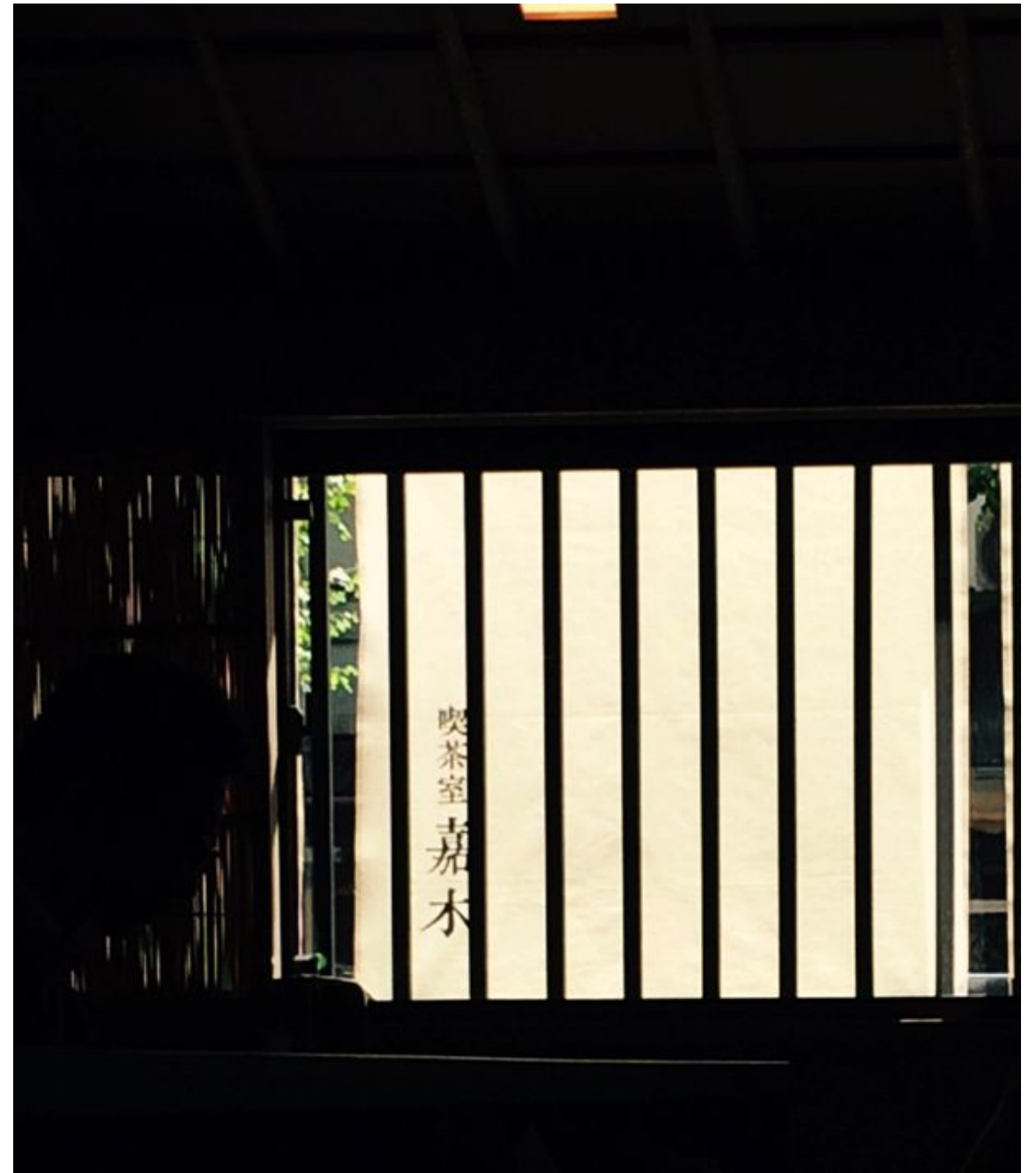


泡茶の比喻

Teapot Analogy

A Self-help Kit
for Recovery from Early Psychosis



歡迎開展您的復元及個人成長之行！首先，我們會以**泡茶**的比喻了解什麼是思覺失調及其成因，以及如何面對它。我們亦已準備一些建議回應您可能會有的問題及顧慮，當中也包括對您的朋友和家人的小貼士。

可是，此手冊並**不是**一本單向的說明書。我們鼓勵您使用它來與個案經理或照顧者討論，以便共同製定最適合您的治療計劃。

Welcome to the journey of recovery/ self-enhancement! Here, we'll first learn about what psychosis is, what are the possible causes and how you can deal with it through **a teapot and its tea brewing process**. Then we've prepared some **suggestions to your possible enquiries** including tips for helping yourself, and guidance for friends and family.

However, this is **NOT** a one-way directory. We encourage you to use it to facilitate your discussion with your case managers or caregivers so you can co-create a treatment plan which suits you most.

1. 泡茶的比喻 Teapot Analogy

2. 基本知識篇 Psychosis 101

思覺失調是什麼？What is psychosis?

思覺失調不是什麼？What is it not?

為何患上思覺失調？Why do some people develop psychosis?

思覺失調如何影響我？How does psychosis affect me?

我該怎樣應對？How can I deal with psychosis?

- 治療的預期效果 What can I expect from the treatment?
- 治療對我有害嗎？Does the treatment harm me?
- 治療過程需要多少時間？How long does the treatment take?
- 我還可以怎樣幫助自己？What else can I do to help myself?
- 我的家人該怎樣面對？What can my family do?

3. 實務篇 Practical Guide

我可以過正常的生活嗎？Can I live a normal life?

我可以讀書或工作嗎？Can I work or study?

我該如何跟別人談及病情？How should I tell others?

精神科醫生的角色是...？What do I expect from my doctor?

個案主任的角色是...？What do I expect from my case manager?

我可怎樣照顧我的腦袋？How can I take care of my brain?

4. 親友篇 For family & friends

我該如何支持他／她？ How can I support him/ her?

思覺失調是什麼？ What is psychosis?

思覺失調不是什麼？ What is it not?

為何患上思覺失調？ Why do some people develop psychosis?

有關治療...

- 治療的預期效果 What can I expect from the treatment?
- 治療有害嗎？ Does the treatment harm?
- 治療過程需要多少時間？ How long does the treatment take?

我自己的支持呢？ Where's my support?



好像多巴胺過多導致思覺失調一樣

思覺失調是什麼？

What is psychosis?

思覺失調是指一組症狀與現實不符或不正常的精神狀態。故此，思覺失調會讓患者對現實的感知有誤。

The word *psychosis* is used to describe a state of the conscious and alert mind, where there has been some loss of contact with reality, resulting in misinterpretation of information from the environment.

研究指出思覺失調是因腦內的神經遞質多巴胺失衝而導致的。

Studies indicate that the symptoms of psychosis could be due to the imbalance of dopamine, a neurotransmitter in the brain.



你知道嗎？

Facts about psychosis

全球人口中大概有**3%**的人，在一生中曾經出現過思覺失調的症狀。

3 out of 100 people will experience psychosis at some time in their lives.

不同年齡的人也有機會患上思覺失調，而較常會出現在**15至25歲青少年**的身上，

每年大約有**700**名屬該年齡範圍的青少年出現思覺失調現象。

Psychosis affects people from all walks of life, but it is most prevalent in **15-25 year olds**, affecting about **700** individuals within this age range every year.

思覺失調的癥狀

Symptoms of psychosis

陽性症狀

Positive Symptoms

陽性癥狀是指一般人不會有的經驗, 包括:

Positive symptoms are those that most individuals do not normally experience but are present in people with psychosis, including:

- 幻覺
Hallucinations
- 妄想
Delusions
- 思想及言語紊亂
Thought disorders (i.e. disorganised thoughts/speech)

陰性症狀

Negative Symptoms

陰性癥狀是指失去一般人都有的能力, 包括:

Negative symptoms include the loss of usual abilities, including:

- 情感表現平板、麻木
Emotionless
- 言語貧乏
Poverty of speech
- 缺乏動力或疏於自理
Lacking motivation
- 對身邊的人或事缺少興趣
Socially withdrawn and loss of interest, etc.

思覺失調**不**是什麼？

What psychosis is **NOT**?

思覺失調不是人格分裂

Psychotic Disorder is not Multiple Personality

思覺失調患者有整全的性格，不會出現多重人格

In psychosis the personality is largely intact. It is not split into separate identities

思覺失調不是焦慮症

Psychotic Disorder is not Anxiety Disorder

思覺失調患者面對的是大腦不能準確地分析及呈現現實資訊給患者，此情況所衍生出來的驚恐和焦慮與焦慮症患者所面對的過份或誇張化的焦慮不同

In psychosis there is a distortion of reality that is beyond the exaggerations of fears and worries

思覺失調不是躁鬱症

Psychotic Disorder is not Bipolar Disorder

情緒病主要關乎憂鬱和躁狂狀態的情緒波動，而在思 覺失調中這些情況是次要的

In mood disorder there is a primary mood change into depression or mania, in psychosis any mood change is secondary

思覺失調不是濫用藥物

Psychotic Disorder is not Substance abuse

濫藥可導致思覺失調病發的狀態，但停用藥物後症狀會消失

Substance use can precipitate a psychotic episode, but it will clear after stopping the substance

思覺失調不是自閉症

Psychotic Disorder is not Autism

自閉症是一種幼年開始的發展障礙，引致社交溝通及人際關係的障礙

Autism is a developmental disorder from early age resulting in social interaction difficulties.

