

## Personality Changes in Patients Receiving Psychopharmacotherapy

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**Annotation:** A mental disorder is characterized by a clinically significant impairment of a person's cognitive function, emotional regulation, or behavior. It is usually accompanied by distress or severe functional impairment. There are many different types of mental disorders. Mental disorders are also called mental health disorders. Mental health disorder is a collective term that includes mental disorders, various types of psychosocial disabilities and other mental health conditions associated with significant distress, functional impairment or risk of self-harm.

**Relevance.** Sudden changes in personality and behavior can be broadly described as involving one of the following types of symptoms:

- ✓ confusion or delirium;
- ✓ rave;
- ✓ disorganized speech or behavior;
- ✓ hallucinations.
- ✓ extremes in mood (such as depression or mania).

These categories are not disorders. They are just one of the ways doctors use to organize various types of abnormal thinking, speech and behavior. These personality and behavior changes may be caused by physical or mental problems.

Changes may vary. For example, people with confusion caused by drug-drug interactions sometimes have hallucinations, and people with extreme moods may have delusions.

### **Confusion and delirium**

Disorientation and delirium are a disorder of consciousness. This means that the person is less aware of the environment and, depending on the cause, may be over-excited and aggressive or drowsy and lethargic. Some people switch from less awareness to hypervigilance. Their thinking seems clouded, slow, or out of place. They have difficulty concentrating on simple questions and have slow reactions. Speech may be slow. Often people don't know what day it is and can't tell where they are. Some cannot say their name.

Delirium often occurs as a result of a serious, recent physical problem or drug reaction, especially in older people. People with delirium need immediate medical attention. When the cause is identified and quickly addressed, delirium usually resolves.

Delusions are fixed false beliefs that people hold despite evidence to the contrary. Some delusions are based on misinterpretations of actual perceptions and experiences. For example, people may feel stalked, thinking that a person on the street behind them is following them, or that a routine accident is a deliberate act of sabotage. Others think that song lyrics or newspaper articles contain messages that are directly relevant to them (attitude delusions).

Some beliefs seem more plausible and may be difficult to identify as delusional because they could happen or have already happened in real life. For example, people are sometimes followed by government investigators, or their work is sabotaged by colleagues. In such cases, a belief can be identified as a delusion by how strongly a person believes it, despite evidence to the contrary.

Other delusions are easier to identify. For example, with religious or grandiose delusions, a person may believe that he is Jesus Christ or the president of the country. Some crazy ideas are quite strange. For example, a person may think that his organs have been replaced with machine parts or that he has a radio installed in his head that receives messages from the government.

Disorganized speech is speech that does not contain the expected logical connections between thoughts or between questions and answers. For example, people may jump from one topic to another without finishing their thoughts. Topics may be slightly related or completely unrelated. Other times, people respond to simple questions with long, rambling answers full of irrelevant details. The answers may be illogical or completely incoherent. This type of speech is different from difficulty expressing or understanding language (aphasia) or forming words (dysarthria), which is caused by a brain disorder such as a stroke.

Accidental slips of the tongue or deliberate evasiveness, rudeness, or humor are not considered disorganized speech.

Disorganized behavior is behavior that is quite unusual (such as stripping or masturbating in public, or yelling and swearing for no apparent reason). People with disorganized behavior tend to have difficulty performing normal daily activities (such as maintaining personal hygiene or taking care of nutrition).

Hallucinations are false auditory, visual, olfactory, gustatory, or tactile sensations. This means that people experience, as it seems to them, through their senses, sensations that are not caused by external stimuli. Any sense may be involved. The most common hallucination is the ability to hear something that is not there (auditory hallucinations), most often voices. The voices often make derogatory remarks about the person or tell them to do something.

Not all hallucinations are caused by mental disorders. Psychedelic drugs such as LSD, mescaline and psilocybin are called hallucinogens because they can cause visual hallucinations. Some types of hallucinations are more likely to be caused by a neurological disorder. For example, before a seizure, people may smell something when there is no smell (olfactory hallucination).

Mood extremes include outbursts of anger, periods of extreme elation (mania) or depression, and, conversely, a constant state of almost or complete emotionlessness (indifference or apathy).

### Literature:

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