brm
- o Dfrimk Brm
- o afpxyafp n'is'h'ivakql smJx df Brm
- o ieh Brm ik s'xfel id'rlaf avfj E j F idKfel id'lyl k ivakql bfryg' F kr rhy  
hn aqyivakql n'lnksfn ph'f'axf cfh'byhn[
- o srlr dl idK j F kfrj F bfryBrm
- o ies q'rl df Brm h'xf ik ivakql dyidmfg ivc iKafI Bryj f rhyhn/ivakql dy  
ivcfr b'zkfst klqyj f rhyhn[ d'rlaf q' tut j fxf[





þá þá iel fj F nfi bhigxql I k afpxysfiek0ss dymZl yd0ryqñcñl qñl Tik h0j fdyhn[

iel fj df vqfvrX, dvfelaf aqymñivigafnk iel fj , sKslaq aqyivakql df pirvfr aqysmfj k vqfvrX mVf pk dl þlklaf Albyasr pfAlbyhn[ smñl aqykfrj fqmk sDrfr dl mfqrdf dyafDfr AlqymVf pk dl þlklaf vKrl vKrl hvgl[

mVf pk dypVfa smñl iehnf Kfs gl F vñl iDafn dX dl I V hñl blmfri dyanBv nñsmJx ivc ivakql aqypirvfr dl mdd krnf, dbfrf svf-ivsVfs þdf krnf aqyblmfri qñl pihl F dl pDr vfl I kfrj sñl qf il afAwx ivc mdd krnf[ mfnisk blmfri qñl þfad dl AdfsI, icñl dyd0ry svf-mfx ivc kml aqysmfj qñl tñtX vrglaf msskl F nfi nij wñx dl I V hñl ho skdf hñirhfies\$ afriQkqf, rj lgfr aqypVñel dysññ ivc shfieqf dl vl I V pvñl

vD qñlvD Tik hX I el smrQn aqymñl vrqx vfl I phñl apnfAxI j lñl hñl ies phñl ivc spññl stf qñl iel fj aqysrlrk/mfnisk/smfj k þKf qñl srbpñl phñl vrql j fvñl

pihl yd0ryqñl Tik hX þfad Gut0Gut 12 mhlinaf I el dvfel Kfxl j frl rñl j fdl hñl aqyiPr mrlj lnñl gfqfr ingrfnl hñl rñkidaF h0 I h0 I dvfel Kfxl bñl kr idñl j fdl hñl bdiksmql nfi bhqyl k dvfel Kfxl j frl nhñl rñkdyaqynqlj yvj ñ iPr blmfr h0j fdyhn[

pihl yd0ryqñl Tik hX þfad, kfPI vñl igxql ivc I kF nñl iPr kdyvl dbfrf sfiek0ss df d0f nhñl þdf[

dñl af nñl dbfrf sfiek0ss dyd0rypldyhn, pr iehnf d0raf dyivckfrl ysmñl ivc Ah cñl BI I ij ðgl ij Albyhn[ mVf pk dypVfa d0fn ivakql aqyAsdypirvfr nfi iehnf sBfvnfvf bfrygl þfq hXl cfhldl hñl ivakql aqypirvfr nñl mfnisk ishq bfryj fXkfrl dX dyihñsvj ñ dbfrf blmfri sñl hX smñl ij ðñl Cqñl h0skyblmfri dl pCfx krn aqyiel fj krvfAwx I el sDr sDrpq klqlaf j fxlaf cfhldlaf hn[ Tik hX bfryþkf anmfn I fAxf sBv nhñl[



j dlik sfiek0ss df pihl f d0f pxf afm vfprn vfl I Gtnf nhllh[ iPr vl ies sbDI afm zfktrf (j nrl pktlshnj) df iek mhqvplrn rd h[

afpxl srlrk j F mfnisk ishq dysrkfrf bfymdd I k I el bh-igxql I k sb qd pihl F afm zfktrf (j nrl pktlshnj) nfl spbrk krdyhn[