思覺失調不是腦障礙

Psychotic Disorder is not Gross Brain Disorder

所有思覺失調類別的病症亦因異常的腦功能而成。醫生在診斷思覺失調時會排除一切因腦部生理上受損(如腦腫瘤)而成的思覺失調症狀

All psychotic disorders results from abnormal brain function. However doctors will exclude the possibility that symptoms are caused by a gross brain disease such as a tumour.



人生如茶

一泡好茶猶如人生，清淳甘美。

The finished tea is our life experience

It takes multiple factors to spoil the tea

何謂好茶？

What is meant by a good cup of tea?

茶香—各種茶葉有屬於自己的茶香，泡好茶能把茶葉的香味完全地發揮出來

Aroma - Each kind of tea has its own flavour, a good cup of tea should fully release its taste and scent.

如人生的其中一個意義是**活出真我**

One of the meaning of life is to live truly.

苦澀—無論茶質優劣，澀的存在是茶葉「與生俱來」的，適量的苦澀味能襯托出茶香

Astringency - Regardless of the quality of tea, each tea leaf contains a certain amount of tannins (a bitter compound of tea)

如人無完美，**有長處亦有短處**

Nobody is perfect, we all have strengths and weaknesses

回甘—苦澀過後，總有回甘，就是喫茶後喉頭甜甜的感覺

Aftertaste - A good cup of tea has a sweet aftertaste

如一件不如意的事背後，總有值得**感恩**或讓人**成長**的部分

Life is fruitful when you can always reveal a bright side and learn a lesson from any experiences

軟水—茶夠「軟水」代表茶喝下去時口感順滑，能「咕嚕咕嚕」的吞下去

Soft - It is used to describe a smooth and fine-drinking tea

如人能**隨遇而安**的狀態

It is when you are able to reconcile no matter what



每個人的口味都不同，只要是你喜歡喝的茶，就是好茶。

茶葉的價格、名氣都是別人定義的，並不代表什麼。

Everyone has their own preferences. As long as you like your tea, it's a good tea.

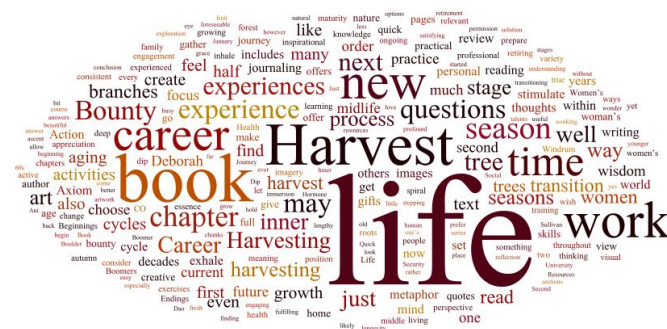
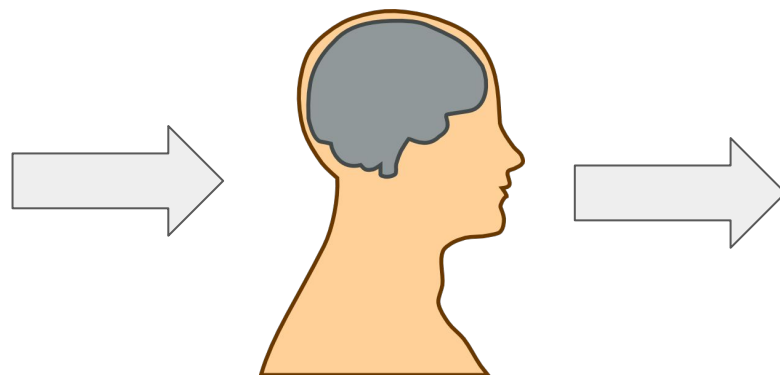
The price and fame of the tea are defined by others and they are just some references.

[了解其他患者如何理解康復>>](#)

[See how other people experiencing](#)

那麼，我為何得病？

Then, why do I get psychosis?



同一環境，經過大腦不同的演繹及處理後，產生截然不同的認知和感覺。

For the same situation, varying perceptions and feelings can be produced according to the brain's interpretation.

如所生的認知和感覺與現實不符(如幻覺、妄想)，便有可能為思覺失調。

when your perceptions and feelings are detached from reality or very different from people around you, you may be experiencing a psychotic episode.



就如一壺茶滾瀉了、煲壞了一樣。

This is like a **spilling, over-steep** tea.

如何泡一壺好茶？

How do I make a good tea?



火

Flame

多巴胺好比火喉
Flame is dopamine

器

Teapot

腦好比茶壺
Teapot is our brain



水

Water

環境際遇好比泡茶用的泉水
Water is the life encounters we are
exposed to.

茶

Tea leaves

個人特質及經歷好比茶葉
Tea leaves is the personality and
characteristics of a person



各種因素相互影響下所泡出來的茶好比我們的人生

The finished tea is our life development and It takes multiple factors to spoil the tea

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火候 喻多巴胺

Flame as Dopamine

多巴胺與個人識別環境中重要資訊的能力息息相關

Dopamine in the brain allows for detection of salience (important things) in the environment

泡茶的火候就如腦部中多巴胺的濃度

The flame for heating the tea is likened to the role of dopamine in the brain.

如火候太猛，茶味苦澀；

Over-boiled tea is bitter

火候太弱，淡而無味

Under-boiled tea is tasteless



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多巴胺濃度太高，如茶過於沸騰，能引發思覺失調

Too much dopamine, like a strong flame and tea may overflow, psychosis onset

多巴胺濃度太低，如茶尚未煮滾，生活枯燥乏味

Too little dopamine, like a weak flame and tea is stagnant, daily functioning becomes flat

適當的溫度讓水和茶融和圓潤，多巴胺的濃度也需保持適中

The right temperature allows for the integration of water and tea leaves, just as the optimal level of dopamine to our life experiences.



茶壺 喻大腦

Teapot as brain

大腦如茶壺般盛載著多種重要材料，以構成我們的各種經歷

The teapot, as the key instrument for holding together the ingredients for tea making, is likened to the role of the brain in producing our experiences.

要泡一壺好茶，一個好茶壺亦相當重要

The Teapot has an important influence over making tea.



茶壺的質料 喻多巴胺敏感度

Material of Teapot as Dopamine Sensitivity

茶師認為茶壺的傳熱能力取決於其質料，
例如金屬茶壺則屬傳熱太快

Tea masters consider the material of the teapot
important as it affects the conduction of heat in the
process of tea-making.

For example, metal teapot boils too easily.

人的腦部對多巴胺的敏感度就像一個茶壺的
物料，每人吸收外界資訊的敏感度不一樣

Human brain's sensitivity towards dopamine is like
the material of a teapot, and there are individual
differences on the sensitivity of external stimuli
among us.



茶壺的大小 喻大腦資訊容量

Size of teapot as **capacity** of the brain

每人的容量不同，有大有小

There are individual differences on the capacity of the brain.

Some are greater, some are smaller.

大腦資訊容量低，如茶壺**太小**，煲水時容易滾瀉

If the size of teapot is too small, tea over boils easily

茶壺**太大**，水亦難以煲滾

If it's too large, tea cannot heat up properly

腦因素能預定病患嗎？

Do the brain factors pre-determined whether someone gets ill?



茶葉 喻個人特質

Tea leaves as personal character and education



每個人都是獨特的，就如各種茶葉的香味、醇度、味道等也有不同

Everyone is unique, like different tea blendings vary in aroma, bitterness and taste, etc.

某些先天或幼年時期的因素都會增加患上思覺失調的機會

Some predisposing factors (including prenatal, perinatal and childhood) may increase the chance of psychosis

- 產前感染 Prenatal infection
- 營養不良 Malnutrition
- 難產 Obstetrics complications
- 童年被虐/童年陰影
Childhood abuse or trauma
- 嚴重焦慮 Severe anxiety
- 長期抑鬱 Severe depression

此外，**濫藥**亦會影響個人天份特質。情況就如把其他配料混入茶葉中，味道也許令人著迷，卻會破壞茶的本質。

Besides, drug abuse will affect personal character and talent. It is like mixing other herbs or spices into the original tea blend, the taste may be mesmerizing. Yet, it destroys the original flavour.

泉水喻人生際遇

Water as Life Encounter

茶師認為沏茶用的水是極重要的，泡茶的質素也取決於泉水的質素

Tea masters place much significance over the water used to brew tea, the quality of water is crucial to the quality of tea we make

泉水就如生活中滔滔不絕的外來資訊，腦部接收資訊後會先把它們處理過才成為我們的真實經歷

The water is like the incoming information, the external encounters from life. We receive these information, our brains process it before it finally became what we actually experience.



