

The Manifest Symptomatology

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The Manifest Symptomatology

I General Remarks

The symptomatology of schizophrenia assumes a large number of clinical forms. Whereas the early psychiatric books dealt almost exclusively with the description of the various types, more recent ones have minimized the importance of the clinical picture. It has been repeated quite often that schizophrenia is like a dream, and in dreams what counts is the meaning, not the manifest content. But just as there is now a revival of interest in the manifest aspect of the dream, there is renewed concern with the manifest symptomatology schizophrenia. Psychiatrists realize more and more that it is not only the psychodynamic content and meaning themselves that count, but also how they appear in the clinical picture. On the other hand, in a book prepared in our times, it would be impractical to cover all the possible details of all the clinical varieties, including the most rare ones. Moreover, we know now that the historical climate of a particular era and specific sociocultural factors influence in multiple

ways even the manifest symptomatology.

In what follows I shall present first a general description of the disorder, and then shall discuss the various types.

II General Description of the Disorder

The patient, generally a young human being (from the time of puberty to his early thirties) but less commonly at any other age of life, starts to show unusual behavior. Some unconventional traits may have appeared even earlier, but they remained almost unnoticed. Now they have become conspicuous, although at times they still retain a plausible explanation. Some important decisions seem strange, although again in some cases justifiable. For instance, a college student may drop out of school suddenly. A worker may feel that the boss or the other workers are unfair to him, are not well disposed toward him, or are disrespectful: they want to get him in trouble, represent him in a bad light, or give him a difficult assignment, or they dislike him for some special reasons. In some cases the patient refuses to go to work or becomes preoccupied with seemingly unimportant matters. The anomalies eventually become striking, at times in a slow, insidious,

gradual way; at other times more acutely. As we shall study in greater detail in Part Two, the prepsychotic personality of the patient in some cases blended almost imperceptibly with the manifestation of the illness, so that it is impossible to determine with accuracy when the onset occurred.

In some cases the illness starts with a period of confusion, excitement, and agitation. The patient seems to be eager to make contacts, to reach all the people he knows, to reconnect himself with what seems to him an escaping world. He searches for something that he cannot find. But he does not even know that he searches. He wants to be active, manifests an intensified hunger for life, for experience, but his confusion is more prominent than his search. His excitement may become pronounced, his speech may lose coherence, and the abnormality becomes obvious.

In other cases the patient becomes concerned with hypochondriacal preoccupations or with some aspect of his physical appearance. Again, whereas his complaints at first seem to have some plausibility, soon they reveal themselves as somatic delusions.

In many cases the patient seems less interested in life than he used to be and seems to concentrate on some specific problems. He starts to think that certain things are related to him or have a special meaning *{ideas of reference}*). For instance, if he met a particular person on the street, it was because that person had to spy on him. Events seem to occur not by chance or at random, but because they are preordained. Thus, if he happened to think about a certain subject and then he sees that particular subject mentioned in the newspaper, on television or radio, or in the movies, he does not consider this fact as a mere coincidence, but something to be looked upon with suspicion. Suspiciousness of others increases. They look at him in a peculiar way; they make fun of him and may even talk behind his back. He is under the influence of obscure external agencies. "They" make him experience peculiar sensations; "they" make him think in a way that is alien to his way of thinking; "they" make him act in a way over which he has no control. Finally the patient gives some definite interpretations to facts and things that are not supported by the observations made by other people. The house is wired; dictaphones are hidden to register the patient's thoughts; poison has been put in the food; telepathic or hypnotic experiments are done on him. These

are false beliefs, or *delusions*; they are generally of negative character, inasmuch as they seem to convince the patient that some people or outside forces want to persecute him, injure him, or at least watch him or plan some future disturbance. There is somebody who controls, or wants to control, his actions or thoughts. The patient receives special messages, often transmitted in secret codes. Words used by people acquire special meanings, appear to him to be puns or alliterations. Some patients discover puns all over; others give interpretations to some gestures of people they come into contact with, and even to casual or accidental sounds. At a later stage, however, these delusions may become pleasant in content and even grandiose. The patient is a queen, a millionaire; a great actor is going to marry her. The patient may believe that he has made a great invention or has discovered the secret of the universe or a philosophical system that will explain the essence of life. It is he now who can control by telepathic or hypnotic means other people, the weather, the stock market, the population explosion.

The perceptual functions of the patient seem altered, too, as he sees or hears things in a distorted way. The world, or the environment, appears to him strange or at least unusual. Things and persons have a

different aspect and relate to him in a way that is different from the previous one. People may change dimensions and appear unusually large or small. Also, movements may be perceived differently; the rhythm of life has become too fast or too slow. At times things are misidentified (*illusions*). Persons are misidentified for others. Strange resemblances are observed. An old man on the street looked exactly like the patient's grandfather (maybe he is the grandfather's twin brother, whose existence was unknown to the patient).

As frequent as, and in some cases more frequent than, illusions are *hallucinations*, or perceptions occurring without any object or stimulus in the external environment being responsible for them. In many cases hallucinations are preceded by, or occur together with, the feeling that one's thoughts have become audible, that they can be heard by people standing nearby or even in distant places. In a very large number of cases the patient hears voices that accuse him of being a spy, a homosexual, or a murderer, and yet nobody is there to say these things. Hallucinations involve every sense, the auditory being as a rule the most common throughout the course of the disorder. In the early stages, however, especially in very acute cases, visual hallucinations may be as numerous as auditory ones. Hallucinations

involving smell, taste, and touch are much less frequent. Olfactory hallucinations, generally related to one's body, are relatively frequent in mild cases that do not require hospitalization.

In addition to this content of thought that is definitely psychotic in character, the patient may manifest other symptoms that seem neurotic, especially at the beginning of the illness: tiredness, insomnia, headache.

At times the general behavior of the patient seems normal and the only apparent symptoms are the abnormal ideas. In the majority of cases, however, the general behavior strikes the examiner as much as the content of thought. The patient may disclose mannerisms, grimaces, purposeless acts, stereotyped motions, and impulsive gestures. In addition, in the catatonic type there are particular symptoms to be described later.