ieh mhqvplrn hlik qslmfnisk ivgfVf smj idKfel dx vfl laf afm gl F qd j fxllaqy mZl f mfnisk mafienf krn dyXg hw[ afpxymrlj F dl mdd krn I el qhfnllmhrf qd iml x vfl laf mn-icikqsk syfvf (spbsl st sfieikatirk srivsj) df vl pqf hxf cfhldf h[

iehnf ivgfVf dl srllivc hl pCfx krn I el j rrl hlik sk dl gjfiesAlcl nkl j fvy Kfs krkyAs smj j dldqhfzf vfh ikxyaij hyiksr j F cvldl j vfnl vfl yivakql nfl ipaf hwy ij s nll thysmj qd mfnisk msskl F j F sKslaq j F vrqfAuivc inGfr df sfhmxk krnf pl irhf hw[

j ymfisk ivgfV df sk hwyqf h0skdf hlmafienyaqyiel fj I el "AzlkaaqydK0" vfl I phlc ivakql dyclgyihq ivc nf hw[ sikj Prlinaf vrgyng nfl j Ml inrfsf aqysm dl vj ll kfrn afm qd Alby blmfrl nllAdfsl ng smJ il af j fdf h[ (aqyAs ipCl Adfsl ng df iel fj klqf j fdf h)[

sfiek0ss dypihl yd0ryvfl f ivakql kel Z0f nfl qhfzyiDafn ivc af skdf h[

bhq G0t vfrl aij hf h0f hlik mfnisk blmfrlaf acncqyhl qhfzysfhmxyaf p0t  
h0[ afm q0r A0qy Ah mfnisk kfrj s0l qf ivc h0 l h0 l afel qbdll l q0bfad p0t  
h0laf hn[ afm q0r A0qypirvfr n0j fpdf hlik k0 Tik nhllhYaqypirvfr mdd l Bxl s0r  
kr id0f h[

j yivakql zfktr kd afvyvl, qf vl afm idKfel dpx vfl laf g0 f ivc A0fsl, ict0f s0b0q  
m0skl f, aqys0gafnk (k0gnlsh) j f ij smfnl isk0fief (sm0tk k0l jts) s0ml ho  
skdlaf hn[

hoskdf h0nfj k pvfa (a0kA0t Pj l) ivc mfnisk blmfrl dyl 0x p0k h0 pr ies sm0  
mrlj l0l0sk hoskdf h0j f mrlj liehnf m0skl f n0Cp0fA0x df Xqn kr skdf h[ hoskdf h0  
m0/ B0sf idv0fA0x aqynrml nfl vfr vfr p0x dl l 0 pvf ivakql dypirvfr vl 0 A0fey  
svfl f v0 idafn dpx aqyivakql q0A0hd l rfie bfryp0xf Pfiedm0 ph0f hoskdlaf hn[

m0skl f vfl ys0fvl Kqrf bfryj fxn ivc mdd krn l el ielt0rvlA0krdysm0 iksyqrf dl  
Xj nf df h0f Pfiedm0 h0f h[

afm q0r A0qyv0ql j fx vfl l iek Xj nf df nf h0idmfgl hfl q l el m0fienf (m0t l st0s  
a0j fmlnsh - a0 a0 el)[ a0 a0 el rfhl0m0fienf klqj fx vfl y0k0k Kqr "eybl sl  
st0p il kr" nf dyismrql-shfiek dya0krf rfhl0drsfeygeyh[ (dK0sfrxl 1)

*idmfgl hfl q l el mæfienf (mltl stlts abj lmlnsh) mfnisk blmfrl dyl Cxf df srvjKx h[ hjTF idqf ismrql-shfiek srvjKx krn vfl jsfryKqrf nllXfd rKx ivc shfel hskdf h[*



idk	ivakql dl afpxl sBfl bfrykæl vl asfDfrx g  not kr( ij v  pihrfvf, mjK-ap j f sfmfn asbfb[
vrqfAu	srLrk hrkqf aqyAhnf dypDr, aKf dyspbrk, vrqfAudya dfj l aqymdrf ivc iksyvl asfDfrx g  v  iDafn idA[

