



## Schizoaffective Disorder



### Overview

This is a long-term mental health condition. With it, you lose contact with reality. You also have problems with your mood. You may be very happy, or you may be very sad and hopeless. This can cause serious problems in your life. It can cause you to engage in risky behaviors.

### Causes

We don't understand the exact cause of schizoaffective disorder. It may be linked to genes, and to the chemicals in your brain. We don't usually see it in children.

### Symptoms

There are a wide range of symptoms. They vary from person to person. This disorder can cause changes in your appetite, your energy level and your mood. You may be overly happy or you may be depressed or irritable. You may have trouble sleeping and concentrating. You may stop caring about your hygiene. It may be hard for you to make or keep friends. Some people who have this disorder have strange beliefs that aren't true. They may speak very quickly, and they may not make sense. Some people see or hear things that aren't there. We call these "hallucinations."

### Treatment

Schizoaffective disorder can be treated with medications. It can also be treated with talk therapy and with specialty care. Long term support can help you learn to manage your symptoms and have a stable life. Your healthcare provider can create a plan that's right for you.