人生際遇與思覺失調的關係

The role of life events in psychosis

很多人在確診思覺失調時都正經歷一些逆境及壓力，例如：

Many patients are experiencing a severe extent of stress or extreme life events, for examples:

- 結婚 Marriage/ 分手 Relationship break-up
- 喪偶 Loss of loved ones
- 移民 Emigration
- 失業 Unemployment
- 家庭暴力 Domestic violence
- 轉校 School transferring
- 公開考試 Public examinations

長期缺乏睡眠及感覺剝奪也能引致思覺失調

Extreme lack of sleep and sensory deprivation can also lead to psychosis

壓力與患上思覺失調的關係**不一定是單向的**，也可是因患上思覺失調而影響人生際遇

However, the relationship between stress and psychosis is not necessarily unidirectional.

人生經歷能改變茶壺的本質

Life experiences can change the teapot

泉水裏或泡茶時生出的雜質和礦物質能集結及沉積在茶壺底部，以致煲水時容易滾瀉

Minerals can accumulate and deposit in the teapot, thereby reducing the capacity of the teapot, making it easier to over-boil.

正如逆境可以改變腦結構，長年累月下容易引發思覺失調

Likewise, adverse experiences change the brain structure, making it easier to develop the psychosis state.



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壺垢積 和 水裏的雜質 喻過去及現在的人生經歷

Residues and Impurities in Water as Past & Present Life Encounters



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泉水含有不同程度和種類的礦物質，
適當的礦物質含量讓沏出來的茶更佳

Water can contain different degrees of minerals, the right amount of the right mineral makes the tea better.

可是，如某種礦物質濃度太高會讓茶
質變差

However too much of certain minerals make the tea bad

如使用鈣質含量較高的泉水(硬水)，
沏出來的茶較差

In some areas water contain a large amount of calcium (hard water), this will impair the quality of the tea.

故此，沏茶前**去除雜質**是必要的

Removing the impurities will be necessary before good tea can be made



壺垢積

水裏的雜質

過去

現在

思覺失調如何影響我？

How does psychosis affect me?

思覺失調對不同患者的影響各異

Psychosis affect different people in different ways

嚴重的思覺失調會讓患者對身邊的事特別敏感，甚至錯誤理解環境和事物

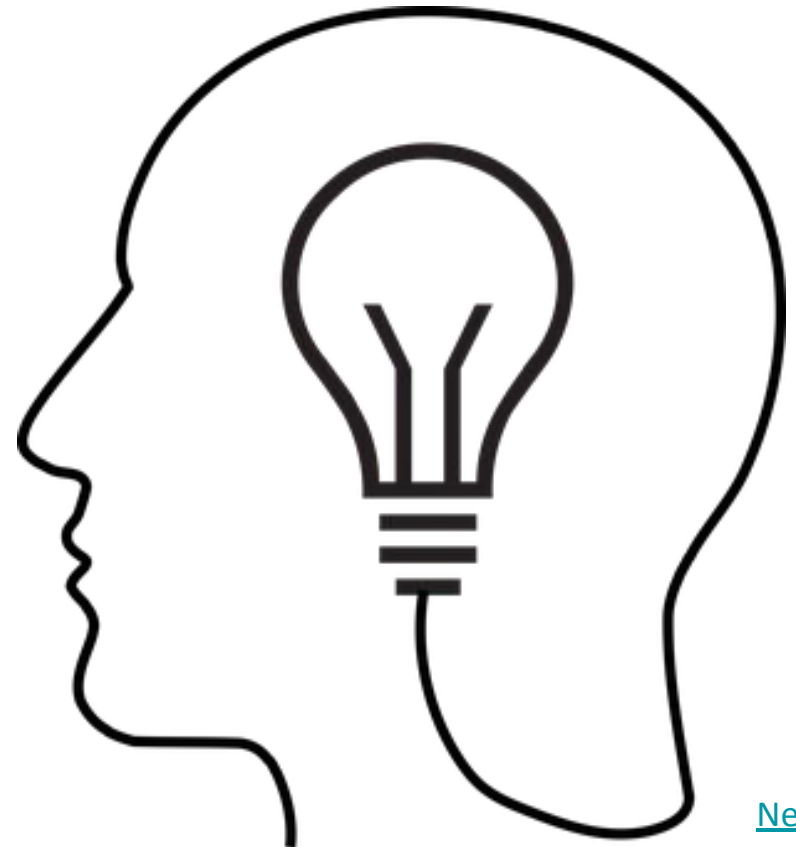
In the acute psychosis stage, psychosis will make me sensitive and misinterpret what is happening around me.

每次病發後，康復者的認知功能可能會受損，例如專注力、記性及規劃能力比以往差。

After the acute illness, psychosis may affect some patients cognitive performance, some patients notice that their attention, memory, and planning abilities are lower than before.

不過，這些認知功能是可以經約一至兩年時間復元的！

Some of this functions will recover with more time (e.g. 1-2 years).



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藥物效力對每人不同，而**運動及認知功能訓練**亦有**助改善病情**

Sometimes medication make this worse, other times it make this better. Exercise and cognitive training may help.

不少人會在康復過程中感到乏力，以致對工作和社交的興趣減低。這是大腦發出的動機信號不足導致的。康復者可主動參與**復康及輔導服務**改善問題。

Some people may experience lowering of motivation so that they are less keen to engage in work or social activities. This is the result of a failure of the brain to generate proper motivational signal to drive our behaviour. Engagement in rehabilitation or coaching may help.

過份壓力可引致思覺失調復發。以**藥物控制病情**可以**減低復發風險**。小部分人一經復發後便難以痊癒。

Psychosis for most people is a illness that has a tendency to recur. Intense stress can increase this risk. Maintenance medication can lower this risk. A small proportion of people does not get better again after a relapse.



我該怎樣應對？

How can I deal with psychosis?

1. 調節火候

Monitor flame temperature

以**藥物**調整多巴胺濃度

Adjust dopamine level through pharmacotherapy

持續治療減低及保持適中火候的溫度

Medical adherence reduces and maintains the optimal flame temperature



我們的多巴胺的分泌是可以改變的！

Our dopamine level is changeable!

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2. 滌壺除垢

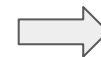
Purifying the teapot

以**運動**增加腦容量

Increase brain volume through exercises

我們的腦部結構是有可塑性的！

Our brain has plasticity and is malleable!



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Early Psychosis Foundation
思覺基金



我們誠意邀請你來參加由思覺基金提供的FitMind瑜珈課程，請[按此](#)了解詳情。
You are welcome to join a free FitMind yoga course organised by EPISO! Please [click here](#) to learn more.

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3. 淨化水質

Distillating the water

泉水最好...

The favorable water for tea brewing is...

清、清潔無垢。

我們無法完全控制環境際遇，但你可以**避免**某些險境或學習以**正面思維及有效的方法**應對

Clear. We have limited control over the environment, however, you can develop positive and more adaptive coping skills to handle aversive life events.

活、有一定的流動性。

不需因過份擔心或恐懼而逃避，積極面對生活，讓生活繼續流動

Lively. Smile more, worry less, life goes on.



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輕、軟硬度適中。

生活中一些環境壓力有助個人發展及成長，可以靜觀(或其他適合你的方法)舒緩緊張情緒，
保持適度的壓力

Soft. A certain amount of stress is good for personal development, practise mindfulness (or other adaptive methods) to soothe your anxiety and maintain an optimal level of stress.

更多相關資訊...

More about treatment...

處理思覺失調有很多方法，當中包括藥物治療及心理社交治療等，照顧患者多方面的需要。

There are many ways to manage psychosis, treatment ranges from antipsychotic medication to psychotherapy, meeting the various needs of the patients.

以下均為一些有臨床實證的治療方式，包括：

Research supports a variety of treatments, especially coordinated specialty care (CSC). CSC involves the following components:

- 藥物治療 Medications (also called pharmacotherapy)
- 個別或小組心理治療
Individual or group psychotherapy
- 家屬支援及病理教育
Family support and psychoeducation
- 輔助就業／就學計劃
Supported Employment/Education (SEE) services
- 個案主任跟進
Case Management

積極參與自己的治療對舒緩思覺失調病情非常重要。由不同的專業人員按患者的需要和目標設計出各種介入方法有助康復者投入復元過程。

It is important for individuals with psychosis to be involved in their treatment planning. Their individual treatment program should be designed by different professionals depending on their needs and goals in order to help them stay engaged throughout the recovery process.



治療的預期效果 What can I expect from the treatment?

藥物治療 Medication:

藥物治療一般透過**調節腦部內的多巴胺**而發揮效用，扮演著一個基本的角色，如：

Medications block the effects of the hormone dopamine and many people with psychosis benefit from antipsychotic medication. The benefits of antipsychotics include:

- 減少徵狀帶來的不安和困擾 Decreased aggression & anxiety
- 減退思覺失調的徵狀 Fewer delusions & hallucinations
- 預防復發 Relapse prevention

服藥數小時至數周不等後，幻聽及妄想症狀可逐漸減退，時間因人而異。

Some people may experience benefits within a matter of hours, but it can often take days or weeks before people have fewer delusions or hallucinations.