sllgafnk kfrj sll qf	<p>sllgafnk Gftf df pqf l fAx l el idmfgl hfl q l el Cotymæfieny (imnl-mllt l stlts a'lj fm) nlliek sll vj llvrqx bfryivcfr krj siQql igafn - qfrlk, Qf aqyivakql bfrypCj</p> <p>Xfddfsq - Xfddfsq nfl sllDq msskl F bfrypCj ies gll vl iDafn idAuk kl ivakql nllqfj f j f kfPl smf pihl F dlaf gl F Xfd krn ivc msskl afAlbl hll ivakql nlliqh qlpj sll dlsu aqypj F imntf bfad AnllAh sll dhrfAx l el khj</p> <p>iDafn aqyiekfgrqf - ieh dKolk kl ivakql qhfyzsvfl F vl iDafn idllf hll tl vl sll vl iDafn l f skx dl Xgqf bfrypCj</p> <p>il Kxf aqypVlh - pVh dl Xgqf bfrypCj ivakql nllAlcl Alcl kel vfk pVh nllaqyiek vfk il Kx nllkhj</p>
igafn afDfr	<p>ieh gll dKolk kl ivakql dl afm j fxxfrl ivc vzyalqr qf nhll hnll mhqvplrn qfrlkf, vrqmf n isafsl hsqraf j f Kbrf ivc afAlblaf Gtnvf bfrypCj</p>
mrnf-mfrnf	<p>afqm hiqaf krn j f iksyhr dl hiqaf krn dyivcfrf bfrypC igC krj j yies iksm df kel ivcfr hwyqf KqrybfryivsQfrpbk anmf n l fAl ies ivcfr bfryXj nfvf, ierfdaqymrn j f mfrn dy Zll dl Gfqkqf bfrypCj Kqrf vDfAx vfl laf gl F vl iDafn idAu ij vllpihl ysmll ivc afpxyj F dlsiraf ivrD ihllf, zrg aqysrfb dl drvrqo AksfAx vfl l qfj f Gtnf, afvgsll qf, sKsraq sllDl gllr ivgfV, kfrbink aqyqllivigafnk hfl qf, rAl (mlz) aqy mfnisk blmfri dyl Cx (Kfs krkykmfz hll slnsnj l, ij sdf Bfv hll ik ivakql nllies qrl dlaf avfj F sxfel idllaf hn j oivakql nll kll krn l el hkm idllaf hn aqyivakql Ahnf avfj F df hkm mllhdh hll</p>
Brxgqf	<p>ieh dKolk kl iellrvllAaqyinrlKx dlarf l el gel j fxxfrl Brxgqf vfl l hll</p>

a'm a's el mn-icikqsk ielt rvIAldf isrP iek ihisf h[ iek mkthl ielt rvIAll el j lrl  
h'ik hr kel Kgrf ivc j fxfrl iekTI klql j fvj

- a'm a's el
- plqK smisaf
- inj l ipCkV
- mfnisk ipCkV
- ij smfnl ishq (isr dl sit smq)
- ivkfsfqmk ipCkV
- pirvfrk ipCkV (pirvfrk mfnisk ipCkV smq)

afpxyrd df inBfa10d Tsbry skll vc j ,fnipyendf i





ieltrvIALqhfzyaqyivakql ivckfr iel fj dyaml dl srfbfq krdf h[ ies l el maifieny  
shfieqf aqysfJ ivckfr iek slqil n pbf krnf j lrl l h[ sfJ pbf krn ivc nfkfmXfbl  
aD-ivcfl yhl iel fj Cz dx df iek pbf kfrn h[ ij hvf afpxyafp spsSt krdf h[ik l lhy  
smjbfad mfVynqlj yinkl xgf

rg dl pCfx nf kr skx dl Qf sfiek0ss bfryisDysvfl pCxyctgl gl h[

ivakql dypirvfr j F dsryl kF kd il ivakql dyslD ivc psljk j fxfkrl plpq krq ieh  
dsvik cgl qrl mdd krn l el qsl hr j fxfkrl hfsi krnf cfhlyh[ qslndlsiraf kd il  
j fxfkrl hfsi kr rhyh[ Ahnf nllmrlj lbfrydis nhll rhy[ kisSSkroik ivakql  
apafieit mlit smj afpxypirvfr dyiksymllor nllnfl l Ykyafv[

