

Abstract

Background

Steroid induced psychosis is one of the major adverse neuropsychiatric manifestations of corticosteroid therapy. Its presentation consists of a wide clinical spectrum and sometimes diagnosis can be challenging. Currently, guideline directed therapy does not exist and the main modality of treatment is tapering of corticosteroids with the addition of an antipsychotic if required.

Case Presentation

A 48-year-old previously well patient was diagnosed as idiopathic aplastic anaemia following extensive evaluation. He was treated with triple immunosuppressive therapy which included treatment with equine anti-thymocyte globulin. Following treatment, the patient's clinical course was complicated by the development of serum sickness syndrome for which he received high dose intravenous corticosteroids. Four days later the patient developed marked change in his behaviour with elated mood and paranoid delusions.

Conclusion

Clinicians should always have a high clinical suspicion regarding this potential side effect and take steps in possible prevention or early diagnosis and in efficacious treatment. Further studies are needed in the future to better understand and treat this undesirable disorder.