

# **DIFFERENCE BETWEEN NEUROSIS AND PSYCHOSIS**

**Degree Course (Three Years)**

**Psychology Honours**

**B. A. Part– I Honours Paper II : PSYCHOPATHOLOGY**

**By**

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Neurosis and Psychosis are different types of mental disorders. Neurosis refers to a mild mental disorder characterised by physical and mental disturbance. Certain mental and physical disturbances and inner struggles characterize neurosis. Psychosis, on the other hand, is a major personality disorder marked by mental and emotional disruptions. While neurosis is a mild mental disorder, psychosis refers to insanity and madness. Given below in a tabular column are the differences between neurosis and psychosis.

Neurosis is a set of mental disorder that involves chronic distress, but they do not include delusions and hallucinations. Neurosis is also known a neurotic disorder or psychoneurosis and is of different types:

- Hysteria
- Impulse control disorder
- Obsessive-compulsive disorder
- Anxiety
- Obsessive compulsive personality disorder

## **Neurosis**

- Neurosis involves sadness, depression, irritability, anxiety, anger confusion, and so on. We can say that neurosis is the inability of a person to change their life pattern and unable to develop a more complex, satisfying personality.
- Neurosis if generally rooted in ego defence strategies, but both are not the same. Défense strategies are common way of maintaining a sense of self. The thoughts that give rise to struggle of difficulties can called as neurosis.
- A person suffering from neurosis faces an unconscious conflict and emotional distress, which leads to different mental problem. The person might also be neurotic duo to some natural disaster that he witnessed and n=cannot overcome the thoughts leading to emotional instability.
- Neurosis can happen toa person who has been through a traumatic event, and the thoughts of the events make it difficult for him to forget the incidents and cause anxiety, which is primary symptoms of neurosis.

- Every person constructs his ideal image by experiences he has gone through, his needs, fantasies, and the facilities given to him. A person tends to get into ego Défense mechanisms at times and when these mechanism leads to emotional distress; we call it neurosis.
- Psychologists and Psychiatrist conduct the treatment of neurosis in various way. Helping the ill person to start being aware of feeling, traumatic memories, repressed impulses that cause the symptoms, and then heling the person to have growth in his personality by deeper self- understanding can cure neurosis.
- A person can also be cured by watching or learning from examples. Discussing thought that contribute to the symptoms of neurosis and gradually replacing those thought with better interpretations of surroundings can be quite useful in curing neurosis.
- The conventional way of providing medicines can also work for a neurotic patient. A composition of all different treatments to help the person get better with the conditions.

### **Psychosis**

- A serious mental illness causes hallucinations, delusion, faults in judgement, and other such processes is called psychosis. The term refers to a Greek word psych, which means soul and breath. The other words, psychosis happen when a person has forgotten the essence of his life, and the person has designed their view of life, which is not shared by others.
- The primary symptoms of psychosis comprise of delusion and hallucination. That means a person is in a state of imagination, and he thinks that he is living in that image rather that actual reality.
- The person who has psychosis tends to commit suicide or have suicidal tendencies. The change in the function of the brain usually causes delusion and hallucination.
- Psychosis is of two types:
  1. Functional psychosis
  2. Organic psychosis
- The most common and severe psychosis is Schizophrenia. The symptoms appear in the teen years. Disorganised speech, lack of emotional expression, and lack of energy are the major symptoms besides hallucinations and delusions.
- The above symptoms, if lasted for more than six months, can disable a person's functioning. The duration of the disease in not constant. Clinical scans and history are vital in the diagnosis of psychosis. Early detection of the disorder can help in improving the outcomes in the long term. Later discovery can affect and cause acute phase of psychosis.
- The above symptoms is done through scanning and also questioning the family about the behavioural changes. Many diseases can show symptoms of psychosis, such a brief psychotic disorder, schizophrenia, delusional disorder, bipolar psychosis, schizoaffective disorder, depression and postpartum depression.

- The traditional curing or treatment methods include antipsychotic drugs. A stay in the hospital is a must when the phase of the ailment is acute. At times when a patient goes out of control, tranquilization is used for immediate relaxation of the person so that he does not harm himself and others.
- The use of psychotherapy will also help in treating residual symptoms and cognitive symptoms of psychotic disorders.
- If the patients are in the phase of maintenance, family and the surroundings need to see that as interventions are happening, it can cause a psychotic episode.

### Difference between Neurosis and Psychosis

Neurosis	Psychosis
Mild functional neuro-psychical disorders that manifest themselves in specific clinical phenomena in the absence of psychological phenomena.	A severe mental illness characterised by loss of contact with reality and relationship with other people causing social maladaptation.
The reality contact practically remaining intact. Though its value may be quantitatively changed.	Contact of reality is totally lost or changed
Doesn't affect personality	Affects personality
The contact with reality is partially lost	The contact with reality is completely lost
The affected person aware with his surroundings.	The affected person does not aware with his disorder or surroundings.
There is no organic reason for the cause of neurosis, and it is a purely functional illness.	Patho- functional and pathomorphological changes within the body accompany psychosis.
Hallucinations and delusions are not present	Hallucinations and delusions are present
Lower risk of self-harm	Higher risk of self-harm
In the psychoneuroses language as such is never disturbed	Psychoses language often undergoes gross distortion.
Obsessive-compulsive disorders, Somatoform disorders, Depression and Post-traumatic disorders are a few types of neurosis.	Schizophrenia and delusional disorders are a few types of psychosis.
The causing factor for neurosis are biological, socio-psychic climate, psychological, pedagogical, and socio-economic.	The causing factors for psychosis are genetic, biochemical and environmental.
The treatment is usually psychological and medicines can also be prescribed.	Psychosis is treated by antipsychotic medicines, psychological therapy, social support.

Psychoneurotic respond favourably to psychotherapy, such as suggestion, psychoanalysis and other forms of psychotherapy.	the psychotics do not effectively respond to psychotherapy and treatment is mainly chemical and physiological.
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**Conclusion:**

Neurosis and Psychosis are and similar type of mental disorder. Neurosis is less significant and only a mental impact that can be cured by support from peers and also discussions with expert. Psychosis is a severe ailment that is both emotional and functional. The person with psychosis has madness and can harm himself if not care properly. Hospitalization is must to some extent in neurosis and greater extent in psychosis.