

Glossary of Terms

Antipsychotic medication	Medication prescribed for psychotic illness, often called neuroleptic medication.
Atypical Antipsychotics	Relatively new medications which claim to treat positive and negative symptoms and have fewer side effects. They are more expensive than older neuroleptic drugs.
Care Programme Approach (CPA)	A written plan of care after collaboration between the client, family and professionals involved in treatment and recovery. A keyworker is responsible for co-ordinating the plan of care.
Cognitive problems	Difficulties with perception, attention or memory.
Cognitive therapy	A collaborative treatment which supports a person in reviewing thoughts or attitudes which impede recovery.
Comorbidity	Having symptoms of two or more diagnoses e.g. psychosis and substance misuse.
Critical period	The first 3 years of a psychotic illness which is the optimal time for interventions and influences the long-term course of illness.
Keyworker	A service providing practitioner who has most contact with the client and co-ordinates care.
Negative Symptoms	Symptoms of a psychotic illness affecting energy and emotion e.g. lack of activity, loss of interest. May be wrongly attributed to "laziness".
Positive Symptoms	Symptoms of a psychotic illness which affect perception e.g. hallucinations and delusions.
Prodromal Period	A period prior to the onset of positive psychotic symptoms associated with a change in the person's functioning or personality e.g. social withdrawal.
Prophylaxis	Preventative treatment e.g. continuing to take antipsychotic medication when not experiencing symptoms to avoid relapse.
Psychoeducation	Explaining about the cause, nature and treatment of symptoms of mental illness, including medication and ways of keeping well.
Psychosis	The name given to an experience where a person has unusual perceptions e.g. hallucinations, delusions which may be accompanied by a reduced ability to cope with usual daily routines.
Psychosocial	Self-help interventions aimed at identifying helpful and unhelpful environmental

Interventions

factors which may influence wellbeing e.g. dealing with anxiety-provoking situations, increasing pleasurable activities.