

# Origins and perspectives of the schizophrenia research

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Schizophrenia is a complex psychiatric disorder with a heterogeneous clinical phenotype. Ancient paradigms focused on clinical experiences and hypotheses mostly without validated measurements but in the modern neuroscientific era the trend has turned oppositely; although an expanding body of evidence is available in association with the neurobiological background of schizophrenia, it seems that development of phenotypic description has been missing from the focus. However, now it is clear that a relevant and sophisticated diagnostic system is also essential for the appropriate interpretation of comprehensive molecular studies. Besides a brief review of most important data on schizophrenia research, the authors call attention to a complex diagnostic system (Composite Diagnostic Evaluation, CODE) which can be a valuable clinical partner of currently accepted models of schizophrenia, such as the neurodevelopmental hypothesis.

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## DEFINITION AND SYMPTOMS OF SCHIZOPHRENIA

Schizophrenia is one of most debilitating mental illnesses with chronic psychotic symptoms. The syndrome was first described as "dementia praecox" by Emil Kraepelin, then Eugen Bleuler changed the name of the illness from dementia to schizophrenia. Core symptoms of schizophrenia were divided into two groups traditionally by Hughlings-Jackson's and then by Strauss and Carpenter: positive symptoms (including delusions, hallucinations and thought disorders) and negative symptoms (reduced interest and motivation, emotion and social interaction) resulting in disorganized behavior. These categories can be complemented with an additional group of cognitive dysfunction (impaired attention, information processing, learning and memory). Furthermore, Kurt Schneider differentiated the so-called "first-rank symptoms" very similarly to currently used major criteria for diagnosis of schizophrenia (Ufer-Parnas et al., 2010; Rethelyi, 2011). The first symptoms usually manifest in adolescence or early adulthood but in most cases a prodromal period with nonspecific and attenuated symptoms anticipates the emergence of the first psychotic episode. The course of schizophrenia is typically characterized by psychotic exacerbations or relapses alternating with periods of partial remissions.

Recently, clinical diagnosis of schizophrenia is based on criteria of the Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV) published by the American Psychiatric Association (DSM-IV-TR, 1994) or of the International Classification of Diseases, tenth edition (ICD-10) published by the World Health Organization (ICD-10, 1992). Presence of two or more of the characteristic symptoms (hallucinations, delusions, disorganized speech, catatonic behavior or negative symptoms) persisting for more than a month (criterion A) and social dysfunction due to the disturbance (criterion B) for at least 6 months (criterion C) are required for diagnosis of schizophrenia according to the DSM-IV. Exclusion criteria, as dominance of affective component (criterion D), substance use (criterion E) or other neurodegenerative syndrome (criterion F) related psychotic episode are also presented in DSM-IV. Similarly, the major criteria of diagnosis of schizophrenia in ICD-10 are persistent hallucinations and delusions, however, catatonic behavior and negative symptoms are not ranked within the core (I) symptoms. The duration criterion is different between DSM-IV and ICD-10, namely symptoms have to persist for six months in DSM-IV, while only 1 month in ICD-10 (Table 1). DSM-IV specifies five (paranoid, disorganized, catatonic, undifferentiated and residual) and ICD-10 six subtypes of schizophrenia (paranoid, hebephrenic, catatonic, undifferentiated, residual and simple) (Table 1).

# Perspectives In Schizophrenia Research

**Daniel F McAuley**



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