In some cases the patient behaves in a way that is in striking contrast with his previous habits. Whereas before he was shy sexually, now he becomes daring and given to unconventional behavior. He may even make sexual advances in the most inappropriate and

unacceptable ways. Whereas before he was submissive or self-effacing, he may become querulous, antagonistic, even belligerent. Many patients are unable to pay attention when people address them. They repeat the same question as if they had not heard the answer already given.

The mood and the affective sphere in general are altered. The patient may appear angry, highly emotional, suspicious, cynical, and so forth, especially when he refers to his delusional complexes; as a whole he is somewhat inadequate emotionally. Often the emotional tone does not seem appropriate to the present situation. Often a blunting of affect, ranging from a relative coldness to complete apathy, can be detected.

A type of symptomatology that occurs frequently (although much less frequently than in previous decades) is that of the patient who has completely lost interest in his surroundings and seems to be withdrawn into himself. He is often described as being "in a shell," in his own world, as if he had lost not only his understanding of, but also his interest in, reality. When he presents this picture of withdrawal, he is generally underactive. His activities are reduced to a minimum and

are often performed in a routine, stereotyped manner. Often he has to be pushed to do things. He may be so unwilling to act that he may become neglectful of his personal appearance. A deterioration in his habits of living is more or less apparent.

The speech and language of many patients show peculiar characteristics, which will be examined in other chapters. If certain questions are asked, the patient seems evasive because he does not answer them directly. At times he seems to beat around the bush—he says something related to what was asked but not exactly what was requested. For instance, to the question "Who is the President of the United States?" he may reply, "White House." At times he uses impressive, abstract words, but in an empty or inappropriate way. Often his speech is characterized by the intrusion of apparently extraneous elements. In advanced cases it may be difficult to understand what the patient tries to convey. His sentences consist of a sequence of words that seem unrelated to one another (word-salad). At times certain words are used repeatedly in a stereotyped manner *(perseveration)*; the patient may use other words that do not appear in the dictionary, words that he has coined by condensing or putting together usual words (*neologisms*). In many cases the patient is unable to talk (*mutism*), or able to do so only after overcoming a great resistance (*blocking*).

The sensorium and the intellectual functions are not seriously impaired. Orientation, memory, retention, attention, grasp of general information, calculation, and so forth, may seem disturbed in many cases. The disturbance is actually the result of the other symptoms described and may disappear once these symptoms disappear. What seems impaired from the beginning is only an ability for very abstract thought, as we shall study in subsequent chapters. Even this symptom, however, is reversible.

Insight, that is, realization of being in an abnormal condition, is absent except in mild or initial states.

The description so far given is only an approximation of what is observed in individual cases. In the midst of the multiform aspects, the characteristic that stands out in almost every case is the fact that the patient is not what he used to be. His whole relation with the world, himself, and others has undergone a drastic change. In some cases the change has been so gradual that people in daily contact with him have

not become aware or alarmed, but people who have not seen him for a long time or who do not know him realize at once that there is something unnatural in the way he relates to people and to himself. Almost every patient goes through an incipient or early stage, during which a change has occurred, but no disorganization of the personality has manifested itself to more than a minimal degree. In many cases the disorganization proceeds to advanced stages and may progress indefinitely.

III Taxonomy of Schizophrenia

The schizophrenic syndromes have been classified in various ways. Traditionally, four major types have been recognized: the paranoid, the hebephrenic, the catatonic, and the simple. The *Diagnostic and Statistical Manual of Mental Disorders* of the American Psychiatric Association (1968) differentiates other types and gives a number to each condition: the latent (295.5), the residual (295.6), the schizo-affective (295.7), the childhood (295.8), and the chronic undifferentiated type (295.99).

In this chapter we shall proceed with a brief description of the

traditional four major types. Then we shall describe the atypical forms. The childhood type will be studied in Chapter 44.

IV The Paranoid Type

Patients suffering from the paranoid type constitute the majority of cases diagnosed as schizophrenic. They are by far more numerous than the other types; but the percentage has varied according to geographical and historical contingencies and the prevailing diagnostic criteria of the local psychiatric profession.

The cases generally classified as paranoid present, fundamentally, the picture described in the previous section. They also present some characteristics of their own. First of all, in a larger percentage of cases the onset of the psychosis occurs later in life than in the other types. Although many cases of this type occur even as early as the time of puberty, they are found even in the fourth and fifth decade of life. The older the patient, the more difficult it will be to decide whether his symptomatology is a schizophrenic one or one that is better classified as paranoid state or paranoia (see Chapter 4).

Paranoid patients are as a rule more intelligent than the other schizophrenic patients, although all levels of I.Q. are found. From the beginning of the illness, patients may seem suspicious and bound to misinterpret things and events in a way derogatory to themselves. The underlying feeling about oneself is immediately lost and transformed into a symptomatology where projection occurs (that is, attributing to others a negative feeling about the patient). For instance, a patient may consider himself clumsy and ridiculously inadequate. He develops the impression that people are laughing at him. The impression soon becomes certainty. He is sure they think he is no good and inadequate. But to be no good and inadequate means to be homosexual. That is why they refer to him as a "she." The patient, for instance, heard coworkers saying, "She is not doing her work as she should." They used the word *she* because they think the patient is not a man.

The phenomenon of *spreading of meaning* is common. A particular meaning is given to many things, because reality or the environment is reinterpreted to fit the basic idea of the patient.

Not only does the patient claim that the others accuse him of the traits he himself does not like in himself, but he eventually ascribes to

others the characteristics he cannot accept in himself. Whereas he started by being suspicious, he soon becomes sure that other people plot or conspire against him. He sees or collects the alleged evidence. He may assume the bitter, angry, antagonistic, defiant attitude of the person who is unfairly victimized, or the attitude of the submissive person who wants to be helped, but does not know what to do because "strange things are happening."

