Schizophrenia in Men
Keith Plowden, PhD, PMHNP-BC, CARN-AP, CNE

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.

<table>
<thead>
<tr>
<th>Positive Symptoms</th>
<th>Negative Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hallucinations</td>
<td>Reduced Emotional expression</td>
</tr>
<tr>
<td>Agitation</td>
<td>Reduced feelings of pleasure for life</td>
</tr>
<tr>
<td>Delusions</td>
<td>Isolation</td>
</tr>
<tr>
<td>Dysfunctional ways of thinking</td>
<td>Reduced speech</td>
</tr>
<tr>
<td>Movement disorder</td>
<td>Inability to understand information or make decisions</td>
</tr>
<tr>
<td>Paranoia</td>
<td>Inability to use information.</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Impaired movement</td>
</tr>
</tbody>
</table>

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