Self-Stability, Social Context, and Psychosis Risk: A Phenomenological Approach

Background: The self does not emerge in isolation but is constituted through social and environmental interactions. From a phenomenological perspective, disturbances of ipseity -such as hyperreflexivity and a diminished sense of self- are central to psychotic disorders. Narrative accounts of the self emphasize that identity is sustained through socially mediated processes of meaning-making. Recent work highlights disruptions in pre-reflective integration underlying self-experience. This study examines how these philosophical accounts of selfhood can inform the understanding of psychotic-like experiences (PLEs) and their relevance to mental health care. **Methods:** A sample of 326 university students completed the Prodromal Questionnaire (PQ16), the Experience of Self Scale (EOSS), and a sociodemographic questionnaire. **Results:** 44% of participants exceeded the PLE risk threshold. Self-stability was significantly associated with psychosis risk across all EOSS dimensions ($p = .01$; $p = .001$). A trend suggested higher risk in urban areas ($OR = 1.28$). **Discussion:** These findings support a phenomenological view of psychosis as a disturbance of self-experience emerging from the dynamic interplay between subjectivity and social context. They suggest that philosophical accounts of selfhood can contribute to mental health care by refining early identification of risk and supporting interventions that address both experiential and environmental dimensions of vulnerability.