The content of thought of these patients is characterized by ideas of reference and delusions, even more than in other types of schizophrenia. Although the delusions are unsystematized in the majority of cases, they are more systematized than in the hebephrenic type and may be quite well systematized at the beginning of the illness. In American patients, the delusions are almost always persecutory in content, especially at the beginning of the illness. Syndromes characterized by grandiose delusions from the onset of the illness were more common in the past.

Whereas at the beginning of the illness the patient presented many neurotic features, these traits soon do not retain the salient role. What emerges is the delusional content, as delusions invade

progressively the psyche of the patient. They may be persecutory, grandiose, hypochondriacal, ideas of being transformed, accused, influenced, hypnotized, controlled, or poisoned, or being made the victim of experiments, and so forth.

In a considerable number of cases the delusions become systematized; that is, the patient does not accept them as unrelated beliefs, but rationalizes them or explains them more or less logically in relation with the rest of his life or with what he observes in the world. A definite delusional system may be built around the idea that the patient is persecuted because of his ideology, philosophy, or religion. He may build a system of beliefs and then attempt to give this system an apparently plausible scientific, philosophical, or theological structure.

Delusions may have all types of content. It is impossible to enumerate all the facts and things they refer to. They reflect the patient's familial, cultural, and social conditions. At times this cultural influence is manifested in a paradoxical way. For instance, whereas religion as a whole has less influence in the life of people today than in previous eras, I have seen recently an increase in grandiose delusions

with religious content. The delusion of being Jesus Christ is common both in Christian patients and in Jewish patients living in predominantly Christian countries. The delusion of being Moses occurs in both male and female Jewish patients. The delusion of being Saint Paul, the Virgin Mary, Saint Peter, and so forth, is also fairly common. Contrary to what is written in popular books of psychiatry or common jokes, I have never seen a patient claiming to be Napoleon Bonaparte.

Delusions of jealousy (beliefs that the spouse is unfaithful) are also quite common, especially later in life. They are, however, more frequent in those conditions generally called paranoid states, involutional paranoid states, and paranoia.

The paranoid type may present itself in a subtype called *monosymptomatic*. That is, at a manifest level, the illness is detected by the presence of only one delusion, generally of persecution, whereas the rest of the personality remains apparently intact. Many of these isolated delusions, like, for instance, the idea of being able to influence the weather, are harmless. Other, fortunately very rare, monosymptomatic delusions are dangerous and lead to the so-called

unmotivated crimes. They lead to murder of the father, mother, or even a series of unknown persons. As we shall see in Chapter 4, these delusions are difficult to recognize and the differential diagnosis from psychopathic personality may be doubtful in some instances.

Hallucinations, especially auditory ones, as a rule are common in the paranoid type of schizophrenia. They may be totally absent in cases in which the personality is fairly well preserved and the delusions well systematized.

The progression of the illness may be rapid and may lead to advanced regression in a short period of time; as a rule, however, the majority of paranoid patients regress less rapidly than the other types, and many of them remain indefinitely at a stage of illness that is not much advanced. Paranoid patients remain in better contact with the environment and may adjust better to hospital routine. Often their activities can be channeled into useful work. On the other hand, their suspiciousness, ideas of reference, and delusions may make them antagonistic, rebellious, and even violent. Escapes from hospitals and homicidal impulses, at times successful, are more common in this group. Detailed reports of clinical cases of the paranoid type of

schizophrenia will be presented in various chapters of this book. At this point we shall use a simple example, to be considered only from the point of the manifest symptomatology.

George is a 22-year-old male, the second of two siblings in a middle-class family. Although described as high-strung throughout his life, he never showed gross abnormalities of behavior. During college, however, he found the scholastic work increasingly hard. He finally decided to quit school and to accept a job as a salesman, but he found that this occupation too was not satisfactory. He appeared different to the members of his family, who thought he was probably worried about his working conditions. He appeared distressed and absent-minded and soon grew very peculiar. He became increasingly preoccupied with certain thoughts, which he revealed to his parents and sister. On hearing the word *home*, he understood *homo*; if he heard the word *fair*, he felt fairy was the word really meant. He became more and more convinced that people thought he was homosexual. When he saw groups of people in his neighborhood, he was sure that they were talking about him. He often "heard" them talking about him and making accusations. He became more and more preoccupied, upset, unable to attend to his work. He became somewhat neglectful of his appearance, oblivious of the many usual aspects of life, and more and more involved in thoughts of being accused, spied on, spoken of, ridiculed. In a few weeks it became impossible for him to hold his job, and he quit voluntarily. A few days later he became increasingly

restless and finally agitated. The psychiatrist who was consulted recommended hospitalization.

V The Hebephrenic Type

The hebephrenic type of schizophrenia is often difficult to differentiate from the paranoid. The most striking difference consists of a more rapid disintegration. The symptoms start generally in adolescence or early youth insidiously and with a progressive course. The content of thought is characterized by many poorly systematized, poorly rationalized, and in many cases completely disorganized delusions. Grandiose delusions are more common than in the paranoid type. Also much more common are hypochondriacal ideas, preoccupations with the body image, and kinesthetic delusions. It is not rare to find a patient who thinks that he has lost his bowels or that his heart has changed place, his brain has melted, and so forth. Hallucinations are common and, more frequently than in the paranoid type, are pleasing in content.

The mood may be slightly depressed; more often it is one of apathy and detachment, interrupted now and then by an apparently

humorous or jocular attitude. The patient often smiles in situations that seem completely inappropriate. For instance, a question may evoke an incongruous smile instead of a verbal answer. Language disorders are prominent, especially in cases of rapid regression. Wordsalad, clang associations, and neologisms are very common.

The dilapidation of personality is soon evident. The neglect of personal habits becomes more pronounced and the patient has to be taken care of. The patient often exhibits a childlike attitude and behavior, an infantilism that is not ingratiating, but rather grotesque or grossly incongruous.

We may distinguish two subtypes. In the first there is a progressive and lasting regressive behavior, with paucity of hallucinations and delusions and frequent occurrence of bizarre acts. In the second subtype, we have a relatively acute course, with many features similar to those of the paranoid type. The following case belongs to this second subtype.

