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Forgotten Features of Psychosis: The role of social isolation, trauma and personality.

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Learning Goal:

To explore the potential interaction between influencing factors of psychosis, specifically social isolation, trauma and personality disorders, and their impact on the symptoms of psychosis.

To acknowledge the multiple factors that have an impact on psychosis and to advocate for their consideration to improve treatment and standard of living.

Abstract Text:

Psychosis is stated to be aetiologically heterogeneous. Meaning that the exact cause of psychosis remains unclear, or at the very least multifaceted. This lack of a simple cause and effect relationship, can easily lead to misconceptions, lack of understanding and over-simplification of a complex disorder with a kaleidoscopic set of causes.

By analysing environmental and other factors, a clearer conception of psychosis can be gained. In order to elucidate these potential influencing factors this literature review and exploratory study focused on the roles of social isolation, trauma, and personality in the development and progression of psychosis. The literature review was done using 58 articles from an initial database result of over 600 related articles. The data used for the exploratory study was gathered at the Psychiatric Hospital of Kotor, in Montenegro with a total of 27 participants. All of these patients were diagnosed with psychosis (specifically schizophrenia) according to the ICD-10.

The data was analysed using a simple Pearson correlation in conjunction with an Exploratory Factor Analysis. It was found through this analysis that social isolation, trauma and personality (personality disorders in particular) all had significant links with psychosis. This conclusion was reached through both the correlational analysis and the exploratory factor analysis. These findings mimic previous literature conclusions and demonstrates that the call to approach psychosis more holistically is well founded.

This study shows the importance and impact that non-biological factors can have on the development and progression of severe mental illness. As such, demonstrating the increased need of focusing on these other factors for the effective prevention and treatment of psychosis.

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OF HUMAN RECONNECTION**