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Center for Contextual Psychiatry



Psychotic experience

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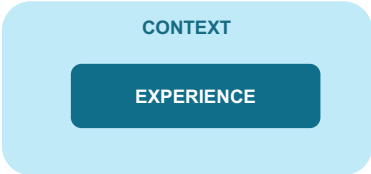
Experience Summit – 02-09-2020 - Finland



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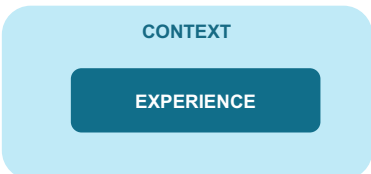
CONTEXT

EXPERIENCE

- **Experiences are radically situated**
 - Ecological Psychology
 - 4E approach to cognition (embodied, embedded enactive, extended)

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CONTEXT

EXPERIENCE

- **Experiences are radically situated**
- **Subjective experience -> assessment based on self-report**
- **Measure in real-time and real-world**

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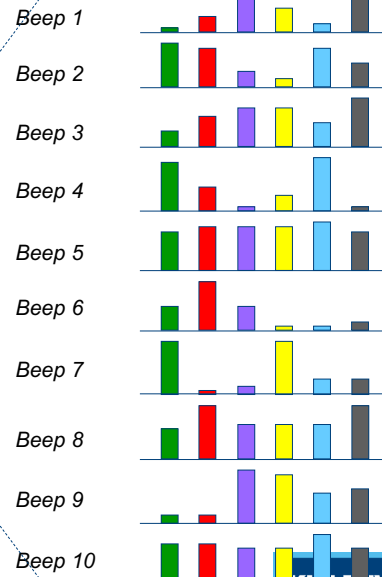
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The Experience Sampling Method



DAY 1
DAY 2
DAY 3
DAY 4 (day 4 in detail)
DAY 5
DAY 6

- ✓ 10 times a day
- ✓ 6 consecutive days
- ✓ at random moments

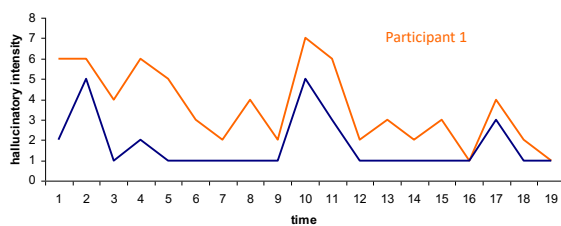


Myin-Germeys et al, 2009; Myin-Germeys et al, 2018

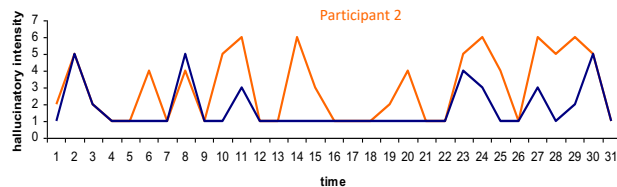
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The experience of psychosis: hallucinations