Gladys was a 17-year-old white girl attending high school. Both her parents had psychotic depressions, from which they recovered with the help of shock treatment. Gladys's familial surrounding was characterized by parental conflicts, usually bickering over money matters. Gladys was the third of three children. The other two never received any psychiatric treatment and were described as well adjusted.

Gladys had always done well in school; but, before consultation, she became apprehensive, her marks fell down, and she became afraid to do her homework. When she was seen in consultation, she was in a state of great excitement. She said that soon she would have to take the examinations, and she was not prepared. She did not know anything. She constantly repeated the same questions: "Should I go to school? Shall I pass the examinations?" but no reassurance would help her. She continued to ask the same questions incessantly. Apparently she seemed in good contact, because she seemed alert and emotionally alive; actually, nothing that the examiner said registered. No delusions or hallucinations were elicited.

During the night, however, Gladys became more excited, expressed suicidal ideas, and was hospitalized. At the time of her admission she was extremely confused, hyperactive, and resistive. At times, when she was asked a question, she seemed unable to speak spontaneously, but would occasionally utter small whimpering sounds, moving her lips as if to pronounce words, but being unable to do so.

The second day after her admission she began to masturbate in the presence of other patients and also to pick at the skin of her face. She was restless, agitated, and screamed a great deal. At other times she sat on one chair in her room and stared vacantly out the window. She refused to eat and had to be tube fed. At other times she laughed in an incongruous way, was flighty, and talked in an apparently joyful mood, although what she was saying often was completely incoherent.

A few weeks later she occasionally expressed the idea that she was in a concentration camp where the Russians had allegedly put her. Later, when she was given electric shock, she misidentified one of the nurses who was leaving the room, believing that this nurse was her mother.

The members of the staff thought she was not suitable for psychotherapy. She was given a course of electric shock and then one of insulin, but there was no improvement in her condition. On the contrary, she seemed to regress rapidly. Later she was treated with large doses of Thorazine. She became more accessible and responsive to psychotherapy. She left the hospital six months after admission, apparently free of the serious symptoms. She remained, however, somewhat flighty and tended to joke in a rather inappropriate way. After her discharge she started long-term psychotherapy. A gradual, slow improvement followed

VI The Catatonic Type

Catatonic schizophrenia, more than any other type, presents characteristics of its own.

After a certain period of excitement, which may even be absent in many cases and which is characterized by agitated, apparently aimless behavior, the patient slows down, reaching sooner or later a state at times of almost complete immobility. The patient may become so inactive as to be unable to move around and take care of his physical needs and must be confined in bed (catatonic stupor). The patient in this condition cannot dress or undress himself and does not have the initiative to feed himself or to talk in the presence of other people, even if questions are asked of him. He seems completely paralyzed. At other times the patient is not so intensely affected, but his activities are still reduced to a minimum. He is not really paralyzed. What is disturbed is his faculty to will. He cannot will and therefore cannot will to move. At times he is very obedient and suggestible, because he follows the will of someone else. For instance, if a patient is told, "Show me your tongue; I want to prick it with a pin," the patient may obligingly comply. The examiner may put the body of the patient in the most awkward positions, and the patient will remain in those positions for hours. This is the phenomenon of *flexibilitas cerea* ("waxy flexibility"). At other times the patient puts himself in an awkward, uncomfortable, or statuesque position and remains in that position until he is put to bed and then resumes the same position the following day (see Figure 1). A phenomenon that seems opposite to this suggestibility but is instead related to it is *negativism*. Instead of doing what he is requested to do, the patient does the opposite. For instance, if he is told to show the tongue, he closes the mouth tightly or turns the face away. If he is told to stand, he assumes a reclining position, and so forth. In many cases a few activities remain, but they are carried out in a routine, stereotyped manner. Any spontaneous or new activity is abolished. There are striking exceptions, however. In contrast to the usual immobility, the patient repeatedly performs some actions that have a special meaning or purpose to him. Thus a patient interrupted occasionally his immobility when he initiated a suicidal attempt. Another patient, a 22-year-old girl, would periodically completely undress herself irrespective of the presence of patients and members of the staff of both sexes.

Delusions and hallucinations are present in many cases. They cannot be elicited, however, because, until he improves, the patient cannot communicate with the examiner. Often these delusions and

hallucinations are of a general and cosmic quality—"The world is being destroyed." Attempts to talk to the patient often elicit other symptoms. Echolalia is prominent—that is, instead of answering the questions, the patient repeats the questions. At other times the answers are monosyllabic; at still other times neologisms are numerous. The handwriting manifests a peculiarity of style that is even more pronounced than in other types of schizophrenia. The general behavior is characterized by mannerisms, grimaces, and bizarre acts.

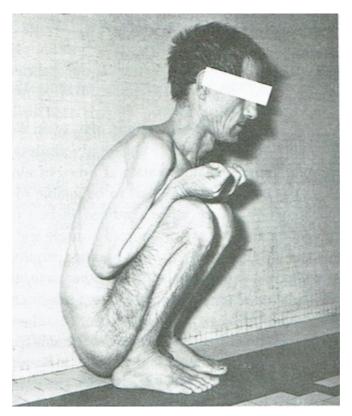


Figure 1

A 43-year-old catatonic patient admitted to the hospital at the age of 18. After a short period of excitement, he assumed statuesque or akward positions. Insulin, ECT, and drug therapy had no favorable results. He has maintained the position shown in the picture for several years and resists change. However, he allows the attendant to dress him daily and to accompany him for a walk in the hospital's park. On returning to the ward he disrobes himself and resumes this awkward position.

Anthony is a 24-year-old male who, in the past few weeks, had been brooding excessively about his life. He did not feel well, but did not know how to explain his malaise. No hallucinations or delusions were elicited. There was an urge to make contact with people, while on the ward, but there was also a sense of disappointment. One morning a few days after his arrival, he was found in a statuesque position, with his legs contorted in an awkward position. Attempts to talk to him were of no avail. He acted as if he could not hear or see anything. His face was completely deprived of any mimic play and did not reveal any emotion. A few days later he could talk a little bit, but in an echolalic way. For instance, to the question "What is your name?" he would reply, "What is your name?" He had to be taken care of, and spoon feeding was necessary.