ieltrvIALKqm krn smj qhfzyanmf n aqyiel fj dl Xj nf, swfeygeyiel fj , dbfrf gl j f  
agfh Bj x bfrygl bfq klql j fxl cfhldl h[ iml vrqx vfl l sfJldfrl pbf krnf sfiek0ss  
dyqj rbykfrn afm qf Alby pbf hx vfl l svf-snmfx dl Gft aqyZihdl kl f nllAlcf cix  
ivc mdd krdf h[

iksyvl nvl mrlj lnl Asdyaqyqhfzyivckfr hox vfl l gtl bfq df Bq nKx bfrymW-Brsf  
idvfAx f Pfiedmll gtl hl pr iesdynfl hl Bq nKx dlaf slmfvf bfryvl dsl

ieh mhoik ivakql Gbrfeaf hieaf j f cks hoskdf hl aqygtl bfq krn l el kel  
sfJf ivsf l Baqyh0 l h0 l mfnisk blmfrl dyAsdyqj rbybfrysvfl pCx vl afvt

j ymrlj Lafpxymfipaf nfl afAdf hl qf afm qf Alqypirvfr nfl iml x qtl pihl f  
mrlj lnfl gtl krnl clgl rihll hl

iek sSh ivc hl sfJ pbf krnf aqyafpxf mafienf mklhl krnf sfied sBv nf  
hwl kl idnf j f hPiqaf bfad dlaf iml xlaf afm qf Alqyqsvlr sfP kr idllaf  
hnl

hrk sSh df smf vl mhqvprn hl afm qf Alqysfiek0ss vfl f ivakql Ctl j f sqhl

pirvfr dydK, aspstqf j F byklnl nllsvlkfrn dl l W hY plqK idKfel idllaf msskl F nll  
rd krnf pirvfr dyqj rbynllapnfixk bxf idllf hY aqyhskdf h'ieh byklnl pbf kry  
aqynqlj yvj l dbfrf mæfienf hX aqyalk nllrg df pqf l gX aqyel fj hX ivc dyl df  
kfrn bxf

