

# *Resource Guide on Schizophrenia*

This guide is designed to provide up-to-date information sources on schizophrenia to psychology and social work students, as well as mental health professionals and family members. Included are sources that provide a general overview on this illness, as well as ones that specifically address assessment, pharmacology, and therapy.

## **What is Schizophrenia?**

Schizophrenia is a brain disease that interferes with normal functioning. It can cause affected people to exhibit odd and often highly irrational or disorganized behavior. It impacts on all areas of an individual's life. Treatment approaches must be multidimensional to mitigate the effects of the illness. Recent research on the topic has resulted in the development of new medications, the beginning of evidence-based treatment strategies, and more positive outcomes in illness management.

## **Resources Providing Comprehensive General Overview**

### **Recommended Books**

*Social Workers Desk Reference* This book edited by Albert Roberts and Gilbert Greene and published by Oxford University Press is a thorough and up to date overview of treatment modalities, divided into 14 separate themes, each theme having several chapters. It includes sections on clinical assessment, treatment plans, guidelines for techniques, interventions and approaches, case management guidelines, community practices, and working with vulnerable populations.

*The Encyclopedia of Schizophrenia and Other Psychiatric Disorders, 2nd ed.* A wide-ranging collection of short articles which explores the history, etiology, biology, and treatment of psychotic disorders, with an emphasis on schizophrenia. Each article includes a reference list.

### **Links to Web Sites**

**[National Institute of Mental Health](http://www.nimh.nih.gov/healthinformation/schizophreniamenu.cfm)** General information on schizophrenia, signs and symptoms, treatment and getting help published by the National Institute of Mental Health. Information is available online at <http://www.nimh.nih.gov/healthinformation/schizophreniamenu.cfm>. This website also provides information on medication, suicide, and the incidence of childhood schizophrenia. Pamphlets may be printed out to read later.

**[www.schizophrenia.com](http://www.schizophrenia.com)** This website is managed by a nonprofit community devoted to providing in-depth and science-based information, support, and education about the topic of schizophrenia. It provides

searchable research archives of articles from professional journals and links to book and video recommendations. All links are accessible from the home page.

### **Links to Internet Videos**

**[The Real Story of Schizophrenia](#)** In this short video, people with schizophrenia discuss their experience with the illness. Video can be seen on You Tube at [http://www.youtube.com/watch?v=f4R6jln\\_eZg](http://www.youtube.com/watch?v=f4R6jln_eZg)

**[Health Matters ~ The Genetics of Schizophrenia and Other Human Disorders](#)** Dr. David Braff, Professor of Psychiatry at UCSD, discusses schizophrenia with an emphasis on the role genetics play in this disease. Video can be seen at <http://video.google.com/videoplay?docid=-6192744428741398976&pl=true>

## **Resources on Diagnosis and Assessment**

### **Recommended Books**

***Diagnostic and Statistical Manual of Mental Disorders, DSM-IV-TR: Text Revision, 4th ed.*** Published by the American Psychiatric Association, this is the authoritative diagnostic guide in the United States. This book is organized by diagnostic code. An overview of diagnostic codes can be found on page 13.

***Mental Measurements Yearbook, 16th ed.*** This is a vital reference for all individuals involved in the evaluation, selection, and use of commercially published mental health assessments. This reference is also available in an online database through OVID.

***Handbook of Assessment and Treatment Planning for Psychological Disorders*** This handbook provides up-to-date information in its chapter on schizophrenia, including a comprehensive summary list of assessment domains, assessment strategies, and treatment approaches.

### **Links to Web Sites**

**[WebMD ~ Schizophrenia Health Center](#)** Along with general information on schizophrenia, treatment, and getting support, the "Schizophrenia Overview" provides an in depth look at the range of possible symptomology, including positive symptoms, negative symptoms, and cognitive symptoms. The Schizophrenia Health Center can be reached by typing "schizophrenia" into the search box at the home page- [www.WebMD.com](http://www.WebMD.com)

**[Mental Health Channel ~ Schizophrenia](#)** The Mental Health Channel is developed and monitored by board-certified physicians. In addition to a comprehensive overview, this site provides an in depth discussion of diagnosis, including the DSM-IV diagnostic criteria as well as how to differentiate

schizophrenia from similar symptom clusters. The section on diagnosis can be found at <http://www.mentalhealthchannel.net/schizophrenia/diagnosis.shtml>

### **Links to Internet Videos**

[UC - Davis, Office of Continuing Education ~ Schizophrenia](#) In this 58 minute long video, psychiatrist Dr. Peter Yellowlees discusses the diagnosis and treatment of schizophrenia. Talks about the idea that schizophrenia is a spectrum of disorders. Illness management with psychopharmacology and cognitive-behavioral treatment is also mentioned. <http://video.google.com/videoplay?docid=-1895876771645782957>

[Uc Davis - Office of Continuing Education ~ Health Matters: Schizophrenia](#) Dr. Kristin Cadenhead, UCSD Department of Psychiatry discusses diagnosis of schizophrenia, including early diagnosis of schizophrenia in adolescents. Video can be viewed at Google Video at <http://video.google.com/videoplay?docid=8625196662971824778>

## **Resources on Psychosocial and Psychopharmacological Treatment**

### **Recommended Books**

*Physicians Desk Reference* The PDR is considered the standard prescription drug reference. Medications are listed alphabetically by first, brand and generic name, and second, by product category. A pictorial product identification guide is also included.

*Treating Chronic and Severe Mental Disorders: A Handbook of Empirically Supported Interventions* This guide pays particular attention to strategies for integrating psychological and pharmacological interventions, as well as gender and cultural issues in treatment.

*Handbook of Social Functioning in Schizophrenia* This review of scholarly and clinical literature includes information on understudied areas such as the patients' view of his disorder and the effects of stigmatization.

### **Links to Web Sites**

[American Psychiatric Association - Treating Schizophrenia: A Quick Reference Guide](#) The official website of the American Psychiatric Association provides an online guide to treating schizophrenia. This pamphlet contains a discussion of medication usage in the different phases of the illness, as well as providing care for the treatment-resistant patient. Guide can be found at [http://www.psych.org/psych-pract/treatg/quick\\_ref\\_guide/Schizophrenia\\_ORG.pdf](http://www.psych.org/psych-pract/treatg/quick_ref_guide/Schizophrenia_ORG.pdf)

**National Mental Health Information Center "Evidence-Based Practices: Shaping Mental Health Services Toward Recovery"** This resource is provided by the Substance Abuse and Mental Health Services Administration division of the U.S. Department of Health and Human Services. This guide provides "toolkits" addressing illness management, assertive community treatment, supported employment, and co-occurring disorders. Guide can be found at <http://www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/default.asp>

### **Links to Internet Videos**

**Cognitive Determinants of Work Status in Schizophrenia** Dr. Susan McGurk examines some of common obstacles to employment and possible solutions for them. Video requires RealPlayer and can be found at <http://www.mentalhealth.ucla.edu/cgi-bin/av-npi-rs8?gr011106sm>

**Improving Cognition and Work Capacity in Schizophrenia** Dr. Morris Bell speaks at Yale University on the topic of how to use cognitive training to improve the work skills of those affected with schizophrenia. This video requires RealPlayer and can be found at <http://media.med.yale.edu:8080/ramgen/psych/nuro2003/bell.rm>.