

Many studies suggest that self-disturbances, which are distortions in subjective self-experience, are the core psychopathological feature of schizophrenia spectrum disorders. Some examples of distorted experience of self are the following: a feeling as if the boundary between self and world is unclear, a sense that one's thoughts are anonymous and "not mine". There is a growing body of research indicating that self-disturbances are present not only in schizophrenia patients, but also in people who are at high risk of developing psychosis or even in healthy individuals. Moreover, the presence of these anomalies is an important predictor of the development of the disease.

Despite their undoubted importance for understanding the mechanisms of psychosis, we still know very little about the dynamics of these experiences, especially in context of patients daily functioning. The project involves conducting studies with 3 groups of people: 1) patients diagnosed with schizophrenia; 2) individuals at risk of developing psychosis due to high frequency of psychotic-like experiences; 3) healthy people who will constitute a reference group.

The aim of our project is to fill the gap in the knowledge about self-disturbances and to know the answers to the following questions: Are distortions in subjective self-experience a stable trait or do they fluctuate during daily activities? If so, what factors are connected to their dynamics? How do self-disturbances affect functioning? For this purpose we will use Experience Sampling Method (ESM), which allows to study people in their natural environment. Participants via smartphones will be answering short questions about their symptoms, stress, emotional state and self-disturbances at that particular moment several times during the day over a period of 7 days. Self-disturbances in all participants will be also studied in laboratory with the use of experimental tasks.