pirvfr qllvrqfAidlaf Kfs gll F bfrypCf

qbdll l dl dr aqyqbdll l dysmllbfryanmf n l fAu

ivakql dl blmfr hX qllpihl F vfl l



ng pCfx		
hfieprprfh-Qfierfieizj m	srsqI, AdfsI mIz, sKslaq ivc qbdII laf, Ji vrgf sfiek0ss, svBrm (prfnieaf), CI fv (hI 0Inshj )	ipitAlt rI g0I dl blmf rI, vzl AdfsI aqyJi dl htd nllnd krdy hn[ hoskdf il Qlam dyiel fj kfrn hvj
brn itAmr (Adfhrx: Prtl , prfietl , aksliptl I b)	mIz ivc qbdII laf, icVicVfpx, inrxfik skqI ivc kmj IrI, Xfddfsq ivc kmj IrI, srsfm, JrJrI, nj Ir df CI fv (hI 0Inshj )	aInAirj m, sbzIral hnytmf, imrgI df d0f (slj Ir izsafrzr), idI aqyK0h dIaf nVlaI dl blmf rI, AdfsI, Ji , kml px (izmlsIaf) dl htd nllnd krdyhn[
isr dl sit	asps0qf (kniPAJ h), sKslaq ivc qbdII laf, Xfddfsq dl kmj IrI	isr ivc sit I ugl hvf[ sl vl zl, imrgI df d0f (slj Ir izsafrzr) , s0fblpx, zfielbtIj I, AdfsI, kml px (izmlsIaf) dl htd nllnd krdyhn[
epj l	h0 I h0 I v0df kml fpx (izmlsIaf), sKslaq ivc qbdII laf, AdfsI, kfmkqf df Kqmf	ij lafdf KqrvfI yI kf aqykml px (izmlsIaf) dIaf al fmqf vI y n0 vfn mrlj I ivc iesdl htd bfy hms0 ivcfr kr0
imrgI df d0f (slj Ir izsafrzr)	asps0qf (kniPAJ h), sfiek0ss, mfnisk p0klaf df ivGtn (izssleph) , kltftnlaf	mfnisk p0klaf dyivGtn dIaf sflaf hfl qf (izsslejt v stjts) ivc g0I dfr aDyimrgI dyd0raf (k0I ks pfrsI slj Irj I) dl htd bfyivcfr kr0 p0sitktkl hfl qf aqysikj PrlinaI dl htd nllnd krdyhn[
hfieprprfh-Qfierfieizj m	AdfsI, svBrm (prfnieaf), asps0qf (kniPAJ h)	vzl AdfsI aqysikj PrlinaI dl htd nllnd krdyhn[
isstmk I ps ieirQmt0ss	AdfsI, mIz ivc ivgV, sfiek0ss, Brm (izl I hI ), CI fv (hI 0Inshj )	a0 al el dy50 Plsdl k0f ivc sfiek0ss dyl 0x htdy hn[ izprlsv izsafrzr, prfniez sfiek0ss aqy sikj PrlinaI dl htd nllnd krdy hn[
ivtfimn bl 12 dl Gft	icVicVfpx, iDafn I fAx ivc ivGn, sfiek0ss, AdfsI	hoskdf hI g0Ir animaf dykfrn hvj kml px (izmlsIaf), Ji aqy mIz izsafrzr dl htd nllnd krdy hn[

- o sflvrvskil r izslj t; dyl nfl sflheysfiek0ss nfl sld0q
- o ml tlpI skl riss; Kfs krkyj d0prlvlt rkl r ivc kel GfAuhfj lr h0x
- o hlt0tj lizslj t; 5 – 10 Plsdl ksf ivc mfnisk blmfri dyl 0x h0lyhn[
- o kisl0j list0m; 20 Plsdl qk mrlj E nllsfiek0ss h0j fdf h[
- o hfiepr0fierfieizj m aqyhfi0fierfieizj m
- o p0riPiraf; nk nk kyh0x vfl f a1kAlt p0riPiraf aqyp0riPirafvrlgftf
- o ivl sn izslj l

sfiek0ss dypkyj F skl kysf nllagfh mne-icikqsk mfhr kd mæfienyl el Bj xf afm q0r  
Allyvfj b h[

bysk blmfri Aj fgr h0x q0l pihl F dypVfa (p0zrml ) sm[ll fieaf anmfñ ains0cq h0llf h[  
iPr vl iesdf Pfiedf h[

*hoskdf hlik "blmfri Aj fgr h0x q0l pihl F" dyl 0x sfiek0ss bfrypkl qrfi nf d0s  
skx, pr Ah ieh slkq j l0r kr d0xgyik mfnisk ishq nfi sb00q smisaf hlij s  
nfi nij 0Tx dl l W h[*

sfieikaltirst j F mltl h[ Q tlm nfi sfkfrfqmk iml xl iek mh0qvpl0n s0brk s0fpq  
krdl h[ smisafvf nllsvlkfr krkyaqysp0s0l st syvfi vl 0klqlaf isPfrs0 nll fg0lkrn  
ivc mdd krkyafm zfktr (j nrl p0ktlsh0r) l g0qfr smrQn d0x dyX0g h0llf h[ bysk rg  
dl pl0n pCfx nf h0el h0w[

j ymlj liek p0elvyt sfieikaltirst kd nf j fxf cfh0llf h0vyqf kimAntl mltl h[ Q srivs  
j F mæfienf krñ vfi l G0hdi iPrdl sfieikaltirst tlm kd 0 mæfienf krvfAxf sbv ho  
skdf h[ ivakql dlaf m0s0kl F, p0p0q smfj k smrQn aqyivakql j F d0s0raf nllsBfvl  
Kqiraf dyanmfñ dyafDfr Allyhoskdf hlik hspqfi q0lbfhr j F Gr ivc iel fj shl h[  
h0w[ h0r hfi qf ivc pirvfr vl 0 mrlj lAllyGKvllnj l rkl j fxl iek h[ hoskdf h[