VII The Simple Type

Simple schizophrenia almost never occurs in an acute manner. The beginning is slow, insidious, and generally goes back to a time preceding puberty. The major changes, however, occur after puberty, when the family realizes that the patient is not up to par in spite of the expectations that at an earlier age he had evoked in people. The patient becomes quite inactive and limits his life as much as he can. He refuses to go out, to go to school or to work, and gradually his life becomes very restricted. When he talks, there is no looseness of ideas or illogical sequence of thought, as in other forms of schizophrenia, but

rather *poverty of thought.* The patient is able to talk only about a few concrete things, abstract notions being eliminated. Careful examination of thought processes reveals an impairment of abstract thinking.

Hallucinations, delusions, ideas of reference, and other obvious symptoms are absent. In spite of the absence of these obvious symptoms, the behavior of the patient remains odd, inappropriate, insufficient to the demands of life, and his affect is inadequate. Unless hospitalized or successfully treated, the patients remain a burden to their families. When no family is available, they run the risk of becoming hoboes or prostitutes or of being exploited by organized crime.

Mary is the older of two sisters. The father was an alcoholic who died when Mary was a child; the mother died when the two sisters were in their teens. Although Mary had never appeared very bright, her inadequacies became more evident after the death of her mother. At that time she became even more dependent on her sister. Mary had several jobs, but could not fulfill them adequately. She was repeatedly fired, or she herself left the job because she felt the work was "too much for her." She refused the few invitations to go out with young men and restricted her life to a minimum. Finally it was agreed that her sister would go

to work and she would attend to the care of the household. But even that became "too much for her." She would remain idle for hours and hours and showed no interest in anything. Her conversation was reduced to a few words. She had to be told what to do, even in relation to her personal needs. Finally the sister decided to hospitalize her. At admission she appeared neat and tidy and able to take care of herself and accepted hospitalization without protest. On the contrary, it was a relief for her to be away from the world, where she had to make so many efforts. No hallucinations, delusions, or ideas of reference were elicited. During the interviews with the physician, her answers were literal, concrete, and not commensurate with her education. The patient's life was reduced to a few stereotyped acts. The nurses and attendants could not persuade her to do more than a minimum amount of work on the ward. When her sister visited her in the hospital, she seemed to sink into a mild state of depression.

VIII III-Defined or Controversial Types

In addition to the four classic types, which we have just described, and the atypical types, which we shall examine in the next sections, many psychiatrists acknowledge the existence of ill-defined types. Some of them have been included in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) of the American

Psychiatric Association; others appear in personal classifications.

In the DSM-1 a *latent type* is described as a category "for patients having clear symptoms of schizophrenia, but no history of a psychotic schizophrenic episode." It is difficult to see how a syndrome showing "clear symptoms" could be considered *latent*. This term, originally used by Bleuler, was reserved for cases not presenting clear symptoms. As a matter of fact, the guide continues to characterize this category in this way: "Disorders sometimes designated as incipient, prepsychotic, pseudoneurotic, pseudopsychopathic, or borderline schizophrenia are categorized here."

Many practitioners include in this category patients who seem to be *potential* schizophrenics. In other words, no definite symptoms are detected, but the clinician has the impression that the patient is so sick as to become psychotic in the near future. Thus, the diagnosis is in many cases impressionistic. As we shall see later on, many patients who seem to have all the requisites and potentials for schizophrenia never develop the disorder.

Probably in the latent category are to be included the cases that

Hoch and Polatin in 1949 called pseudoneurotic schizophrenia. Under this name these authors described a syndrome whose symptoms are not usually considered characteristic of schizophrenia. The diagnosis is made on the subjective evaluation of the constellation of symptoms. The patients present "pan-anxiety" and "panneurosis." That is, "an allpervading anxiety structure ... does not leave any life-approach of the person free from tension." By "pan-neurosis," the authors meant that the patients do not have only one or two neurotic manifestations, but that "all symptoms known in neurotic illness are often present at the same time." Gross hysterical mechanisms, vegetative dysfunctions such as poor sleep, anorexia, vomiting, and palpitations, phobias, obsessions, and compulsions may all be present. The neurotic manifestations shift constantly, but are never completely absent. "A considerable number of these patients have short psychotic episodes or later become frankly schizophrenic."

Cantor (1968) suggests the term *occult schizophrenia* for all ill-defined forms of schizophrenia, including the pseudoneurotic. By occult he means "concealed, hidden, not immediately known, perceivable only by investigation, and 'covert' rather than overt." Although Cantor is correct in stating that some symptoms are occult,

we must continue to regard them as part of the manifest symptomatology, that is, of the constellations of symptoms as they appear at first clinical approach and not in their symbolic or psychodynamic meaning.

The DSM-2 guide lists also the chronic undifferentiated type of schizophrenia (295.90), "for patients who show mixed schizophrenic symptoms and who present definite schizophrenic thought, affect, and behavior not classifiable under the other types of schizophrenia." In my experience, many psychiatrists use this diagnosis in absence of definite delusions, hallucinations, or catatonic symptoms. At times it is a question of individual preference to use this diagnosis rather than the simple or hebephrenic type.

A classification that has been accepted by a considerable number of psychiatrists in the United States is one that divides schizophrenia into two major types: reactive schizophrenia and process schizophrenia (Kantor and Herron, 1966; Higgins, 1964, 1969). The reactive type is a relatively mild syndrome, in spite of an often acute and pronounced flourishing of symptoms. Anxiety is obvious, and precipitating factors are easily found. In the process type, precipitating

factors are not ascertainable; the onset is gradual or insidious, the prognosis poor.

The underlying assumption in this classification is that the reactive type is determined predominantly by psychological factors, whereas the process type is determined by organic ones. This apparently plausible distinction is generally made *post hoc:* patients who recover or who are understood psychodynamically are called reactive; those who do not are called process. The word *process* conceals either ignorance or therapeutic failure.

