



What would you like patients or family members who are struggling to get a diagnosis to know?

Dr. Beach:

I think it's often really challenging for patients and family members who are struggling to get a diagnosis, and our system doesn't make it very easy.

We don't have a lot of places for patients to go specifically for catatonia. We certainly now have experts in catatonia throughout the country. And I think The Catatonia Foundation is going to be an amazing resource for patients to potentially get connected with people. But it's hard oftentimes for patients or families to make those connections. If they're not educated about catatonia, they're not going to be thinking about it in the first place.

So I think for patients and families—get educated about catatonia, understand what it is and what it might look like, and if you have a loved one who is suffering from symptoms consistent with that, make sure your doctors are considering it. It's hard. There are things that look like catatonia that definitely aren't catatonia. And so I think it's the problem of everybody googling their symptoms and deciding that they're catatonic. But I do think we want to make sure that people are considering catatonia on the differential for patients who present with unusual behaviors or who have unusual motor findings like increased tone, rigidity, those kinds of things.