ku I kf nlliel fj j f mæfienyl el hspqfl ivc dfkl hœf pvgf[ hspqfl dfkl hœ dl I W j fpgl j yGr ivc iel fj I el smfj k shfieqf dl kml hwj F p[rl qrl mæfienf krn I el ku smf ingrfnl dl I W hwj ieh g[ Xklnl bxfAxl bhq j lrl hlik hspqfl il j fx aqy hspqfl ivc dfkl ydf kfrj bhq iDafn nfl klqf j fv[ mrj l bhq vrl bhq ij lafdf s[rm aqydK mihs[ krdyhn j yAhnf df hspqfl ivc dfkl f ih[af aqyj brdsq[ nfl hwj bhq[ vrl ivakq[ hspqfl dfkl hœ dl isPfirsn[svlkfr kr I dyhn[

ivakq[ dl ishq aqysriKaf nllKqrf hœ kfrn j f afm j nqf dybcfa I el hspqfl ivc dfkl hœ q[ ienkfr krn vrl yivakq[ nllAsdl mrj ll dyivr[ hspqfl ivc dfkl klqf j f skdf h[ ieh j lrl nhllik ivakq[ afpxyafp Alpr j f dij af Alpr hml fvr hwj

ib[tsSk[ blaf dymll[ hl Q akt (1999) ansfr ivakq[ nllAsdl mrj ll ivr[ hspqfl ivc dfkl krn dyiqh Zlg hn:

1. zfktr dym[kl srtliPkyt nfl (sB q[lv[ ps[ klqf j fx vrl f Zlg)
2. pil s dl dkl a[lfj ll nfl
3. j j dyafzr nfl

m[kl srtliPkyt dy I el j lrl hlik zfktr nyivakq[ df mæfienf klqf hwyaqyzfktr dl ieh rfie hwjik ivakq[ h[TF idqlaf cfr ksv[taf Alpr p[rf Aqrdh h[

1. ivakq[ aij hymfnisk ivgfV q[plVq hlj ivgfV ivakq[ dl afpxycigrdy nfl iswx j f d[iraf I kf nfl m[ iml fp krn dl Xqf ivc r[fv[ pfA[df h[
2. ivakq[ nllksyins[scq s[Qf (hspqfl j f As vrgl ikshr s[Qf) ivc j f rfhl[iel fj dl I W h[
3. ivakq[ dl inj I mfnisk j f srlrk hfl q ivc v[ef inGfr afAx q[rlkx I el j f Asdl afpxl sriKaf j f d[iraf dl sriKaf I el As nllksyins[scq s[Qf (hspqfl j f As vrgl ikshr s[Qf) ivc j f rfhl[sBfl , ingrfnl j f kltr[ krn dl I W h[
4. ivakq[ afpxl mrj ll nfl dfkl hœ dyXg nhllh[





a~~ll~~tsfiek~~0~~tk dvfelaf dynfl nfi pihl yk~~u~~ hPiqaf I el I ~~h~~ysm~~l~~qk asr krn vfi I  
bhj ~~z~~fieafj ~~p~~ln dvfel dl vrq~~l~~mrj ~~l~~n~~s~~sq krn I el aqy~~A~~sdl ~~A~~qj nf n~~l~~kt~~r~~d krn  
I el k~~h~~ af~~A~~dl h~~l~~ iesdynfl hl, s~~B~~vl akstrfiprfimzl sfelz iePkts q~~l~~bcfa I el,  
bhj ltrp~~l~~n vrglaf a~~ll~~tk~~0~~l nrj k dvfelaf dl vrq~~l~~vl afm h~~l~~ j yakstrfiprfimzl  
sfelz iePkts nf rihx qf agl yk~~u~~ hPiqaf d~~0~~fn iehnf dl vrq~~l~~h~~0~~ I h~~0~~ I b~~l~~ kr id~~q~~  
j fdl h~~l~~