I have never accepted this distinction, which, moreover, is applicable only to a moderate percentage of cases, not to the many that seem to belong to a state intermediary between the reactive and the process. Higgins (1964) wrote a first article in which he accepted this classification. In a second article (1969), after reviewing the literature of 205 publications on the subject, he wrote: "The previous review [1964] concluded on the optimistic note that 'Although the evidence to date is far from unequivocal, it would seem . . . that process-reactive schizophrenia is a justifiable classificatory principle. .

..' At this date the writer is somewhat less certain of the future of the

concept. It sometimes seems that for every study supporting the efficacy of the concept two nonsupportive ones can be cited."

Nevertheless, Higgins could not reject this classification because, "Despite the problems surrounding the concept, it continues to permit reduction of schizophrenic heterogeneity with sufficient frequency to ensure its continued and broadened application." I cannot go along with the last remarks. Certainly "reduction of heterogeneity" is to be welcomed, but only when it is valid. I believe that the more intensely we study the cases of the so-called process type, the more evident becomes the effect of serious psychological factors. These factors did not affect the patient with an obvious impact, but were slow and hidden in their relentless and insidious course.

Classifications conceptually related to the process-reactive classifications are those of Langfeldt (1939, 1969), who separated the schizophrenic from the schizophreniform, and of Robins and Guze (1970), who distinguish two separate illnesses, one with good prognosis and the other with poor prognosis.

IX Atypical Forms of Schizophrenia

Atypical and rare types of schizophrenia have also been recognized. *Childhood schizophrenia* (or schizophrenia, childhood type, 295.8) is perhaps the most important of these atypical forms, and yet it is even doubtful that this condition is related to adult schizophrenia. Because we devote a section of Chapter 44 to this disorder, no report of it will be made here. Schizophrenia, schizo-affective type (2-95.7) is characterized by recurring episodes that present a mixture of schizophrenic and manic-depressive symptomatology. For instance, the patient may present ideational content with delusions, ideas of reference, and hallucinations that seem typically schizophrenic, and yet at the same time show other symptoms, such as a mood of depression accompanied by ideas of guilt and selfaccusation or a mood of elation with a grandiose overtone. Until 1955, at least in the United States, the prevailing type of schizo-affective psychosis was characterized at the beginning of the illness by a predominance of manic-depressive traits. In the long run, however, the symptomatology assumed a typical schizophrenic aspect, indistinguishable from the classic types of schizophrenia. If the illness was characterized by several psychotic episodes, generally every successive attack was closer to typical schizophrenia and more distant from manicdepressive psychosis. Since the late 1950s we have seen a reverse in the sequence of the symptoms. What was predominantly a schizophrenic syndrome assumes more and more the symptomatology of manic-depressive psychosis, especially of depression. Many authors (for instance, Roth, 1970; Miller and Sonnenberg, 1973) have reported the frequency of depression following or accompanying acute schizophrenic episodes (Spiegel, 1973).

For accuracy's sake we must add that the term *schizo-affective psychosis* was coined by Kasanin (1933) to connote acute psychoses characterized by "emotional turmoil with a distortion of the outside world." Later the nomenclature of the American Psychiatric Association included the schizo-affective psychoses as a subgroup of schizophrenia.

Schizophrenia in old age, at times called late schizophrenia, is a condition that is accepted by a few. Many psychiatrists exclude this condition, because they feel that a relatively young age is necessary for the occurrence of this psychosis. Young age, however, does not seem to be as important as Kraepelin and his contemporaries thought. Relatively frequently we encounter patients in old age who do not

show the organic symptoms characteristic of senile or arteriosclerotic psychoses, but rather a paranoid symptomatology characterized by delusions of persecution. (The patient is poisoned, robbed, deprived of his property, and so on.) If these patients were younger, there would be no doubt in classifying them as cases of the paranoid type of schizophrenia. However, many feel that old age is a very important factor in these cases. These patients were able to avoid the psychosis throughout their lives; their defenses were not broken until the changes due to old age occurred. Therefore, many psychiatrists prefer to diagnose these patients as suffering from "a paranoid type of senile psychosis." The problem is still debatable. If we study the history of these patients, we discover that many of them have made only a limited adjustment throughout their lives. Most of them have had suspicious, withdrawn personalities. A great many of them never married. Somehow they managed to escape an acute breakdown until old age. Old age presents new problems of adjustment, at the same time that it produces lesions in the nervous system that make the person less responsive to the new demands of adjustment. Deterioration and regression are much slower in these paranoid forms than in typical cases of senile psychosis. Impairment of orientation,

memory, recall, intelligence, and so forth, are much less marked, and in certain cases not appreciable.

In addition to these paranoid cases characterized by delusions of persecution, other cases present delusions of grandeur or delusions and hallucinations with very bizarre content that somehow bring comfort rather than grief to the patient. Thus I remember a black man almost 70 years old, not regressed or deteriorated, who imagined that a beautiful Chinese woman was visiting him every night. He had vivid visual hallucinations. A woman who became sick after the age of 65 had fantastic delusions of transformation into animals. She also felt that she was the queen of Hungary and that the hospital was her royal palace. These senile pictures generally resemble those found in the second stage of schizophrenia (see Chapter 23). I feel that for a very long time schizophrenia was a potentiality in these patients and became an actuality when old age occurred.

Generally the subject of schizophrenia in old age has interested the German authors more than those writing in English. Janzanik (1957) differentiates a late schizophrenia (*Spdtschizophrenien*), which occurs in the fifth and sixth decades of life, from old-age schizophrenia

(Altersschizophrenien), which occurs in the seventh and eight decades.

Most authors agree that old-age schizophrenia is a rare condition. Manfred Bleuler (1943), in a study of 126 cases of late schizophrenia, found five patients that developed the disorder after the age of 60. Giberti, De Carolis, and Rossi (1961) found only two patients who developed the illness after the age of 60 in a study of 362 adult schizophrenics of various ages. Schizophrenia in old age has been studied also by authors who were particularly concerned with the possible hereditary aspect of the problem (Kay and Roth, 1961; Bacciagaluppi and Serra, 1963).

