**Understanding Delusional Disorders: What We Should All Know**

**What Is a Delusional Disorder?**

A delusional disorder is a mental health condition where a person strongly believes things that are not true, even when there is clear evidence against them. These false beliefs, called delusions, can affect a person’s thinking, emotions, and actions.

Unlike schizophrenia, people with delusional disorder do not usually have hallucinations (seeing or hearing things that aren’t there). They can still function in daily life but may struggle at work or in relationships because of their beliefs.

**Common Types of Delusions-** There are different kinds of delusions, including:

* Persecutory Delusions – Believing others are out to harm or spy on them.
* Grandiose Delusions – Thinking they have special powers, talents, or status.
* Jealous Delusions – Believing their partner is unfaithful without proof.
* Somatic Delusions – Thinking they have a serious illness when they are healthy.
* Erotomaniac Delusions – Believing someone (often famous) is in love with them.

**Causes of Delusional Disorder**

* The exact cause of delusional disorder is unknown, but it may be linked to:
* Genetics – A family history of mental illness.
* Brain Chemistry – Imbalances in brain chemicals.
* Stress or Trauma – Difficult life events or emotional distress.
* Drug or Alcohol Use – Some substances can trigger delusions.

**How It Affects Work -**At work, a person with delusional disorder may:

* Struggle to trust coworkers or supervisors.
* Misinterpret normal situations as threats.
* Have conflicts due to their beliefs.
* Experience stress, anxiety, or anger.

**Delusional disorders are treatable.** Options include therapy, medication, and support systems.

**If you or someone at work shows signs of delusional disorder:**

* Be patient and avoid arguing about their beliefs.
* Maintain a respectful and supportive exchange.
* Encourage them to seek professional help. Your AFA EAP can assist you with referrals at 800-424-2406.
* **LEC 16 EAP Reps LEC 17 EAP Reps**
* Anne Strand – 206-940-4634 Lynnette Clark – 360-907-8894
* Brandy Likes – 503-330-5503 Carrie Dennis – 360-600-5988
* Kim Van Wormer – 509-308-9553 Peter Oxentenko – 503-888-7271
* Miria Davis – 208-398-8612 Chris Metz – 217-369-8735
* Stephanie Day – 425-478-7638 Steve Gilman – 541-944-2328