各種思覺失調藥物對每個人的效用會因個人體質及病因而有所不同。

The effectiveness of antipsychotics varies among individuals. It depends on the person and the cause of psychosis.

個人及小組心理治療 Individual or group psychotherapy:

- 掌握與疾病及治療的有關知識
Gain knowledge about psychosis and relevant therapies
- 學習正面思考及壓力處理
Learn to think positively and manage stress
- 增加對復發的警覺性及學習症狀處理
Increase awareness and learn to manage possible relapses
- 增強社交技巧及克服社交焦慮
Enhance social skills and learn to manage social anxiety
- 建立朋輩網絡和給予情緒支援
Establish communities and receive emotional support
- 發掘潛能及增強自信
Discover talents and boost self-confidence
- 調整自我期望及要求
Re-evaluate self-expectations and needs
- 學習如何預防復發
Learn to prevent relapses
- 適應和重建生活規律
Rebuild and adapt to patterns of life

治療對我有害嗎？

Does the treatment harm me?

通常沒有！

Generally not!

但不少人會經歷藥物的副作用，如：

However, some of the possible side effects include:

- 顫抖，痙攣和抽搐 Trembling, spasms and twitches
- 疲勞 Fatigue
- 躁動 Restlessness
- 便秘 Constipation
- 減少性慾 Reduced sex drive
- 口乾 Dry mouth
- 視野模糊 Blurry vision
- 頭暈 Dizziness

長期服藥也可能導致體重增加或糖尿、血壓問題等。但每種藥物所導致的副作用各有不同，如果藥物讓你感到嚴重不適或不能改善情況，你可以隨時向醫護人員商量換藥及查詢潛在的副作用風險。

Long-term use may cause some people to gain weight or develop diabetes and blood pressure problems. However, potential side effects vary among antipsychotics and if one type of medication is not working well for you, discuss this with your doctor, because another one could work better.



治療過程需要多少時間？How long does the treatment take?

治療過程因人而異，絕大部分在出現病癥初期便接受治療的人都能有效地緩和病情。

It varies among individuals. Most patients who seek help from professionals and receive treatment soon after they start to display symptoms are able to remit from these symptoms.

因每位康復者的病因不同，有些人只需要短期治療，有些人則需要長期借助藥物控制病情。

Some people may only need short-term treatment. Others may need long-term treatment with antipsychotic medication. It depends upon the cause of the psychosis.



不過，你可積極參與治療及向醫生查詢以調節治療過程的長度

However, you can always be an active agent of altering the duration of treatment and consulting your doctor.

每位康復者的行為和復元過程主要受個人及環境因素影響。此外，家人和朋友在復元路上的角色亦尤其重要。

Each patient's behaviour and recovery process is affected by individual and environmental factors. Family and friends also play crucial roles in a patient's recovery.

我的家人該怎樣面對？

What can my family do?

託親友幫忙留意火候

Ask if relatives and friends can help watch the flame

相熟親友了解康復者的病及治療，能幫助他們建立對藥物治療的正面態度及依從性

Knowledges and understandings on psychosis and its treatment of close kins and friends can help people in recovery develop positive attitudes toward treatment and results in better medical adherence.

就像在水煮沸時，提醒親友火的溫度過高或雜質太多

For instance, remind your kin or friend to adjust the flame or clean the teapot when you find the tea boils easily.

家人的提醒，如風入松林，心靜才聽到

Their reminders are like whistling wind which can only be heard in calm.



愛思覺

Internet-based Psychosis
Education Program for Caregivers

請登入[思覺失調康復者家屬平台](#)了解更多
Online forum for caregivers of people in recovery

[Next](#)

家人的支持對患者的康復過程非常重要，尤其在確診初期時。研究指出**家人支持對第一次病發的患者特別重要**，家人可以：

Family plays a crucial role in a patient's recovery process, especially during the early stages of psychosis. Studies have found that family support is particularly important during a patient's first onset, such as:

- 鼓勵受精神問題困擾的家人盡快求助
Encouraging patients to seek help
- 支持持續接受治療
Supporting them to continue receiving treatment
- 提醒按時服藥
Facilitating them to take their medication on time
- 促進社交生活及融入社區
Encourage social lives and community integration
- 主動了解更多有關疾病的知識
Learn more about psychosis and any related information

研究發現**照顧者對疾病和相關藥物的知識越多**，相比較少認識的照顧者，更能**有效地鼓勵**和支持患者按時按量地服藥。而此服藥習慣與復發機會有著密切的關係。

Studies have found that the more knowledgeable a caregiver is about the disorder and the relevant drugs, the more effective they are when it comes to supporting the recovery of patients.

另外，適當的溝通能**減低家庭衝突的機會**，以下是一些小貼士：

It is also important for the family to know how to **communicate with the patient** which helps avoid conflicts, here are a few tips:

- 給予適當的關心、正面的鼓勵
Being caring and encouraging
- 先耐心聆聽，收起批評
Non-judgemental listening
- 給予合理的自由度
Giving the patient an appropriate degree of freedom

我還可以怎樣幫助自己？What else can I do to help myself?

不要歧視自己或別人。不少人對精神病康復者有偏見，以致當人不幸患上精神病患時容易內化負面批評或標籤。何必呢？

Do not stigmatize yourself or others. Many people has a prejudice towards people with psychosis. When we get ill, sometimes we apply this negative view to ourselves. Don't.

[了解自我標籤的情況及其影響 >>](#)

不要讓病患主宰你的人生。患病難免讓人感到無力，但並不代表沒有希望，你還有很多方法可以改善病情，為自己創造豐盛的成果！

Do not feel resigned about the illness. Many people feel that there is not much they can do to change the illness. This is not true. You can do a lot to get the best possible outcome for yourself.

與你的醫護團隊緊密合作！多與你的醫生及個案主任溝通，包括你的經驗及計劃，以讓治療配合你的需要。

Work with your health care team. Communicate with your doctor and case-manager about your experiences and plans. Discuss with them your treatment

採取正面、盡責的態度管理你的人生！

Take up a positive and responsible role in managing yourself.



總結

Summary

1



人生如泡一壺好茶
Life is like a cup of tea

2



茶壺(大腦)、火候(多巴胺)、茶葉(個人經歷)及泉水(環境際遇)都是泡好茶的重要元素

The teapot (the brain), the flame (dopamine), tea leaves (personal characters) and water (the environment) are the elements of brewing a good tea.

3



可是，茶壺會因垢積(過往經歷)和水裡的雜質(環境壓力)以致容量減小

Yet, the size of the teapot will diminish if we leave the residue unclear.

4



再加上火候太猛(多巴胺分泌太多)，茶便會滾瀉(出現思覺失調病癥)

5



如火候失控以致茶不停滾瀉，我們可以借助外力調節(藥物治療)或淨化水

6



同時，邀請親友幫忙看火(了解及支持治療)有助保持優良茶質

實務篇

Practical Guide

我可以過正常的生活嗎？

Can I live a normal life?

當然可以！

很多思覺失調康復者都過著正常的生活。

Of course! Many patients with psychotic disorder live normal lives.

有些康復者甚至比沒有患病的人有更好的表現。說不定他們不提
起我們也難發現在你我的朋友中也有人是思覺失調康復者呢！

Some perform better than the average healthy person. It is quite likely
that amongst our friends there are people who had recovered well
from psychosis. Only we may not know about this unless they inform
us.

持續服用預防性的藥物(或作維持藥)也有助你維持日常生活。

Taking preventative medication (maintenance medication) is
compatible with living a normal life.

我可以讀書或工作嗎？

Can I study and work?

當然可以！

很多思覺失調康復者都正讀書或就業，有些甚至在自己的領域有卓越成就。

Many patients with psychotic disorders study or live normally. Some are high achievers.

亦有患者對重返校園或職場感到吃力，如遇上阻力，可考慮以下對策：

Some patients do have difficulties returning to work or to study. If you have difficulties, consider the following:

1. 與你的醫護團隊討論你就學或就業的意向，可作參考意見。

Discuss with your health care team your work or study aspirations, and ask for their opinions.

2. 有需要時可就自己的長處和短處作詳細的評估

Sometimes a more detailed assessment would be needed to identify your areas of strength and weaknesses.

3. 等待最佳時機。就學或就業都需要預先計劃。

Right timing is important. It may take some time before a return to work or study is feasible.

4. 增加自己的選擇，亦可按需要先參加一些短期課程或工作。

Consider a broader range of options. Having a job/study course is better than not having anything at all

我該如何跟別人談及病情？

How do I tell others about my illness?

先有**心理準備**，社會普遍對精神病患的看法仍比較負面，向他人分享病情不是一件容易的事。

Telling others that you suffer from a psychotic illness is always difficult as the society still has a negative view.

