

## Paranoia: The Invisible Fear

Upayan Ghosh\*

*Department of Biotechnology, KIIT School of Biotechnology (KIIT University), Odisha, India*

### EDITORIAL

Human being has a natural tendency of judging things before taking any decision and this is what makes them different from another planet on earth. Such complex characteristics of man make them more complicated both physically and mentally. The result of one such mental complication is Paranoia. Paranoia can be described as a fearful state of mind, where we suffer deeply through a sense of insecurity and threat. A feeling that someone is watching them or somebody is plotting something against them always clouds up these patients' minds. They judge situations beyond the imagination of a normal human being as they make things complicated and doubt every part and piece of everyone everywhere. The feeling that everybody surrounding them is bad and is their enemy kills these patients from within.

Paranoia not only makes the patient suffer but also their family. Such patients have no trust in their families. The relationship of this patient with their life partner is horrific, and the sad fact that they are not within their control cannot be denied. Paranoia is caused often due to drug use and according to scientists and psychologists; paranoia can be a summation result of mental problems like bipolar disorder and depression. Studies also suggest that schizophrenia and paranoia have a direct relationship with each other as in 2013.

It was declared by the American Physiological Association that Paranoia is a symptom that signifies the disorder of schizophrenia. Drug use is a major cause of schizophrenia. Drugs like cannabis, LSD, cocaine triggers the disease to a great effect. It must be understood that these drugs only trigger the condition of patients but cannot create them. The direct cause behind this disease is a matter of further research although scientist suggests that schizophrenia can be due to genetic, complications occurred at the time of birth and faulty brain development. The direct cause can be any single or a combination of these causes.

To conclude, it can be understood that Paranoia is a disease where an individual loses his self-control and start thinking of the world as his enemy. Doctors, psychologists, and family of such patients must be empathetic towards them. Counseling sessions must be arranged for these patients and lifelong medication with drugs like Haloperidol decanoate Fluphenazine decanoate, Paliperidone (Invega Sustenna, Invega Trinza), Risperidone Aripiprazole (Abilify Maintena, Aristada) should be used after a suggestion from doctors.

---

\* **Correspondence to:** Upayan Ghosh, Department of Biotechnology, KIIT School of Biotechnology (KIIT University), Odisha, India, Tel: +919348669829; E-mail: [bobupayan@gmail.com](mailto:bobupayan@gmail.com)

**Received:** March 16, 2021; **Accepted:** March 20, 2021; **Published:** March 24, 2021

**Citation:** Upayan G (2021) Paranoia: The Invisible Fear. J Dep Anxiety 10:397

**Copyright:** © 2021 Upayan G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.