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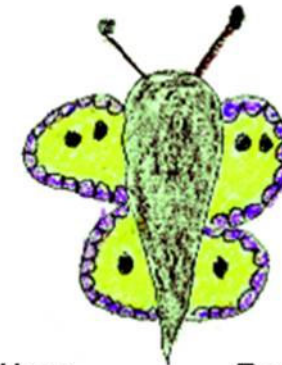
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Lancashire Early Intervention Service
Hope – Health – Recovery

How Common Is It To Hear Voices?



Hope Recovery
Health

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How Common Is It To Hear Voices?

Various research suggests that:

- ❖ Voices are a normal psychological phenomenon that may potentially be experienced by anyone.
- ❖ 10-25% of the general population have had such experiences at least once.
- ❖ 4-5% of the general population experience hearing voices each year.
- ❖ At least one third of the general population reported hearing a voice speaking their thoughts aloud.
- ❖ Below are some examples of life events which could possibly be related to why people hear voices:
 - Drugs (such as LSD and cocaine) and alcohol withdrawal
 - sexual abuse
 - bereavement
 - being held hostage
 - sleep deprivation
 - sensory deprivation
 - solitary confinement

Hearing Voices following a Traumatic Event:

- ❖ Research has suggested that 70% of people who hear voices do so following a traumatic event, and that hearing voices may therefore be part of a coping process.