

Waa maxay jirada Iskizofereeniya (Schizophrenia)? Iskizofereeniya (Schizophrenia) waa jirro aad u daran oo qofka ku keenta dheellitirnaan la'aan sida uu qofku u fakaro, ama dareenkiisa, ama falalkiisa. Qofku wuxuu kala kulmayaa dhibaato kala saaridda dhabta iyo khiyaaliga . Calaamadahiisa waxaa ka mid ah qofka oo maqla ama arka waxaan jirin, qofka oo si joogta ah ugu maleeya in la fiirsanayo ama la daba socdo, dabecado aan caadi ahayna muujya. Iskizofereeniya (Schizophrenia) ma aha qof dhawr qof isugu jira (multiple personality) sida dad badan u haysataan. Sidoo kale ma aha sida dad u haystaan oo ah inuu qofka cudurkan qaba yahay qof gacan qaad badan (violent) sida telefihinada iyo aflaanta laga sii daayo, runtii aad buu ugu yar yahay arrinkaasi dadka jiradan qaba. Cilmi-baarayaasha cudurkan, waxay leeyihiin sida cudurka kansarku uu u leeyahay qaybo kala duwan ayaa jirada Iskizofereeniya (Schizophrenia) u leedahay qaybo kala duwan, mana aha hal jiro oo qura.

Sidee jiradani ku bilaabataa? Badanaa jiradani waxay bilaabataa xilliyada uu qofku qaan gaarayo, cilmi baaris ayaa tilmaantay in ay dhaxaltooyo noqon karto qaadida cudurkaasi. Tusaale ahaan ilamaha waalidkiis mi ka mid ah qabo jiradan, waxay u badan tahay inuu boqolkiiba 10 cudurkaas qaado haddii loo barbar dhigo ilmo aysan labadiisa waalid midna qabin jiradaas boqolkiiba 1 oo kaliya la filayo inuu qaadi jiradaas. Cilmi baaris cusub ayaa muujisay inay jirada tahay dheelitir la'aan dhinaca qaab dhismeedka maskaxda iyo unugyada (biochemical) kiimikada dhaqadhaqaaqooda. Cilmi baarayaasha waxay u muuqadaan inay isku raacsan yihiin bay'adda ama degaankuna inuu saamayn ku leeyahay qaadida jiradaas.

Warbixin dheeraad ah uu ku saabsan Iskizofereeniya (Schizophrenia). Waxayaabaha muujiya jiradan waxaa ka mid ah: delusion oo khiyaali aan sal lahayn oo qofku rumeeyo, hallucination oo ah maqlid ama arag waxaan jirin, ama dareemid waxaan jirin sida gubasho, hab fakar qaab daran. Waxaa iyana iyana ka mid astaamaha lagu garto qofka oo dadka ka dhexbaxa, dadka qaar iska sanifa, bilaa sabab fal ugu kaca iyo xamaasad aan sabab cad lahayn. **Waxaa lagu gartaa oo kale in astaamahani ka muuqdaan qofka jirada qaba ugu yaraan laba asbuuc, iyo qaarkoodna ku muuqdaan lix bilood.**

Daaweynta: Badanaa dadka jirada Iskizofereeniya (Schizophrenia) qabaa waxay u baahan yihiin daaweyn dajiyaa. Daawooyinka dejintu waxay dhellitiraan unugyada maskaxda, daawooyinka dambe ee cusubna waxayba wax ka taraan xaaladaha kale ee cudurka sida dad ka dhex baxa, dad sanifidda iyo dareenka kacsan ee qofka cudurkan qaba leeyahay.

Bogsashada (Treatment): marka astaamahan wax laga qabto, oo qofkii daawana qaato, bulshaduna ay gargaarto, waxaa uu qofkii baranayaa bulsho la dhaqanka, sida looga soo kabto dhibaatooyinka iyo fahmid ama digniin oo qofkii ku garanyo inuu jiradii kusoo laba kaclayn rabto. Waxaa kooxaha gargaarka iyo dhaqaatiirtu qofka qoyskiisa iyo dadka uu jeclaa ay bari karaan jirada Iskizofereeniya (Schizophrenia) iyo qofka qabo sida loola dhaqmo, waxa laga fili karo iyo inay bartaan sidii ay qofka u gacan qaban lahaayeen si uu u bogsado. Waxaa arrin farxad leh ah indadka jiradan qabaa ay shaqaysan karaan, kuna dhex noolaan karaan bulshadooda, lana baashaali karaan asxaabtooda haddii ay helaan daryeel joogto ah. Sida ay caddeysay hay'adda National Alliance for the Mentally Ill, in haddii la daaweeyo oo la daryeelo dadka jirada Iskizofereeniya (Schizophrenia) qaba ay boqolkiiba 60 ka bogsadaan.

Xagged kaalmo ka heli kartaa?

La xiriir mid ka mid hay'adaha fuliya mashruuca (MHARI). **Somali Community Center of Nashville**
Tel (615) 366-6868; Centerstone/Luton Tel (615) 279-6700

Waxaa barnaamijkan maalgaliyey xafiiska Minority Health, Washington DC.

Schizophrenia: What Is It?

Schizophrenia is a severe brain disorder that affects 2.2 million American adults. Schizophrenia interferes with a person's ability to think clearly, to distinguish reality from fantasy, to manage emotions, make decisions, and relate to others.

Signs and Symptoms

- *Hallucinations:* The person may hear voices, see things that do not exist, or experience sensations such as burning that have no source.
- *Delusions:* Bizarre thoughts that have no basis in reality. Delusions may cause the person to believe that people are reading their thoughts or plotting against them, that others are secretly monitoring and threatening them, or that they can control other people's minds.
- *Disorganized speech:* The person's thinking and speech may sound confused, and their behavior may not make sense. The person may not speak in coherent sentences.
- *Disorganized behavior:* The person may move slowly, or make movements such as walking in circles or pacing and have difficulty making sense of everyday sights, sounds and feelings.
- *Negative symptoms:* Emotional flatness or lack of facial expressions. The person may be unable to start and follow through with activities. A lack of pleasure or interest in life. "Negative" does not refer to a person's attitude, but to a lack of certain characteristics.

Treatment

While there is no cure for Schizophrenia, it is an illness that can be treated and managed.

Medication can control the most troubling symptoms. Antipsychotic medications help correct an imbalance in the chemicals that enable brain cells to communicate with each other.

Psychosocial education can help the patient and families understand the illness and how to manage it. *Psychosocial rehabilitation programs and self- help groups* can help people with schizophrenia learn to develop social skills, cope with stress, meet the routine requirements of daily life such as grocery shopping and managing money.

Mental health case management can help people with schizophrenia obtain needed services such as transportation to doctor appointments, help applying for benefits, etc.

Getting Help

Contact one of the participants in Mental Health Access for Refugees and Immigrants (MHARI)

Project Agencies: Somali Community Center 615-366-6868; Sudanese Community Association 315-9681; Central African Community Contact, c/o Fasha, Inc. 430-5609

Mental Health Treatment Provider: Centerstone 279-6700 (1921 Ransom Place Nashville, TN 37217)

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