



Irish Omega-3 Study

Referral Guidelines: Patients “at Risk” of Psychosis

AT RISK OF PSYCHOSIS – REFERRAL CRITERIA

1. Unusual experiences*/Unusual personality OR
2. A family history of a first degree relative with psychosis AND a significant deterioration in general function (occupational, educational, social, housework etc.)

*Unusual experiences

Unusual experiences are non-specific slight deviations from usual/everyday experience which either arise spontaneously during the interview or which may be elicited by questioning.

Examples of questions that may elicit unusual experiences:

- Do you feel that there may be odd or unusual things going on that you can't explain? Do you get confused at times whether something you experience or perceive may be real or may be just part of your imagination or dreams?
- Have you been concerned that you might be “going crazy”? Do you think that your mind could possibly be “playing tricks” on you?
- Do you have the experience of doing something differently because of your superstitions?
- Have you wondered if people may be planning to hurt you or even may be about to hurt you? Have you thought that it might be possible that other people can read your mind, or that you can read other's minds? Do you feel that there could possibly be something interrupting or controlling your thoughts, feelings or actions?
- Do you believe that you have special natural or supernatural gifts beyond your talents and natural strengths? Do you think that you might be able to predict the future?
- Have you had the experience of hearing faint or clear sounds of people or a person mumbling or talking when there is no one near you? Do you think that you may hear your own thoughts being said out loud?

REFERRAL PROCESS

We would like to see anyone who you suspect could be at risk of psychosis, whether because of unusual experiences, unusual personality or recent deterioration in function. These indications can be extremely subtle.

Please refer patients who may be “at risk” of psychosis to Dr. Maeve Rooney, Consultant Psychiatrist and Principal Investigator at:

Phone: 086 4520452
Email: Irishomega3study@ucc.ie

OUTCOME OF REFERRAL

If the individual is suitable he/she will enter the study and will be seen by Early Intervention services or the appropriate mental health team. If the person is not suitable for the study we shall organise seamless referral to his/her appropriate mental health service, as required. We shall inform you of the outcome.