Postpartum schizophrenia is a schizophrenic syndrome occurring in the mother after childbirth. The *Diagnostic and Statistical Manual* of the American Psychiatric Association discourages the diagnosis of psychosis with childbirth (294.4), stating that any type of psychosis may occur during pregnancy and the postpartum period. Although cases of all types of schizophrenia occur postpartum, they have a psychodynamic of their own, which we shall study in Chapter 13.

Schizophrenia accompanying other diseases presents diagnostic

problems. Not infrequently we see schizophrenic symptomatologies with patients presenting the serology of general paresis, or epilepsy, Huntington's chorea, postencephalitic conditions, multiple sclerosis, pernicious anemia with nervous complications, cerebellar atrophies, and so on. Although in some of these cases the crippling effects of the organic disease may have increased the anxiety of the patient and released a potential schizophrenia, most psychiatrists feel that in the majority of these cases an organic diagnosis should be preferred.

Propfschizophrenia is a form occurring in a small minority of mental defectives, generally at the moron or borderline level. It is characterized by paranoid episodes with delusions and hallucinations, which may be followed by slow regression.

X Changing Aspects of Schizophrenia

The symptomatology of schizophrenia does not remain the same in different eras, countries, and cultures. Although the variations are not such as to make recognition of the disorder impossible or difficult, they are noticeable, even during the span of the career of a psychiatrist. Perhaps the marked changes that have occurred in the

sociocultural environment in the last few decades have affected the symptomatology and made the changes more conspicuous than in other times

During the thirty-three years of my experience with schizophrenics, I have seen the following changes. Whereas withdrawal used to be by far the predominant feature in most incipient cases of schizophrenia, the incidence of this characteristic has decreased. Many more patients now than in the past present an active restlessness, uncoordinated activity, or psychopathic traits. One of the most striking changes is in the sexual area. Whereas the schizophrenic used to be markedly inhibited in his sexual behavior, now he often has an active sex life or attempts to have one, even in conditions where such behavior is not expected or is grossly inappropriate. In previous times most patients inhibited or repressed their sex life to such an extent that they were considered by Rado and Daniel (1956) to be *unhedonic*; that is, they were considered unable to experience pleasure, sexual or otherwise. Now many of them tend to follow heterosexual, homosexual, or exhibitionistic impulses. Even in classes of people where such behavior was the least expected, striking examples occur. Thus, a young Protestant minister, previously well balanced, at the onset of the disorder started to make homosexual advances in the most obvious manner. A previously well-mannered young man studying to be a rabbi started to touch or lean on girls who would pass by or sit next to him in buses or subways. Sexual exhibitionism and activity of all sorts that was previously a rare occurrence in psychiatric hospitals have now become much more common.

Another changing characteristic is the age of onset of the illness. Until 1955-1960 many psychiatrists were discovering that, contrary to earlier reports, schizophrenia was occurring at a more and more advanced age. This finding was to some extent due to the fact that many cases diagnosed in the past as paraphrenia, paranoid conditions, paranoia, paranoid type of involutional psychosis, alcoholic psychosis, and so forth, were recognized more and more as cases of schizophrenia. Since 1960 an opposite phenomenon has been observed: an increasing number of patients are becoming ill at a young age, especially in adolescence and early youth. As far as the intensity of the symptoms is concerned, many psychiatrists, especially those who are in private practice and do not work in psychiatric hospitals, report that they see many patients with symptomatology so mild as not to

require hospitalization or drug therapy. These are not latent cases in the sense described by Bleuler, but patients who are actively psychotic, although their symptoms are few and not pronounced. It is difficult to determine statistically whether this increase in mild cases is more apparent than real. The explanation that comes to mind is that today, with the greater understanding of psychiatry and with increased psychiatric facilities, many patients who, because of the relative nonseverity of their symptoms, would not have been recognized in the past, are easily diagnosed now. Whether the increase in these mild or *oligosymptomatic* cases is real or apparent, the fact remains that the psychiatrist in private practice today is bound to see a large number of them and therefore must be able to recognize them. Of course, we do not include in this group patients whose symptomatology has become less marked on account of drug therapy.

In addition to the change in the intensity of symptoms, there is also a quantitative change in the percentage of the various types of schizophrenia, a change that is apparent especially to psychiatrists who are associated with hospitals. Until a few decades ago there was not too marked a difference in the incidence of the hebephrenic, paranoid, and catatonic forms (with the simple type trailing); now

many admitting psychiatrists feel that the paranoid type is by far the most common among the four classic types. The psychiatrists who accept the varieties "latent" and "chronic undifferentiated" now classify with these terms a large number of seriously disturbed people who do not fit into other categories.

It is relatively easy to understand the decline in the number of hebephrenics, because possibly many cases previously diagnosed as hebephrenic were paranoid with rapid disintegration. Timely intervention would have arrested them at a paranoid level. More difficult to explain is the decline of full-fledged catatonic patients, who until twenty-five years ago were much more common. From colleagues working in small hospitals we hear that the admission of a catatonic patient with typical symptoms, such as stupor and waxy flexibility, has become almost a rarity.

I have described (Arieti, 1959) what I have called *oligosymptomatic*, or very mild, cases of schizophrenia, which are much more easily recognized since the early 1950s. It must be understood that when we refer to oligosymptomatic cases, we are not speaking about borderline cases. A borderline case, as we generally

use this term today, is that of a patient who, although presenting a symptomatology so serious as to be classified between the neuroses and the psychoses, generally is not psychotic, does not act as a psychotic, and most probably will never become fully psychotic. The mild cases that are going to be described are considered psychotic.