大部分患者認為不難與家人分享。而朋友則需先考慮他們能否接納或承受。

Most patients found that it is not difficult to tell their immediate family members, while telling friends depends on your judgement of whether they would accept this.

最難啟齒的或許是同事和顧主。

Many patients currently find it difficult to tell their colleagues or employers about their illnesses

其實，能夠**坦然與別人分享**病情與**消除標籤**相輔相成。

Being able to share about the illness is increasingly important as an action to reduce stigma.

在與他人分享前可以考慮 **先跟其他康復者或義工** 談及自己的病情。

Consider sharing with other patients, as well as sharing for particular groups e.g. students in a volunteer program

精神科醫生會的角色是...？

What can I expect from my doctor?

你的精神科醫生是 **對你管理病情很重要的諮詢師**。每位精神科醫生都處理過很多情況與你相似的案例，他們了解你的病癥，也能作出對你的治療有建設性的診斷及評估。

進行諮詢時，精神科醫生會：

Your psychiatrist is an important person who has experience of seeing a large number of patients with similar condition and are familiar with the symptoms of your illness. Your psychiatrist help you manage your illness. When consulting a psychiatrist, he/ she will:

- 對你的情況作診斷及評估
Make diagnosis and assessments
- 提出適合你的各種治療方法
Advise you on different treatment options
- 與你一同定立長遠的治療計劃
Make a treatment plan for you that cover a longer time period
- 提出藥物潛在的副作用並給予建議及舒緩方法
Remind you of the potential side effects from your treatment and can advise you if they occur

個案主任的角色是...？

What can I expect from my case manager?

你的個案主任是 **受過專門培訓及有經驗的精神健康專家**，她／他能向你提供以下幫助：

Your case manager is a trained mental health professional that has a special knowledge in helping people with similar conditions

- 先認識及了解你和你的照顧者，以幫助你適應病情並在日常生活中作出適切的決定

First, get to know you and your carer in depth, so that they will be able to help you make day to day decisions to adapt better to the illness

- 輔導你接納及瞭解病患

Work with you to make sense of the illness and guide you to find more information about the illness

- 了解你的病癥及治療計劃

Get familiar with your symptoms and treatment plan

- 能適時與你談論病情及舒緩憂慮

Be easily available to discuss your concerns and anxieties

我該如何照顧我的腦袋？

How can I take care of my brain?

如有任何問題或意見，歡迎電郵至 ipat@episo.org

Got other thoughts or questions? Help us make the guide better!

Email to ipat@episo.org



腦因素能預定病患嗎？

Do the brain factors pre-determined whether someone gets ill?

以同卵雙胞胎為例，思覺失調症患者的兄弟或姊妹較一般人患上這疾病的機會更高(40-65%)。雖然他們**腦部處理訊息的空間與接收資訊的敏感度相近**，但是他們病發的機會率與復康程度有所不同。

In the case of identical twins, there is a higher chance of developing psychotic illnesses (40-65%) along with brothers or sisters with psychosis than from the general population. Although their brains receive and handle messages with similar sensitivity, their chances of developing a psychotic episode and rehabilitation are different.

兩個大小與質料相近的茶壺，泡出來的茶為何有所不同？

Why are the tea from two teapots of similar sizes and materials different?



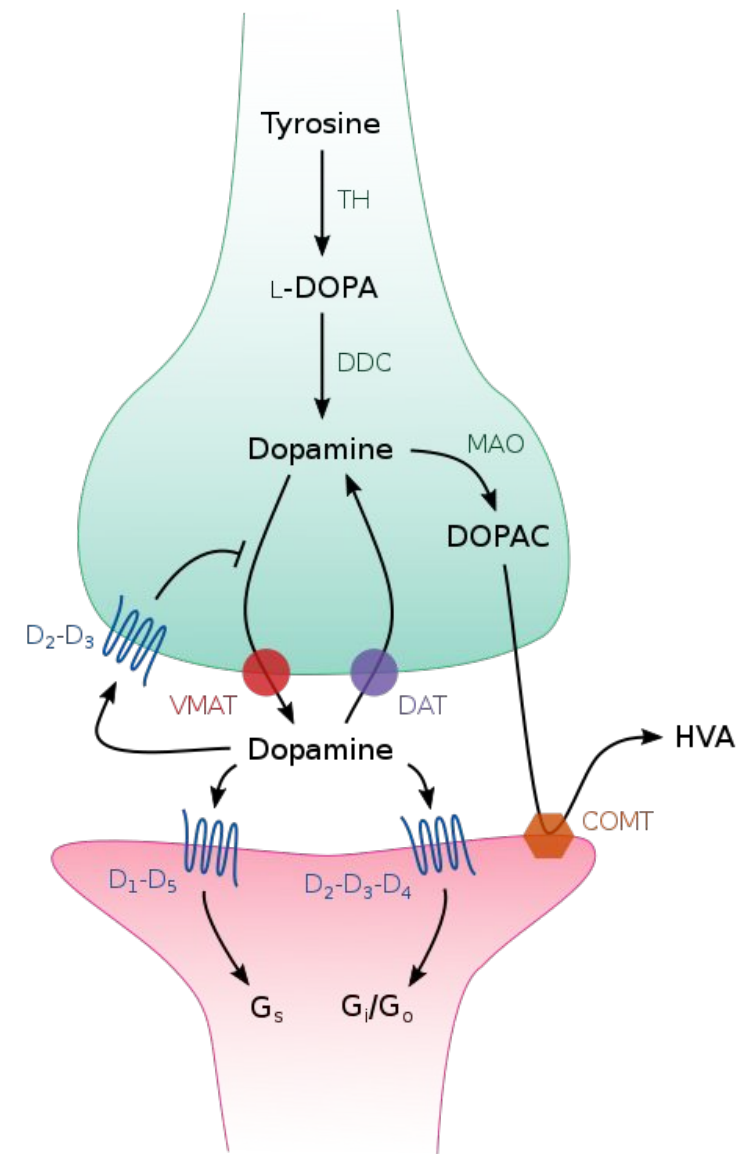
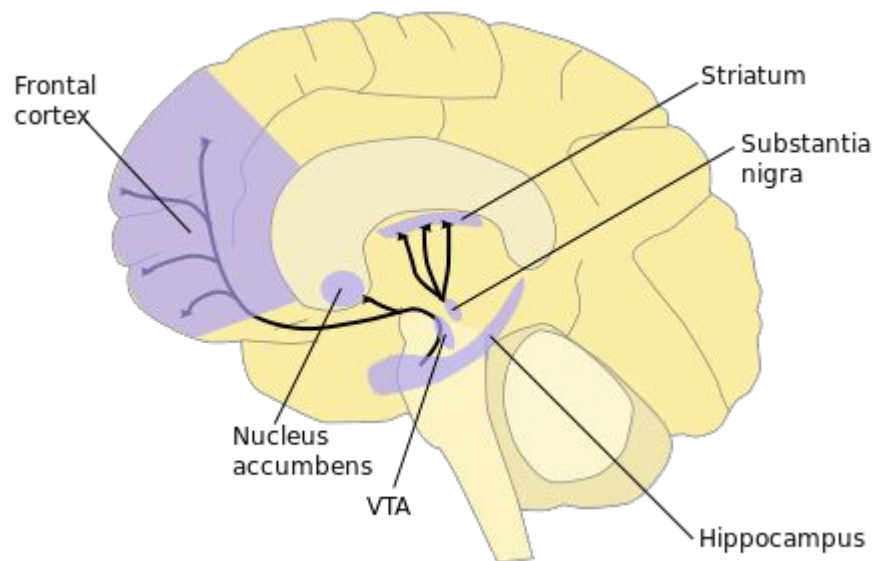
[繼續Continue>>](#)

多巴胺是一種神經傳遞物質，一些與獎勵有關的行為或興奮及開心的感覺都與多巴胺活躍度提升有關，亦能促進腦部神經網絡形成。

Dopamine is a neurotransmitter which sends signals to other nerve cells and plays a major role in reward-motivated behaviors. It also enables forming of neural connections.

有些學者認為中腦一邊緣路徑中的多巴胺傳遞過度活躍的話有可能引致思覺失調的陽性症狀，而中腦－皮質路徑中多巴胺活躍度過低將引起認知與情緒上的陰性症狀。

Some researchers have suggested that dopamine systems in the mesolimbic pathway may contribute to the 'positive symptoms' of schizophrenia (whereas problems with dopamine function in the mesocortical pathway may be responsible for the 'negative symptoms', such as avolition and alogia).