— auditory hallucination — visual hallucination



— auditory hallucination — visual hallucination

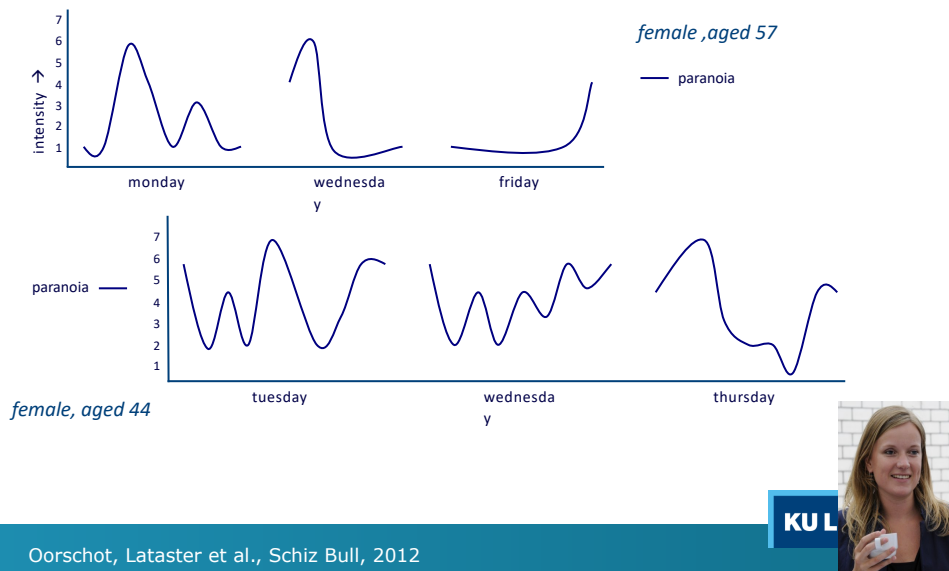


Oorschot et al, Schiz Res, 2012

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The experience of psychosis: paranoia

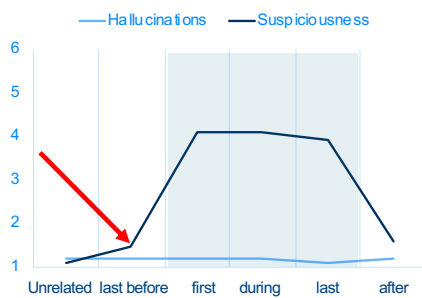


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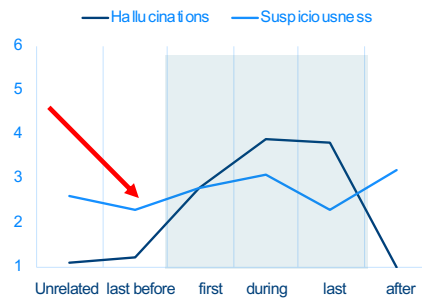
Hallucinations and Paranoia

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SUSPICIOUS EPISODE - CHR



HALL. EPISODE - CHR



Delusions → Hallucinations

Delusional Mood

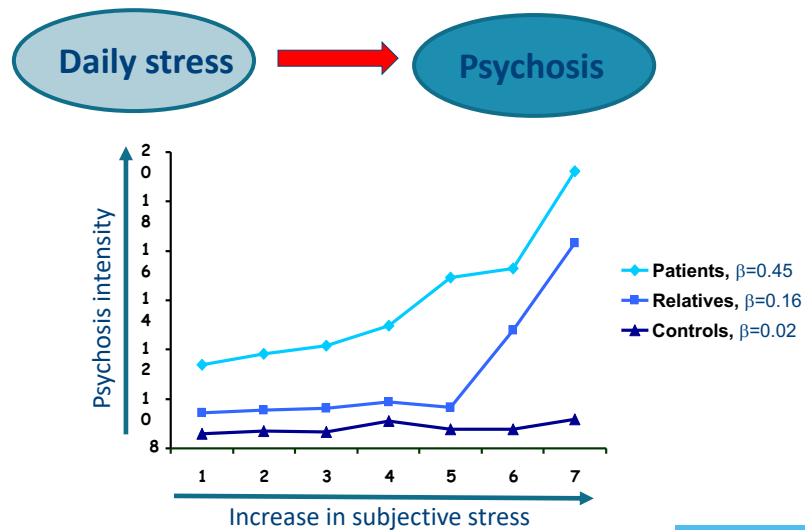


Hermans et al, Psych Research, 2020

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Interaction with internal context