The Paranoid Type

No definite delusions or hallucinations are found in the oligosymptomatic form of the paranoid type. The patient, however, is suspicious and antagonistic, and a *paranoid flavor* characterizes his conversation. Often his parents, siblings, or in-laws are the object of his distortions in thinking. Allegedly, these relatives or other persons are trying to hurt the patient, to spoil his reputation, and so forth. Even what the therapist says to the patient is misinterpreted, as the patient often clearly gives it a special twist. This tendency to misinterpret, at first limited to dealings with relatives, later spreads to employers and co-workers, so that finally it becomes impossible for the patient to maintain his occupation. If the patient is not treated, full-fledged episodes, with definite delusions and hallucinations, may occur.

The Hebephrenic Type

In the oligosymptomatic form of the hebephrenic type, the patient complains a lot about physical ailments. Often he attributes the responsibility for his troubles to previous physicians who allegedly have treated him badly. At times there is an incongruous euphoria. Odd ideas, either of reference or semigrandiose, creep in. There is an apparent lack of anxiety.

The Catatonic Type

There are no motor disorders in the oligosymptomatic form of the catatonic type, but the activities of the patient are reduced to a minimum. The patient takes an enormous amount of time to do simple things. To get dressed or undressed may require two or three hours, and it becomes a real ordeal. The patient refuses to leave the house. When he goes out, he arrives at his destination extremely late. Occasionally, almost catatonic episodes occur. There is no catatonic immobility, but the patient is confined to bed for several days, refusing to get up in spite of absence of physical illness. The patient may improve completely, only to develop a full catatonic attack a few years later.

The Simple Type

The simple the type is most common among the oligosymptomatic forms. Contrary to the classic simple type, the prognosis is good if intensive psychodynamic therapy is instituted. The patient manifests anxiety much more frequently than in the classic type. At times a diagnostic difficulty consists in differentiating this type from the oligosymptomatic catatonic. Like the catatonic, the patient does not want to go out of the house or seek employment and tells you that he 'cannot do it." Activities are reduced to a minimum and are extremely slow. The sleep rhythm is altered. Often he sleeps during the day and stays up until very late at night or the early part of the morning. In quite a few cases he becomes overconcerned with his appearance or with his weight. He may go into periodic eating sprees that alternate with periods of almost total starvation. The differential diagnosis from anorexia nervosa is debatable in some cases.

It is often difficult to determine to which one of the classical types of schizophrenia these mild cases belong. Often one gets the impression that they are mixed or undifferentiated and that the effort made to recognize in them a particular type is mostly due to our desire

to adhere to the traditional terminology.

XI The Course of Schizophrenia

A striking characteristic of schizophrenia is the great variability of its course. Some patients recover from an acute attack in only a few hours, days, or months, whereas others remain sick for the rest of their lives. Some undergo a cyclical course characterized by episodes occurring in a fundamentally vulnerable personality. Some recover from the acute attacks, but retain a residue or deficit. Those who remain permanently ill may show an arrest of the disorder at a certain stage, whereas others undergo a slow but progressive regression. Even the onset of the disorder presents various aspects, as we have already mentioned. Ey, Bernard, and Brisset (1967) distinguish four types of onset: (1) the insidious and progressive; (2) the acute; (3) the cyclic; and rarely (4) the monosymptomatic.

I have differentiated (1955) four different stages of regression in patients (fortunately now in sharply decreasing number) who undergo a complete course of the illness.

Most of the patients seen by psychiatrists in private practice belong to the first or initial stage. Even if the patients are undergoing a second or third attack, they generally belong in the first stage, because modern types of treatment prevent them from progressing further. After the third attack the patient tends to advance rapidly to subsequent stages. Statistics vary considerably as to the frequency of recurrences. The first stage of regression extends from the time the patient starts to lose contact with reality to the full formation of the characteristic symptoms of schizophrenia. The patient may retain great anxiety and restlessness. He seems either to fight his illness and want to return to reality or to fight the external world in an attempt to vindicate his symptoms. There is great variation of symptoms in this period, except in case of the catatonic patient, who may exhibit all the catatonic characteristics from the very beginning. Some catatonic patients, however, may change into a paranoid picture and vice versa.

Although a detailed description and interpretation of the four stages of schizophrenic development will be presented in Part Four, here is a summarization of the overt symptomatology.

The first stage is characterized by the presence of anxiety and

lack of a certain equilibrium, in spite of the presence of typical psychotic symptoms. This first stage can be divided into three phases:

- 1. A phase of *panic*—when the patient starts to perceive things in a different way, is frightened on account of it, appears confused, and does not know how to explain "the strange things that are happening."
- 2. A phase of *psychotic insight*—when he succeeds in "putting things together." By devising a pathological way of seeing reality, he is able to explain his abnormal experiences. The phenomenon is called "insight" because the patient finally sees meaning and relations in his experiences, but the insight is psychotic because it is founded on mental processes that occur only in a state of psychosis.
- 3.A phase of *multiplication of symptoms*—when symptoms become more and more numerous as the patient vainly attempts to use the symptoms to solve his conflicts and remove his anxiety.

The second, or advanced, stage is characterized by an apparent acceptance of the illness. All the classic symptoms are present, and they do not seem to bother the patient as much as before. Life has become more and more restricted and lacks spontaneity. Routine and

stereotyped behavior are outstanding.

In the third, or preterminal, stage many symptoms seem to have burned out, and, because all the types of schizophrenia resemble one another so closely, it is often difficult to distinguish a paranoid from a catatonic. At this stage, primitive habits such as hoarding useless objects and decorating oneself in a bizarre manner are conspicuous. This stage generally occurs from five to fifteen years after the beginning of the illness, but it may occur sooner or later.

In the fourth, or terminal, stage the behavior of the patient is even more impulsive and reflexlike. Primitive habits are replaced by even more primitive ones. Hoarding of objects is substituted by food grabbing, and later by ingestion of small objects, whether they are edible or not (placing-into-mouth reaction).

Later, during the fourth stage (although in some cases even at a much earlier stage), many patients present what appear to be perceptual alterations. They seem insensitive to pain, temperature, and taste, although they still react to olfactory stimuli. This anesthesia is the cause of many accidents (for instance, burning oneself by sitting

too close to a radiator).

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