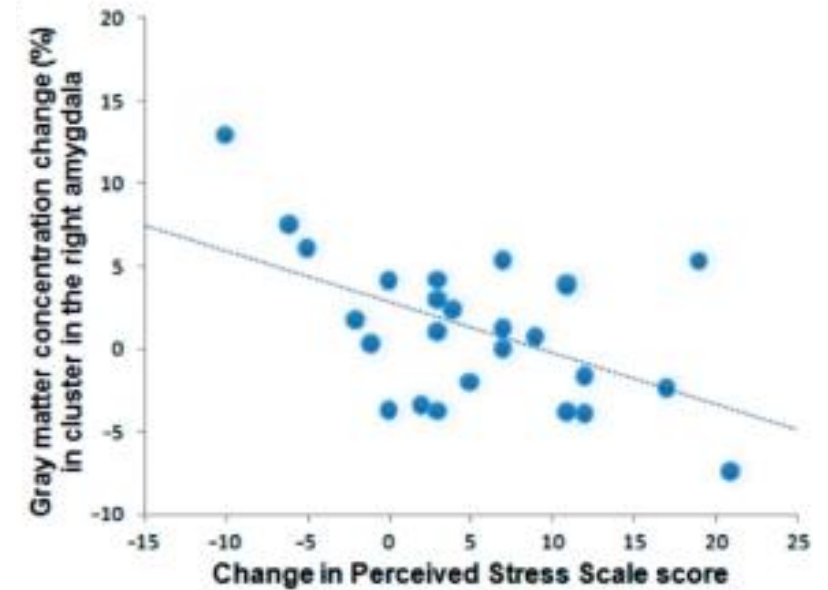
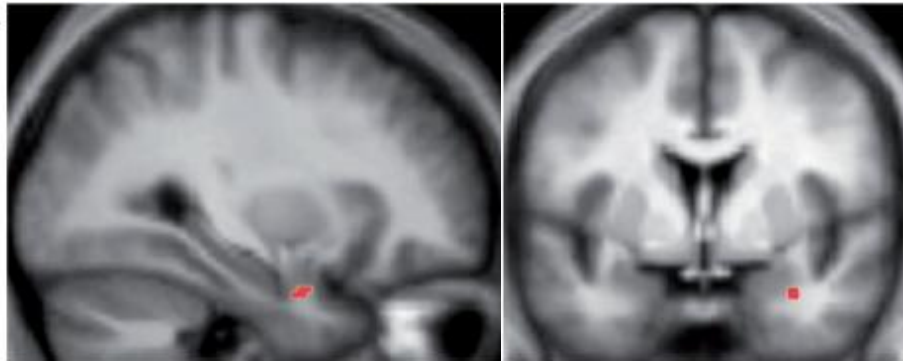


壓力與杏仁核

Stress and Amygdala

感知上壓力減少與右側基底外側杏仁核的灰質密度減少有關

Reductions in perceived stress correlated positively with decreases in right basolateral amygdala gray matter density.

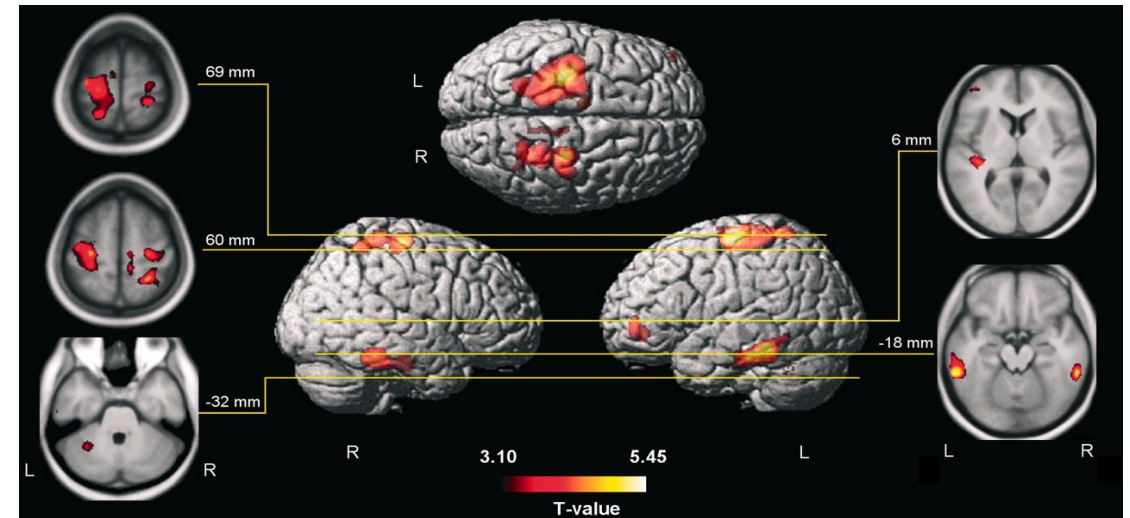


從音樂家的腦袋看專業技能與灰質

Specialised Skills and Gray Matter in Musicians

學者比較專業鋼琴家、業餘音樂家及沒有學習樂器的人的腦部灰質容量，發現**專業鋼琴家在負責動作、聽覺、視覺空間的區域中灰質容量最高**，其次是業餘音樂家，再之後是沒有學習樂器的人。

Gray matter volume differences were found in **motor, auditory, and visual-spatial** brain regions when comparing professional musicians (keyboard players) with a matched group of amateur musicians and non-musicians.



Musician Status	Gray Matter Volume
Professional Musician	Highest
Amateur Musician	Intermediate
Non-musician	Lowest

倫敦的士司機的導航知識與灰質

Navigational Expertise and Gray Matter in London Taxi Drivers

↑導航知識
Navigation experience

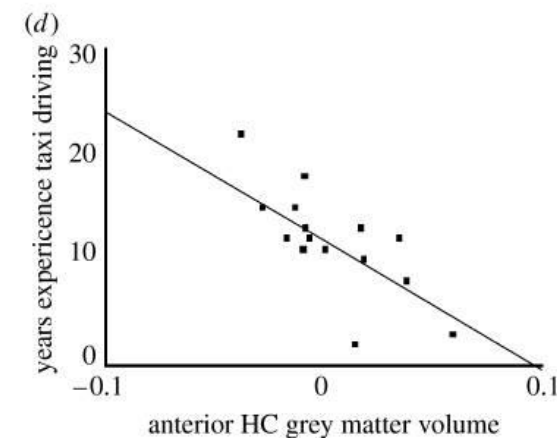
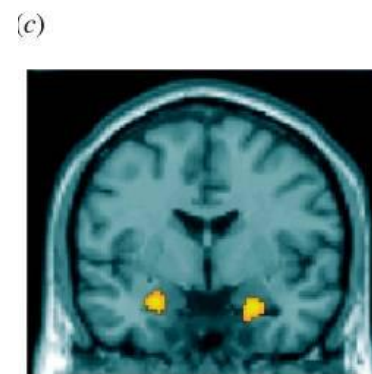
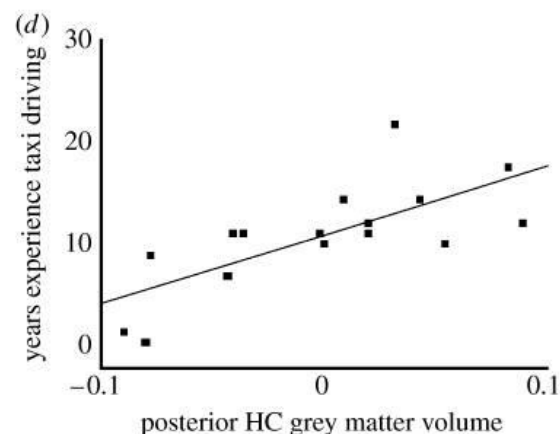
正向關係
Positively correlated

↑ 右後方灰質體積
Right posterior gray matter volume

↓ 前方灰質體積
Anterior gray matter volume

從的士司機中觀察到的大腦結構變化可能在退休後逆轉

The structural brain changes observed in taxi drivers may reverse in retired taxi drivers

