Mental Disorders

An illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing them from leading a happy, healthful and productive life.

Each year around 20% of US population - 54 million people - are affected by some form of mental disorder.

Only 1/3 receive the help they need.

Organic Disorder
- caused by a physical illness or an injury that affects the brain;
  - brain tumors
  - infections
  - chemical imbalance
  - exposure to drugs and toxins
  - injuries resulting in brain damage

Functional Disorder
- has a psychological cause and does not involve brain damage;
  - heredity
  - stress
  - emotional conflict
  - fear
  - ineffective coping skills
  - tied to disturbing events in childhood such as abuse, serious illness or a traumatic death
Mental Disorders Notes

Anxiety Disorders

Anxiety disorders are those that are characterized by excessive and abnormal fear, worry and anxiety that are difficult to control. Four main types of anxiety disorders are:

1. Phobias
2. Obsessive-compulsive-disorders
3. Panic Disorders
4. Post-traumatic Stress Disorders

Types of anxiety disorders include:
- Generalized anxiety disorder
- Agoraphobia - anxiety
- Social anxiety disorder
- Phobias
- Panic disorder
- Post-traumatic stress disorder
- Separation anxiety

Cognitive Disorders

These psychological disorders are those that involve cognitive abilities such as memory, problem solving and perception. Some anxiety disorder, mood disorders and psychotic disorders are classified as cognitive disorders.

Types of cognitive disorders include:
- Alzheimer's disease
- Delirium - severe confusion/disorientation
- Dementia
- Amnesia

Dissociative Disorders

Dissociative disorders are psychological disorders that involve a dissociation or interruption in aspects of consciousness, including identity and memory.

Dissociative disorders include:
- Dissociative disorder (formerly known as multiple personality disorder)
- Dissociative fugue
- Dissociative identity disorder
- Depersonalization disorder - disconnected/detached
Mental Disorders Notes

Eating Disorders
Eating disorders are characterized by obsessive concerns with weight and disruptive eating patterns that negatively impact physical and mental health. People with these disorders suffer from life threatening disturbances in eating behavior.
- Anorexia Nervosa
- Bulimia Nervosa

Mood Disorders
A mood disorder is an illness, often with an organic cause, that involves mood extremes that interfere with everyday living.
Types of mood disorders include:
- Clinical Depression
- Bipolar Disorder

Factitious Disorders
These psychological disorders are those in which an individual acts as if he or she has an illness, often be deliberately faking or exaggerating symptoms or even self-inflicting damage to the body. Types of factitious disorders include:
- Munchausen syndrome - acts as though they have a physical/mental disorder
- Munchausen syndrome by proxy
- Ganser syndrome - factitious disorder
Impulse-Control Disorders

Impulse-control disorders are those that involve an inability to control impulses, resulting in harm to oneself or others. Types of impulse-control disorders include:

- Kleptomania (stealing)
- Pyromania (fire-starting)
- Trichotillomania (hair-pulling)
- Pathological gambling
- Intermittent explosive disorder
- Dermatillomania (skin-picking)

Character Check!!

Caring - People who suffer from mental disorders are sometimes seen as different. Although some people think it's fun to tease someone who is different, such teasing is cruel and hurtful. When you show your disapproval of such behavior, you demonstrate consideration and caring for the person being teased.

What are some other ways of showing caring and respect for someone who are seen as different?