" GRAPHOPATHOLOGY" IN INITIAL PSYCHOSIS - CASE REPORT

Cruz e Sousa, D.; Ramos, S.* Mendes,J.**

* Residents of Psychiatry in DPSM of Guarda U.L.S **Psychiatrist in DPSM of Guarda U.L.S

❖ Objectives

Describe a case of a distinctive first psychotic episode.

❖ Introduction

Psychosis is a serious psychopathological disorder that is characterized by the alteration of the aspects of consciousness, unreality and commitment of the insight regarding the behavioral alterations that patients present. Our personality, which in psychosis is transformed, is expressed in all aspects of our behavior: oral, verbal, non-verbal and graphic. Our graphics are a faithful expression of our emotional processes, behavior and relationships. In the same way, writing is a reflection of the relationship we have with ourselves. Thus, the way we write can be used as a strong indicator of the degree of mental health.

❖ Materials and methods

Presentation of a clinical vignette and non-systematic review.

❖ Results

We present the case of a 36 years-old man patient, with previous diagnosis of agoraphobia and history of cannabis use since he has 16 years-old, with increasing frequency in last nine months, assessed in the psychiatric department for behavioral changes with evidence of disturbances in thoughts, with delusions of mystical, esoteric and grandiosity content, with almost total insomnia in the last month. He had with him a notebook with texts written with a lyric *suis generis* that he began only nine months ago coinciding with the emergence of psychotic symptomatology.

He has diagnosis of first psychotic episode and medicated with risperidone with switch for paliperidone. There was evidence of a lack of positive symptoms over the following months with the appearance of negative symptoms requiring antidepressant medication for some time.

❖ Conclusions

With the identification of positive and negative symptoms, in the context of substance abuse, the diagnosis of first psychotic episode (Toxic psychosis) was made and the patient was medicated into accord. An incentive was also made for the suspension of consumption of cannabis, with gradual psychopathological stabilization. In this patient the writing appears as a pathological marker, because by making a retrospective analysis of his calligraphy, there was a change in his writing coinciding with the moment of onset of the psychotic episode. It is difficult to find archives with patients' writings in psychiatric hospitals and there are few literature on writing as a possible linguistic system in psychosis. This case leads us to think that when well interpreted, writing can help us in the differential diagnosis.