



GENETIC ASPECTS OF ACUTE POLYMORPHIC PSYCHOSIS

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Abstract

In this article, basic information about acute polymorphic psychoses, as well as genetic aspects of its manifestation in patients are sufficiently described. In addition, the article presents the factors that cause the disease using reliable sources.

Keywords: Gene, environmental, individual, risk, HLA, DNA, epigenetic, stress, variation, disorder, factor.

Acute polymorphic psychoses (APP) is a term used to describe a group of psychiatric disorders characterized by a sudden onset of psychotic symptoms, such as delusions, hallucinations, disorganized speech, and behavior. The exact cause of APP is not completely understood, but it is believed to be a complex interplay between genetic and environmental factors.

Several genetic factors have been implicated in the development of APP. Studies have shown that individuals with a family history of psychotic disorders, such as schizophrenia, are at an increased risk of developing APP. In addition, certain genetic variations have been identified that may contribute to the development of APP. For example, variations in genes that regulate the immune system, such as the HLA gene, have been linked to an increased risk of developing APP.

Environmental factors, such as stress, substance abuse, and infections, may also play a role in the development of APP. It is believed that these environmental factors may trigger the onset of the disorder in individuals who are genetically predisposed to it.

The diagnosis of APP is typically made based on clinical symptoms, as there are no specific genetic or biomarker tests available for the disorder. Treatment for APP typically involves a combination of medication, such as antipsychotics, and psychotherapy.

There are several different types of genetic aspects that have been implicated in the development of acute polymorphic psychoses (APP). These include:

1. Family history: Individuals with a family history of psychotic disorders, such as schizophrenia, are at an increased risk of developing APP. This suggests that genetic factors may play a role in the disorder.
2. Candidate genes: Several genetic variations have been identified that may contribute to the development of APP. For example, variations in genes that regulate the immune system, such as the HLA gene, have been linked to an increased risk of developing APP.
3. Copy number variations (CNVs): CNVs are structural changes in the DNA that involve the deletion or duplication of large segments of genetic material. Studies have shown that CNVs may be more common in individuals with APP than in the general population, suggesting that they may play a role in the disorder.



4. Epigenetic factors: Epigenetic changes refer to modifications to the DNA that do not involve changes to the underlying genetic code. These changes can be influenced by environmental factors, such as stress, and may contribute to the development of APP.

5. Gene-environment interactions: It is believed that the development of APP is influenced by a complex interplay between genetic and environmental factors. For example, individuals who are genetically predisposed to the disorder may be more likely to develop it following exposure to certain environmental factors, such as stress or substance abuse.

The treatment of acute polymorphic psychoses (APP) typically involves a combination of medication and psychotherapy. The specific treatment approach may depend on the individual's symptoms and the severity of their condition.

Medications that are commonly used to treat APP include antipsychotics, which work by blocking the effects of dopamine in the brain. Antipsychotics can help reduce symptoms such as hallucinations and delusions, and may also help improve mood and cognitive functioning. However, they can also have side effects, such as weight gain, sedation, and movement disorders.

Psychotherapy can also be helpful in the treatment of APP. Cognitive-behavioral therapy (CBT) is a type of psychotherapy that can help individuals learn to recognize and challenge their thoughts and beliefs that may be contributing to their symptoms. Family therapy can also be helpful in improving communication and reducing stress within the family unit.

In addition to medication and psychotherapy, lifestyle modifications can also be beneficial in the treatment of APP. These may include regular exercise, a healthy diet, and stress-reduction techniques such as mindfulness meditation or yoga.

Conclusion

Overall, while genetic factors may contribute to the development of APP, the disorder is likely caused by a complex interplay between genetic and environmental factors. Further research is needed to better understand the underlying mechanisms of APP and to develop more effective treatments for the disorder. The treatment of APP is typically tailored to the individual's specific needs and symptoms. It is important for individuals with APP to work closely with their healthcare providers to develop an effective treatment plan that addresses their unique needs and goals.

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