pihl yd~~0~~rydyk~~s~~f ivc asfDfrx dvfelaf dl afmd Z~~k~~v~~l~~n~~h~~l~~i~~k~~A~~ik iehnf dvfelaf kfrn  
akstrfiprfimzl sfelz iePkts h~~x~~ dy~~G~~it m~~k~~y~~h~~l~~h~~hn~~l~~ ies nfi srlrk aq~~s~~llgafnk  
sfelz iePkts p~~b~~f krn vfi laf a~~ll~~tk~~0~~l nrj k dvfelaf dl ~~G~~it I ~~V~~ p~~l~~dl h~~l~~ nvlaf  
a~~ll~~tsfiek~~0~~tk dvfelaf p~~r~~nk dvfelaf dy~~q~~0 ~~A~~l~~l~~yafm vrqlaf j fdlaf hn ik~~A~~ik sfelz  
iePkts dymfml yivc ~~A~~h ~~c~~glaf igx~~l~~af j fdlaf hn~~l~~

*Bfryj ieh hōskdf hlik afm zfktr (j nrl pktlshr) kl ieh sfryiel fj krn df smf j f mhrq nhllhwgl, iPr vl Ah sfrymlj f nllmfnisk blmfrlaf bfrykw isikaf dyskdf h[*

pihl ydrysmyl kf (pirvfr smq) nfl mfnisk blmfri dyiel fj bfryprspr sFJ vfl f irsqf rKdyheyAhnf nllmfnisk blmfri bfryisikaf dyf ssmi h[ sfiekōss dyks ivc blmfri dl gBlrqf nllnf GtfAldyhey iek Amld df snhf snhf dyf mhqwpfn h[ iek dšry nfl sbDq iqth msil af - "mqi b", "kfb" aqy"svf-mfx" bfrygt krnl cfhldl[

mqi b qn Bfv h[ qj rbybfryaspsšqf nllsbDn hōf aqysfiekōss dyskl p bfrygt krnf[ mK kfrj ivakql dl afpxl ivafikaf nllsmJxf aqyAns smJ aqyzfctrl pBfsf ivcl yPrk nlltr krnf h[

kfbllivc ieh kw ssmi h[ Tik hō l el afs pbf krnf, qnfa nllkltrd krn aqyblmfri nfl nij wX l el Xgqfvf pbf krnf, dbrf blmfri sflhō df pqf dsdysBfvl slkpf nll pCfxn aqyBivk l vllldlaf syvfv ikvj pfpq krnlaf hn bfryj fxfri pfpq krnf[

slgafnk iel fj iek Xj nfbD mnivigafnk iel fj hlij sdf mksd ivgfV vfl l sc aqy vrqfAunllbdl kyvrqmf nmskl f nllh krnf h[ ies ivc ieh mllnaf j fdf hlik sc, ivsvfs, mnibrqlaf aqysvl atrl yvfn Bfvnfvf aqyvrqfAunllbyasr krdyhn[ sc df shl ml f kx aqyqbdll l rAn (mz) aqyvrqfAunllivc sDfr il afAldyhn[

mZl ysfiekōss dymrlj f ivc slgafnk iel fj sfiekōss qn l FBI yl Cxf aqyvrqfAunfl sbDq msil af (ij vj Adfsl, icbf, nisaf dl drvrq) df iel fj krn l el vriqaf j f skdf h[ ieh mllnaf j fdf hlik ieh iel fj sfiekōss dyskfrqm l Cxf df iel fj krn l el Pfiedm h[ Kfs krkyieh nq vfnf dyiel fj l el l fBdfiek hōskdf hlikAnk ieh Brm (izl j hj d) j f idmfg ivc Aul'yivcfrf l el bdl vlaf ivafikafvf pbf n krdf h[ iesqll pihl f ik Brm (izl j hj d) j f ivcfr idmfg ivc pkl qrt Gr kr j fx[

qnfA nllklt rñ krn dlaf phltf I kf ivc blmfrl nfl nij wtx dlaf Xgqfvf pbf krn aqy  
qnfA kfrn dbfrf blmfr hñ dymkyGtfAl dlaf hn[

qnfA Alkyklt rñ krn dlaf phltf I kf nllqnfA df iDafn rKx, ies bfryicqfvnl dñ vfl y  
sBfvI I Cxf nllpCfxn aqyafpxyvfqfvrx j f vrqfAiivc qbdII I kr qnfA pbf krn vfl I  
hfl q ivc qbdII I krn bfryvl isiKaf idll dlaf hn[