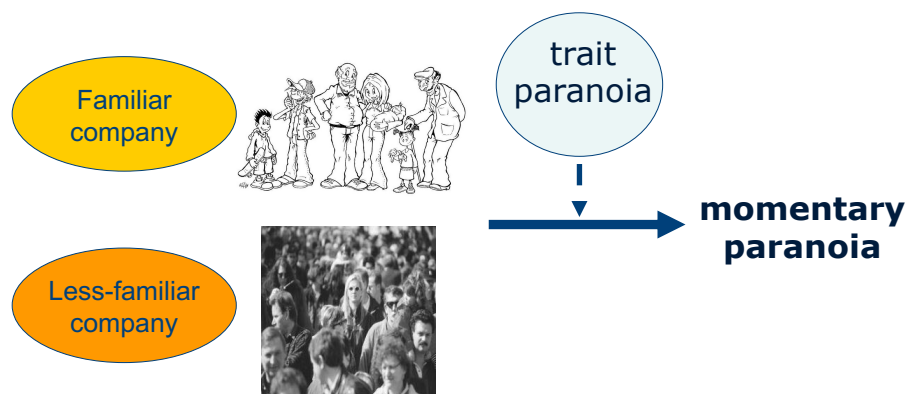


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Myin-Germeys et al., Psych Med 2005

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Interaction with external context

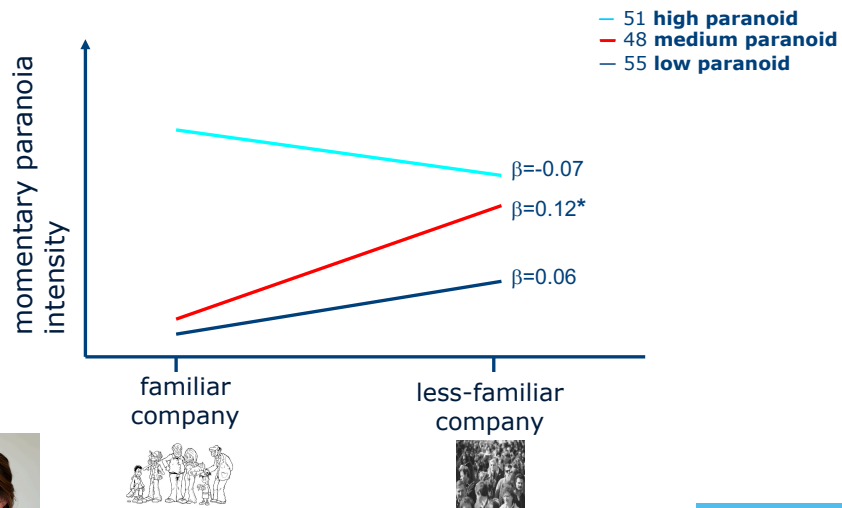


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Collip et al., Psych Med 2010

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Paranoia in social context

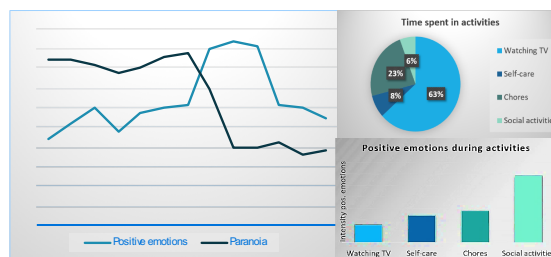
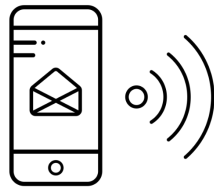


Collip et al., Psych Med 2010

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- Self-report in real-time and real-world
- Phenomenology of psychosis
- Provides potential for treatment



Is this the full picture?

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First person account of Psychosis

Schizophrenia Bulletin
doi:10.1093/schbul/sby072

FIRST PERSON ACCOUNT

Psychosis as a Dialectic of Aha- and Anti-Aha-Experiences

Rob Sips*

Aha -experiences



Anti-aha -
experiences



Sips, Schiz Bull, 2018

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First person account of psychosis

Aha -experiences



Anti-aha -
experiences

- In-depth interviews
- Focus-groups



Inform quantitative research



Sips et al, Psychosis, in press

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To conclude...

- *Psychopathology* is *radically situated* in the context
- *Self-report* and *real-time* assessments
- Need for *Qualitative* approaches next to *Quantitative*
- *Lived-experience* is key

➡ New science of psychopathology

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HORIZON 2020



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