



## Therapy Unit 11: Living with Psychosis and Relapse Prevention

### 11.3b. Early warning symptoms

An acute psychosis rarely has a sudden onset – rather, it occurs gradually. Please sort the early warning signs of the checklist that you observed according to time in the table below. This should help to identify the development of a new episode in time (adapted from Behrendt, 2009).

<b>Early warning symptoms</b> (ca. 4 weeks before) <i>e.g. strong suspiciousness, even towards old friends</i>	<b>Late warning symptoms, first psychotic symptoms</b> (ca. 1 week before) <i>e.g. highly preoccupied with conspiracy theories</i>

**Early warning symptoms (see checklist) are relatively unspecific. They may, but do not have to, signal a recurring psychosis. However, be cautious when several of the complaints occur simultaneously and were present before prior episodes!**