

## Delusional Disorder: Quick Take

<b>Diagnosis</b>	At least 1 delusion for at least a month. The patient appears normal and functions well outside of the delusion. Other causes of psychosis have been ruled out, and there are no prominent hallucinations.
<b>Alliance building</b>	Empathize with the patient's suffering. Focus on functioning and build alliance around symptoms of distress like anxiety or insomnia. Don't challenge their delusions directly, but model acceptance of uncertainty.
<b>Antipsychotics</b>	Tolerability should guide the initial selection. Antipsychotics are less effective in delusional disorder than in schizophrenia, though some subtypes (delusions of infestation or jealousy) may respond better.
<b>Psychotherapy</b>	Therapy actually has better evidence in delusional disorder than antipsychotics. CBT or another practical approach that engages the patient can work. Family meetings can also help.

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