



SA Federation for  
Mental Health

# SCHIZOPHRENIA SPECTRUM AND OTHER PSYCHOTIC DISORDERS

## SCHIZOAFFECTIVE DISORDER

### What it is:

Schizoaffective disorder is a condition in which a person experiences a combination of schizophrenia symptoms — such as hallucinations or delusions — and mood disorder symptoms, such as mania or depression. Individuals who have schizoaffective disorder may often be wrongly diagnosed as having either schizophrenia or bipolar mood disorder because of the overlapping symptoms. One of the criteria's for diagnosing schizoaffective disorder, is that a major mood episode (either mania or major depression) must be present for the majority of the illness. If these mood episodes are only temporary in relation to the other symptoms, then it is more likely that the individual has schizophrenia

### Common depression symptoms:

1. Weight loss or gain
2. Sleeping more or less than usual
3. Lack of energy
4. Loss of interest in usual activities

### Common mania symptoms:

1. Increased activity, including work, social, and sexual activity
2. Increased and/or rapid talking
3. Rapid or racing thoughts
4. Little need for sleep

### Common Schizophrenia Symptoms:

1. Delusions
2. Hallucinations
3. Disorganized thinking
4. Lack of emotion in facial expression and speech



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### **Causes:**

Researchers believe that there are genetic and physiological factors that play a role in the development of schizoaffective disorder. Individuals with a first degree relative who has schizophrenia, bipolar disorder or schizoaffective disorder, may have a greater chance of developing the disorder.

**Remember to always consult a mental health or medical practitioner regarding any questions you may have about a mental health diagnosis and treatment options.**

This factsheet is based on information obtained from the DSM-5:  
American Psychiatric Association, 2013. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition.*