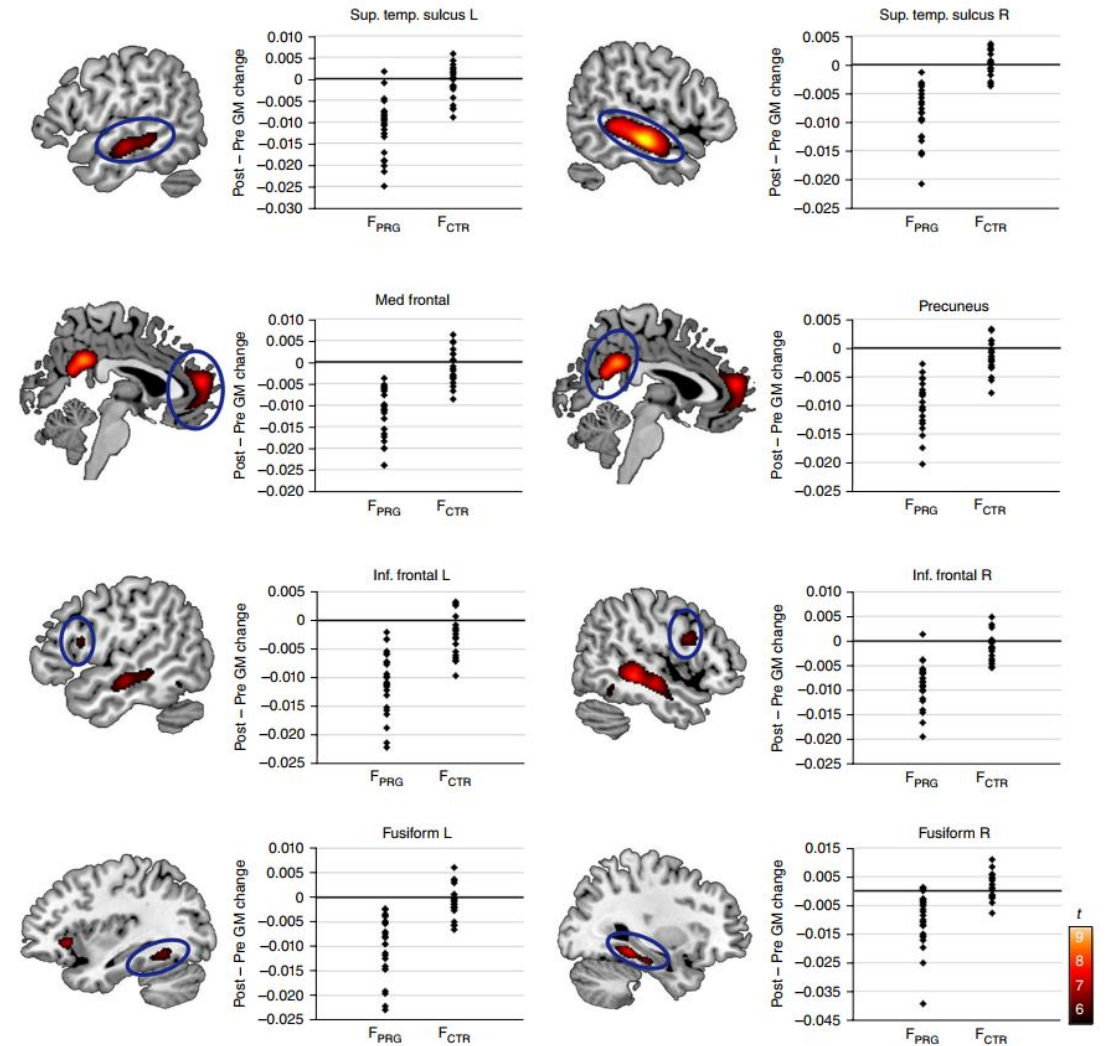
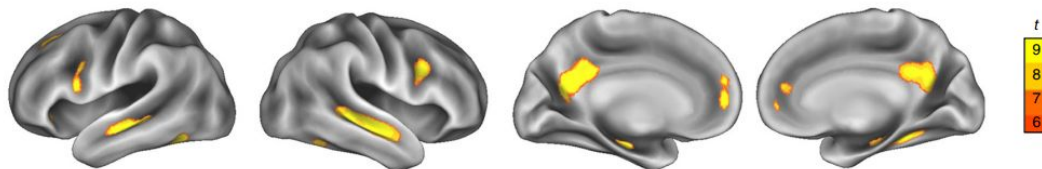


懷孕與腦部變化

Pregnancy and Brain Changes

首次懷孕的母親在妊娠期間灰質體積會對稱而廣泛地減少，主要影響前部和後部皮層中線，以及雙側外側前額葉和顳葉皮層的特定部分。

First-time mothers were found to undergo a symmetrical pattern of extensive gray matter volume reductions across pregnancy, primarily affecting the anterior and posterior cortical midline and specific sections of the bilateral lateral prefrontal and temporal cortex.

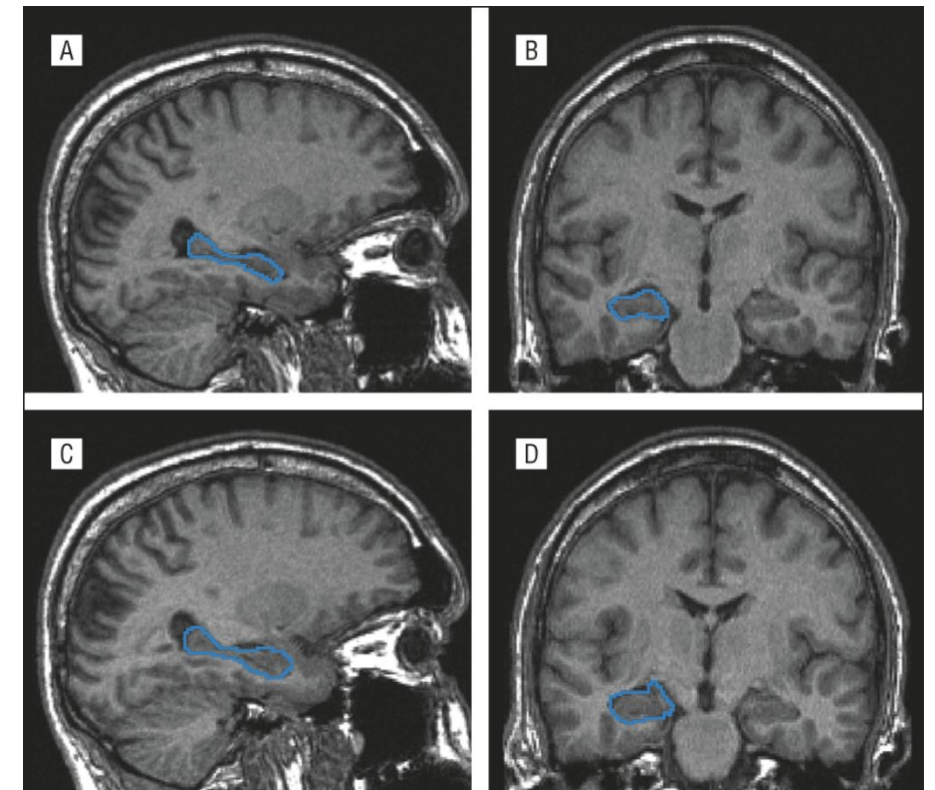


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帶氧運動與海馬迴

Aerobic Exercise and Hippocampus

	思覺失調患者 Patients with schizophrenia	
	進行帶氧運動組 (踏單車) Aerobic Exercise Group (Cycling)	沒有運動組 Non-Exercise Group
運動訓練後相對海馬迴體積 Relative hippocampal volume following exercise training	↑12%	↓1%
短期記憶測試分數 Short-term memory test scores	↑34%	↓6%
思覺失調的整體症狀嚴重程度 severity of total symptoms of schizophrenia	↓9%	↑13%



帶氧運動、瑜伽與早期思覺失調患者的神經認知功能

Aerobic Exercise, Yoga and Neurocognitive Function in Women with Early psychosis

定期*進行帶氧運動或瑜伽均能改善早期思覺失調患者的工作記憶。而瑜伽在語言學習和專注力上則有更大的果效。

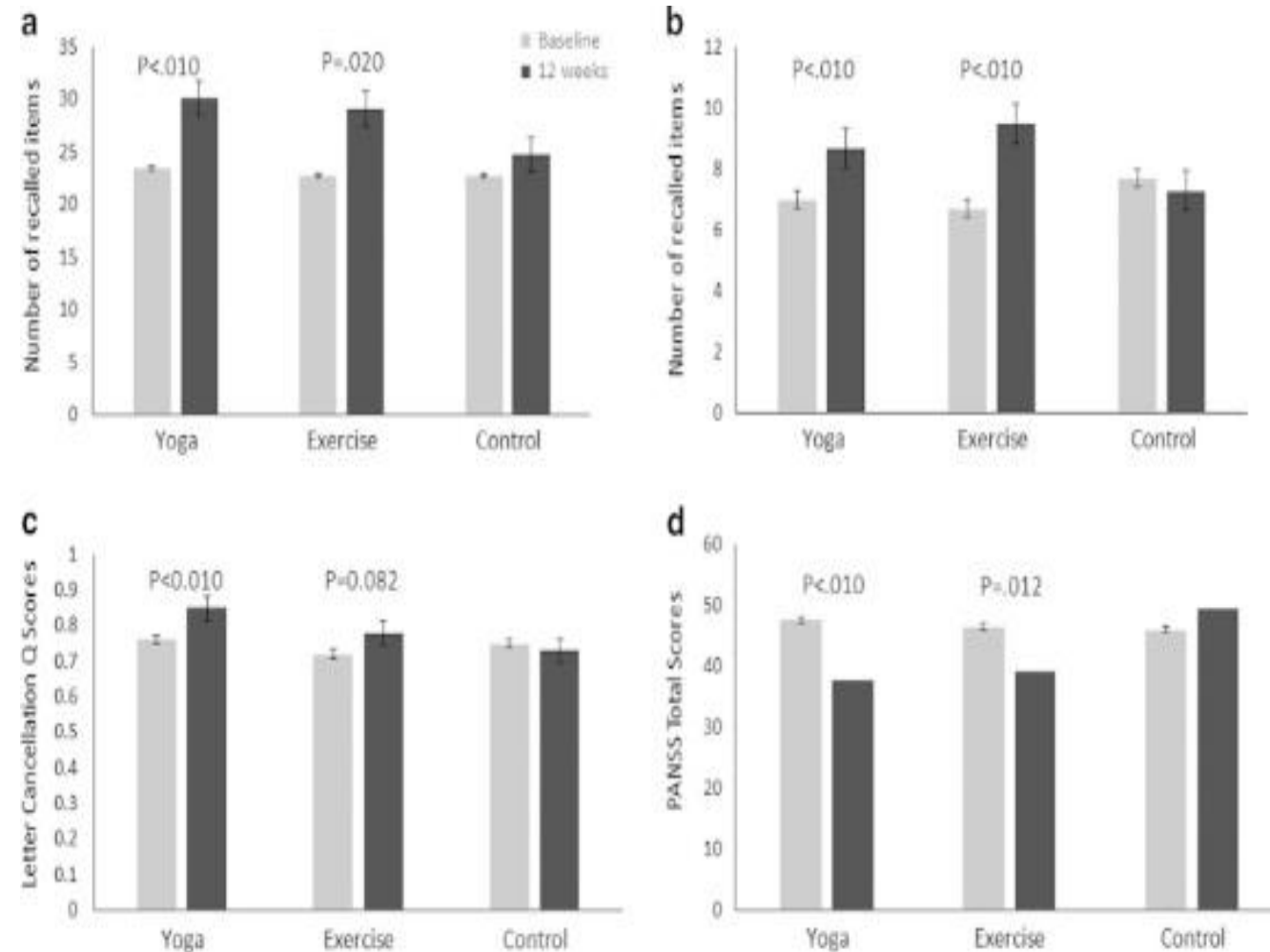
Both types of exercise improved working memory in early psychosis patients, with yoga having a larger effect on verbal acquisition and attention than aerobic exercise.

