

Brief Report

Patients With Schizophrenia and Their Everyday Struggle Through the Jungle of Emotional Cues: A Study About the *Theory of Mind* in Patients with Schizophrenia

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The *theory of mind* is the requirement to understand another person's emotions and thoughts, and to interpret and make predictions about the other person's intentions based on that understanding. Research on emotions perception on patients with schizophrenia has shown some difficulties for those to identify emotions in facial expressions or conversational prosody, which would suggest an impairment of the *theory of mind* in patients with schizophrenia. But a deeper look at the results of those studies indicates that patients with schizophrenia do well have the ability to interpret genuine emotional expressions, in contrary to posed expressions. Research has also shown that patients with schizophrenia are very sensitive to negative stimuli. The findings suggest that patients with schizophrenia might not have an impaired *theory of mind* but rather a different kind of *theory of mind* or that they just use their *theory of mind* differently.

Keywords: schizophrenia, theory of mind, hyper-theory of mind, autism, emotion perception

Teori akal budi (*theory of mind*) merupakan syarat untuk mengerti emosi dan pikiran orang lain, dan untuk memaknai dan membuat prediksi keinginan orang itu berdasarkan pengertian tersebut. Penelitian tentang persepsi emosi pada para pasien dengan skizofrenia menunjukkan kesulitan mereka mengidentifikasi emosi pada ekspresi wajah atau *prosody* (pola irama, tekanan, dan intonasi) percakapan, yang menyiratkan suatu kerusakan teori akal budi pada pasien dengan skizofrenia. Namun, hasil pendalaman studi-studi tersebut menunjukkan bahwa para pasien dengan skizofrenia memiliki kemampuan menginterpretasi ekspresi emosional murni, berlawanan terhadap ekspresi yang ditunjukkan. Penelitian juga menunjukkan bahwa pasien dengan skizofrenia sangat sensitif terhadap rangsangan negatif. Temuan juga menyarankan bahwa pasien dengan skizofrenia mungkin teori akal budinya tidak rusak namun hanya berbeda atau mereka hanya menggunakan teori akal budi mereka secara berbeda

Kata kunci: skizofrenia, teori akal budi, hiper-teori akal budi, autisme, persepsi emosi

“Today I had to take the bus. It was so stressful. Lots of people were in the bus. There was this group of young men, laughing. I was not sure whether they were laughing at me or about something else. Then I saw this girl looking at me. She obviously tried to smile, but the result of all her efforts were nothing more than a weird grimace. Her negative energy washed me away

like a big wave in the sea, I was overwhelmed. After I acclimatized myself a little, I tried to cheer her up. I didn't know what to talk about, so I told her about my parrot. She became mad at me, but I don't know why, and moved out of my sight. I don't know, but I often feel like people try to avoid me. I feel lonely. “ (Sam, 25)

Sam was diagnosed with schizophrenia when he was 20 years old. Schizophrenia is a psychotic disorder which is characterized by the disorganization of associations (Wilson, 2003). Patients with schizophrenia usually have difficulties to see the difference between

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