

## Some Examples of Types of Hallucinations

**Auditory hallucinations:** These may be non-verbal (e.g. tapping, humming, music, laughing, etc.) or verbal (conversational, accusatory {often associated with depression}, etc.).

Q: Do you hear sounds such as muttering, whispering, music, etc.?

Q: Do you hear voices talking about you or to you? Do these voices give orders? What do the voices say? (Note whether the content is depressive, grandiose, appropriate for the individual's mood).

Q: Can you carry on a conversation with the voice/s?

**Visual hallucinations:** Being able to see objects, people or images that others cannot see.

Q: While fully awake, have you had visions or seen things that other people couldn't see?

**Olfactory hallucinations:** Smelling things that do not exist, usually an unpleasant smell like rotting meat or escaping gas.

**Gustatory hallucinations:** Relating to sense of taste.

**Tactile hallucinations:** The false perception of touch or surface sensation, such as from an amputated (phantom) limb, or crawling sensations on or under the skin.

**Somatic hallucinations:** The false perception that things are occurring in or to the body.

## Other perceptual disturbances

**Derealisation:** The external world appears different and unfamiliar. The individual feels distanced from the world and things may seem colourless or dead. Derealisation may be associated with extreme anxiety, stress, fatigue, an affective disorder, or with hyperventilation, which is a symptom of panic disorder.

Q: Have you had the feeling that everything around you is unreal?

Q: Have you felt that everything is an imitation of reality, with people acting instead of being themselves?

**Depersonalisation:** The perception or experience of the self seems different or unfamiliar. The individual may feel unreal, or that his body is somehow distorted, or may have the sense of perceiving himself from a distance. In its severe form, the individual may feel as if he were actually dead. Associated with extreme anxiety, stress, or fatigue.

Q: Have you felt as if you were outside yourself, looking at yourself from the outside?

Q: Have you felt as if some part of your body did not belong to you?

**Heightened perception:** Perceptions are extremely vivid. For example: sounds are unnaturally loud, clear or intense; colours are more brilliant or beautiful; and details of the environment appear to stand out in an interesting way.

**Dulled perception:** Perceptions are experienced as dark, uninteresting and flat. For example, tastes are blunted, colours muddied or dirtied, and sounds are impure or ugly. Exclude if the individual is lacking interest in things.