此外，帶氧運動及瑜伽都能有效舒緩思覺失調症狀與抑鬱情緒，並增加海馬迴體積。

Secondary outcome measures were the severity of psychotic and depressive symptoms, and hippocampal volume.

*只少在三個月內每星期三次

At least three times per week for three months



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冥想和腦結構

Meditation and Brain Structure

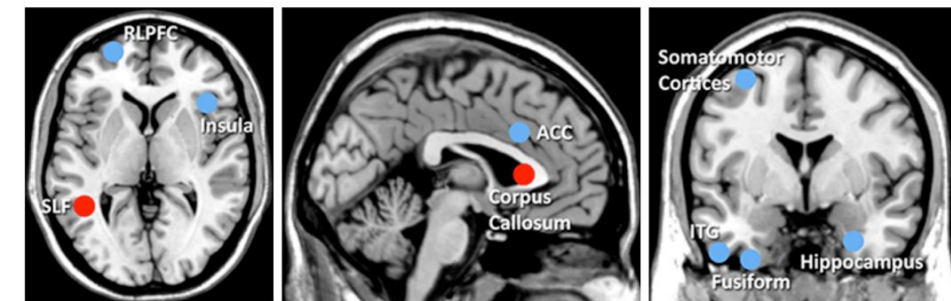
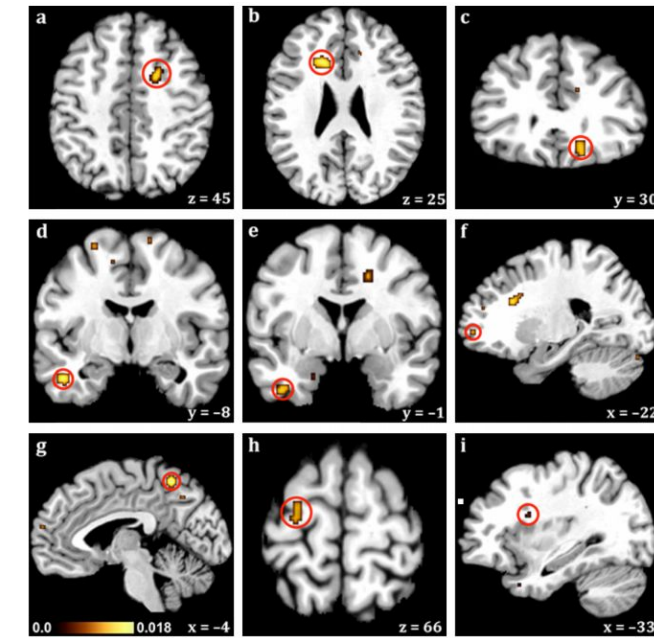
綜合21篇研究、集合近300名冥想練習者的腦神經影像學研究薈萃分析，發現冥想練習者與沒有冥想練習習慣的人的腦部有共123項形態差異

According to meta-analysis, 123 brain morphology differences were found from 21 neuroimaging studies examining around 300 meditation practitioners.

冥想練習者一般有8個腦區域的體積比常人大，這些腦區域的功能包括：

Eight brain regions consistently altered in meditators, including areas key to:

- 總覺知力 Meta-awareness
- 外感覺和內感覺的身體覺知力 Exteroceptive and interoceptive body awareness
- 記憶鞏固和重建(海馬迴) Memory consolidation and reconsolidation (hippocampus)
- 自我及情緒調節 Self and emotion regulation
- 腦內半球和半球間溝通 Intra- and interhemispheric communication



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客觀和主觀的復元概念

Objective and Subjective Recovery

復元概念可以分為**客觀**和**主觀**兩種。

The concept of recovery can be organized into two types: objective and subjective.

客觀復元被定義為緩解臨床症狀和改善日常功能，而主觀復元是個人對康復的理解，因人而異。

Objective recovery is defined as the remission of clinical symptoms and improved everyday functioning, while subjective recovery is a personal understanding of recovery that varies individually.

在香港的一項調查中，只有12.8%的受訪者認為自己已經完全康復。一般而言，「認知功能障礙」和「需要繼續服藥」被認為是還未完全康復的主要原因。

12.8% of the subjects considered themselves to have made a full recovery. 'Cognitive dysfunction' and 'need to continue with medication' were endorsed as the main reasons for perceived non-recovery.

康復者主觀的復元程度與復發、住院史、抑鬱症狀、陽性和陰性症狀沒有密切關係。

缺乏快感、社交乏力及失業則為普遍康復者的主觀復元程度的準則。

Perceived extent of recovery did not correlate with history of relapse and hospitalization, depressive symptoms, and positive and negative symptomatology, except anhedonia/asociality. Unemployment history also correlated with perceived extent of recovery.

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思覺失調康復者的自我標籤效應

Self-stigma in people in recovery

思覺失調康復者的自我標籤是由內化公眾標籤而成

Mental health consumers may internalise public discrimination and develops self-stigma



近四成 (36.8%) 康復者有中度至高程度的自我標籤

36.8% of people in recovery has a moderate to high level of self-stigma

康復者自我標籤的現況

Self-stigma of people in recovery

項目	同意或非常同意的百分比
我害怕別人知道我是思覺失調患者	61.8%
思覺失調患者這身份會為我的日常生活帶來不便	56.2%
思覺失調患者的身份對我來說是一種負累	53.2%
身為思覺失調患者，我感到無奈	47.5%
我會因為自己是思覺失調患者而感到不安	40.5%
思覺失調患者的身份令我生命蒙上污點	35.2%
我不敢主動認識朋友，以防他/she會知道我是思覺失調患者	29.0%
我會因為我是思覺失調患者而疏遠別人	20.9%
因為我是思覺失調患者，我會避免與其他人接觸	19.5%

自我標籤的預測因素

The predictors of self-stigma

可獨立預測自我標籤的因素 ($p < 0.01$):

The following factors predict self-stigma independently

發病初期陽性病癥的嚴重程度

Greater positive symptom severity at study intake

病發後未及治療的時間

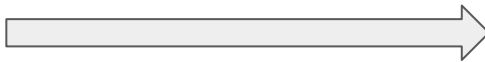
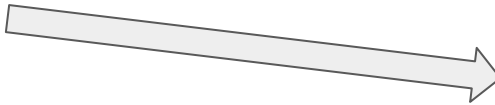
Longer duration of untreated psychosis

曾有入院記錄

Past admission before study

女性

Female



自我標籤
Self-Stigma

自我標籤對康復者的負面影響

Negative outcomes associated with self-stigma



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濫用藥物與思覺失調

Drug Abuse and Psychosis

研究發現濫用某些藥物(如大麻)可誘發潛在患上思覺失調的風險，越早開始服用大麻，風險越高。

Study found that some kinds of substance abuse (such as cannabis) will increase the risk of psychotic disorder, especially for those who are predominantly vulnerable to psychosis. The longer history of cannabis use, the higher the risk of a psychotic episode in adulthood.

而且，服用大麻的劑量與思覺失調病癥(如幻覺、妄想)的嚴重程度有正向關係。

Also, the exposure load is positively correlated with psychotic symptom severity.

濫用藥物或酗酒亦會影響治療效果及引致復發。

Substance use during the course of psychotic illness may interfere with treatment efficacy and trigger relapses.



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