

BRIEF REPORT **OPEN ACCESS**

Reframing a Schizoid Mindset with Aid of Visual Arts A Brief Report of a Lived Experience

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Abstract

Receiving a diagnosis of schizophrenia often triggers grief and uncertainty about the future. While psychiatric medication plays a central role in symptom management, recovery frequently depends on the patient's engagement in complementary interventions such as psychotherapy and structured creative activities. This brief report reflects on a lived experience suggesting that engagement in visual arts research may contribute to reframing a schizoid mindset. Drawing conceptually on philosophical reflections regarding schizophrenia and contemporary society [1,2], and integrating abductive reasoning as proposed in semiotic theory [4,5], the notion of “abductive serendipity” is presented as a creative-critical pathway.

Introduction

A diagnosis of schizophrenia frequently generates emotional distress and existential uncertainty. Although pharmacological treatment remains essential, psychosocial engagement is equally important in long-term recovery. Philosophical reflections have explored parallels between capitalism, contemporary society, and schizophrenia [1,2]. It has been argued that modern environments may intensify fragmentation and overstimulation, contributing to schizoid patterns of experience [2]. One of the most distressing aspects of a schizoid mindset is profound loneliness despite the social nature of human beings. While openness to social interaction is often recommended, it may be difficult for individuals experiencing schizoid tendencies.

Conceptual Framework: Abductive Serendipity

The pathway described here emerged through academic research in visual arts. By redirecting attention from daily distress toward structured artistic inquiry, a meaningful cognitive framework gradually developed. The concept of serendipity dates back to the eighteenth century and refers to discoveries made by chance [3]. Roberts documented multiple scientific discoveries that emerged accidentally yet proved transformative [3]. Abduction, as formulated in semiotic theory, refers to a form of reasoning that moves from incomplete evidence toward plausible hypotheses [4,5]. It has been described as a creative and dynamic mode of scientific reasoning [4].

By integrating these two concepts, “abductive serendipity” represents an ongoing critical-creative process that:

- Welcomes unexpected associations without reinforcing delusional ideation
- Encourages hypothesis formation grounded in evidence
- Incorporates bibliographic consultation and artistic references
- Maintains reality testing through feedback mechanisms

Conclusion

Although the artistic research was not originally intended as a therapeutic intervention, psychological benefits appeared as a byproduct of sustained creative engagement. Based on this lived experience, abductive serendipity may serve as a complementary framework to assist individuals coping with schizoid patterns of thought. However, further empirical investigation would be required to evaluate its clinical applicability.

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