



# Delusional Disorder

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## “What Even Is That”

- Delusional disorder is a generally rare mental illness in which the patient presents delusions, but with no accompanying prominent hallucinations, thought disorder, mood disorder, or significant flattening of affect.
- type of serious mental illness — called a “psychosis”— in which a person cannot tell what is real from what is imagined. The main feature of this disorder is the presence of delusions, which are unshakable beliefs in something untrue.

# What does that even mean? (family member)

- They are going through a lot of things as well as you are & one of the best things to do is to stay neutral while absorbing the delusion
- This is best to do because if you react any different you could trigger any emotion from good to bad, which isn't what we want to do we want to keep the conversation as neutral as possible.

# Can we help them?

Yes! You can help your friend/ family member with their disorder by being compassionate and understanding of their conditions.

But are there any specifics?

There are different types of delusions that have different extremities

## Types of Delusions

- **Persecutory delusion** -People with persecutory delusional disorder believe that they (or someone close to them) are being mistreated, or that someone is spying on them or planning to harm them
- **Delusion of grandeur**-delusion of grandeur is a person's belief that they are someone other than who they are, such as a supernatural figure or a celebrity. A delusion of grandeur may also be a belief that they have special abilities, possessions, or powers.
- **Delusional jealousy**-a psychological disorder in which a person is preoccupied with the thought that their spouse or sexual partner is being unfaithful without having any real proof, along with socially unacceptable or abnormal behaviour related to these thoughts
- **Erotomania**-a rare mental health condition that happens when someone is fixated on the idea that another person is intensely in love with them. The other person may be a celebrity, wealthy, or of a high social position
- **Somatic delusional disorder**-when a person feels extreme anxiety about physical symptoms such as pain or fatigue. The person has intense thoughts, feelings, and behaviors related to the symptoms that interfere with daily life. ... The pain and other problems are real. They may be caused by a medical problem.
- **folie a' deux**- it means two people that share a delusion and support each other in their delusion