Symptoms & Treatments of Mental Disorders

ADULT DISORDERS

Common Disorders

- Alcohol/Substance Abuse
- Alcohol/Substance Dependence
- Anxiety Disorders
- Adult Attention Deficit/Hyperactivity Disorder (ADHD/ADD)
- Bipolar Disorder: Overview, Symptoms
  - Major Depressive Episode
  - Hypomanic Episode
  - Manic Episode
  - Mixed Specifier (Formerly Mixed Episode)
- Depression
- Eating Disorders
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Panic Disorder
- Postpartum Depression
- Posttraumatic Stress Disorder (PTSD)
- Schizophrenia
- Schizophrenia Education Guide
- Seasonal Affective Disorder (SAD, see Depressive Disorder with Seasonal Pattern)
- Social Anxiety Phobia

Dissociative Disorders

- Depersonalization Disorder
- Dissociative Amnesia
- Dissociative Fugue
- Dissociative Identity Disorder (MPD)
- Dissociative Disorder Not Otherwise Specified (NOS)
Feeding & Eating Disorders

- Anorexia Nervosa
- Binge Eating Disorder
- Bulimia Nervosa
- Pica

Sleep & Wake Disorders

- Circadian Rhythm Sleep-Wake Disorder
- Hypersomnia (Hypersomnia, Primary)
- Insomnia Disorder
- Nightmare Disorder
- Narcolepsy
- Rapid Eye Movement Sleep Behavior Disorder
- Restless Legs Syndrome
- Non-Rapid Eye Movement Sleep Arousal Disorders (Sleep Terror Disorder & Sleepwalking Disorder)

CHILDHOOD DISORDERS

Childhood disorders, often labeled as developmental disorders or learning disorders, most often occur and are diagnosed when the child is of school-age. Although some adults may also relate to some of the symptoms of these disorders, typically the disorder’s symptoms need to have first appeared at some point in the person’s childhood.

- Autism Spectrum Disorders (Formerly Asperger’s, Autistic Disorder, & Rett’s)
- Attachment Disorder
- Attention Deficit/Hyperactivity Disorder (ADHD/ADD)
- Autism
- Conduct Disorder
- Disorder of Written Expression
- Disruptive Mood Dysregulation Disorder
- Encopresis
- Enuresis
- Expressive Language Disorder
- Mathematics Disorder
- Mental Retardation, see Intellectual Disability
- Oppositional Defiant Disorder
- Reading Disorder
- Rumination Disorder
- Selective Mutism
PERSONALITY DISORDERS

These disorders typically aren’t diagnosed until an individual is a young adult, often not until their 20’s or even 30’s. Most individuals with personality disorders lead pretty normal lives and often only seek psychotherapeutic treatment during times of increased stress or social demands. Most people can relate to some or all of the personality traits listed; the difference is that it does not affect most people’s daily functioning to the same degree it might someone diagnosed with one of these disorders. Personality disorders tend to be an integral part of a person, and therefore, are difficult to treat or “cure.” Learn more about personality disorders and personality traits…

- Antisocial Personality Disorder
- Avoidant Personality Disorder
- Borderline Personality Disorder
- Dependent Personality Disorder
- Histrionic Personality Disorder
- Multiple Personality Disorder, see Dissociative Identity Disorder
- Narcissistic Personality Disorder
- Obsessive-Compulsive Personality Disorder
- Paranoid Personality Disorder
- Schizoid Personality Disorder
- Schizotypal Personality Disorder

Other Mental Disorders

- Acute Stress Disorder
- Adjustment Disorder
- Agoraphobia
- Alzheimer’s Disease
- Bereavement
- Body Dysmorphic Disorder
- Brief Psychotic Disorder
- Conversion Disorder
- Cyclothymic Disorder
- Delusional Disorder
- Disinhibited Social Engagement Disorder
- Dysthymic Disorder
- Gender Dysphoria
- Hoarding Disorder
- Hypochondriasis (Illness Anxiety)
- Intermittent Explosive Disorder
- Kleptomania
- Major Neurocognitive Disorder
- Minor Neurocognitive Disorder
- Pain Disorder
- Panic Attack
- Parkinson’s Disease
- Pathological Gambling
- Pedophilia
- Premenstrual Dysphoric Disorder
- Unspecified Psychotic Disorder
- Pyromania
- Reactive Attachment Disorder
- Schizoaffective Disorder
- Schizoaffective Disorder
- Shared Psychotic Disorder (Delusional Symptoms in Partner)
- Somatic Symptom Disorder
- Specific Phobia
- New Specifiers of Bipolar Disorder and Depression
- Trichotillomania