

# Şizofreni Spektrum Bozuklukları Üzerine Evrimsel Perspektifler

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## Özet

“Şizofreni” terimi, klinik tabloların kültürler arasında dikkat çekici bir şekilde benzer olduğu, dünya çapında görülen bir grup bozukluk anlamına gelir. En azından iki nedenden dolayı bu bozuklukların evrimsel açıklamaları gerekir: Birincisi etnik kökenlerdeki yaygınlıklarıyla ilgilidir, ikinci neden ise, etkilenen bireylerin doğurganlıklarının büyük ölçüde azalmasına rağmen koşulların neden devam ettirildiğinin açıklanması gerekliliğiyle ilgilidir. Bu nedenle, diğer ruhsal bozukluklardan farklı olarak, çok fazla farklı hipotez ortaya konmuştur, bunların bazıları genetik faktörler, diğerleri çevresel risk faktörleri ve birkaç hipotez ise şizofreniye yakınlık oluşturan genlerle ilişkili hipotezlerdir. Hiçbir evrimsel senaryo, semptomatolojinin çeşitliliğini hesaplamak veya şizofreni spektrum bozukluklarının tüm biyolojik ve biyolojik olmayan yönlerini kapsayacak potansiyele sahip değildir. Bu bölüm, şizofreni ile en ilgili evrimsel hipotezleri tartışmayı amaçlamaktadır ve evrimsel bir perspektiften psikotik bozukluklara semptom temelli bir yaklaşımın, mevcut şizofreni modellerini geliştirebileceğini savunmaktadır.

## Anahtar kelimeler

Bağılantısızlık, genetik, insan evrimi, immünoloji, şizofreni, sosyal biliş, semptom temelli yaklaşım, evrimsel takas.

## Anahtar Noktalar

- Şizofreni, dünya genelinde görülen ve yaşam beklentisi ve üreme başarısında azalmalara neden olan ciddi bir ruhsal bozukluktur.
- Şizofreniye yakınlık yaratan veya şizofreni ile ilişkili olan genlerin insan gen havuzunda neden bulunduğu ile ilgili evrimsel sorular henüz çözülmemiştir.
- En olası senaryolardan bazıları, şizofreni için artmış risk sağlayan genlerin korunmasının, cinsel seçim sonucu ortaya çıkmış olması veya bağışıklık fonksiyonlarıyla ilgili olmasıdır.
- Başka bir varsayımsal senaryo, Toxoplasma gondii gibi hücre içi parazitlerin manipülatif etkisiyle ilişkili olarak şizofreniye bağlı işaret ve semptomları bağlar.
- Son olarak, klinik heterojenitesinden dolayı şizofreninin evrimsel geçmişi açıklığa kavuşturmak

için semptom temelli bir yaklaşım, bütünsel açıklamaları arama girişiminden daha bilgilendirici olabilir.

## 10.1 Giriş

“Şizofreni” terimi (kelimenin tam anlamıyla: “bölünmüş zihin”), “dementia praecox” (erken bunama) ifadesine karşı olarak İsviçreli psikiyatrist Eugen Bleuler tarafından icat edilmiştir. Bleuler ambivalansı, otizmi (çocukluk dönemindeki otizm ile karıştırılmaması gereken, ilerleyen dekadlarda ortaya çıkan otizm), duygulanımda düzleşme ve düşünce bozukluğu (çağırışım zayıflaması) ‘nı şizofreninin çekirdek belirtileri olarak tanımlamıştır (Not: Bleuler her zaman vurguladığı çoğul olanı dikkate alın; Bleuler, 1911). Mevcut tanı kılavuzu Ruhsal Bozuklukların Tanısal ve Sayımsal El Kitabı’nın Beşinci Sürümü (DSM-5) (DSM-5; American Psychiatric Association, 2013) şizofreniyi (1) sanrıların varlığı, (2) halüsinasyonlar, (3) dezorganize

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