1. mfnisk ivgVF dl sflivc pCfx krn aqyAhnf sbbDI sflivc hl dKI aWfj ll krn ivc afm zfktr (j nrl pKtIsShr) iek kjdrI rd inBf skdyhn[ mK gi cksl rKx dl h[
2. sFJ pbf krq Bq rKx bfrygll bfq krq qnfa GtfAuaqysmllbfryDirj rKll pirvfrk srkfrf vll idafn dxf cfhldf h[
3. mafienf krn l el iek Xj nf bxfA[ afpxyrIkfrz ivc Kfs l Cxf aqyvrqfAudf spst ibafn krll
4. Xj nfbD Zll nfl mnrgf bfrypC igC kraaqyKfs qf Albyblmfrl Aj fgr hK qllpihl F dlaf qbdll laf aqymfnisk l Cxf bfrypC[
5. afpxyafp nllj F dlj af nllksfn phlfAx dl sBfvnf bfryanmf n l fA[
6. sbbDq j fxxfrl hfsl krq Kfs krkypirvfr dymllorf j F ivakql nfl rih rhysfQlaf kd ll
7. srlrk mafienf aqyZkvlaf j fcf krll
8. jysfiekllss plllK hwyj F Asdl slK hwyqf sfieka'tirk spsll stf dl mdd l vll
9. j yibnf mrj ll dydfKI ydl j lrlq l gdl hwy qf bl sl mllt l hl Q akt ansfr cl xf cfhldf h[
10. alltIsfieklltk dvfelaF rihq smf zfktrf nll Cxf Albyingll rKx df mKf idllf hlaaqy asQfel sfiekllss bfryinkYvf krdf h[
11. alltIsfieklltk dvfelaF nfl iel fj d0fn " hylF qllsflUkro- h0 l cl 0' vfl l phlc vrqxl cfhldl h[
12. dvfelaF-rihq iel fj Pfiedmll hn aqyAhnf nllaxg0l af nhll krnf cfhldf[
13. j ymrlj lnf afAx qf Ahnf dl idllqf nfl prvl krll Ahnf dypirvfrf nfl splrk rKll





Robinson, D.J. (1997). Brain calipers: A guide to a successful mental status exam. London, Ontario: Canada. Rapid Psychler Press.

*Some information contained in this booklet was adapted from the above publications.*

Additional material written by Mheccu staff. Priya Bains, B.Sc., Tom Ehmann, Ph.D., Laura Hanson, Ph.D.

Canadian clinical practice guidelines for the treatment of schizophrenia. Canadian Journal of Psychiatry, 1998, 43(supplement 2).

The Early Psychosis Prevention and Intervention Centre  
<http://www.eppic.org.au/>

British Columbia Schizophrenia Society  
<http://www.bcscs.org/>

Internet Mental Health  
<http://www.mentalhealth.com/>

Mental Health Evaluation & Community Consultation Unit  
<http://www.mheccu.ubc.ca/projects/EPI>

B.C. Ministry of Health site pertaining to mental health  
(including guide to Mental Health Act)  
<http://www.hlth.gov.bc.ca/mhd/index.html>

kvr Pató Dölvfd síh:

aðl I kfr, sálr vfg iðskfiraf, asmfnd ípafrf

qj ícqr, 1935

vðkðr afrit gl rí, aðl I kfr tríst VAG 42.3.14

Pató trðr íml j l

Xhlvirstl afP ibltsSkd blaf  
mfnisk ishq dymd fKx aqkimAntl  
nfl sl fh ms&rydf Xllnt  
izpfrtmllt afP sfieika'tri