

MENTAL DISORDERS AKA MENTAL ILLNESS

 A disorder of mind that interfere substantially with the person's ability to cope with life on a daily basis.

 Conditions that affect thinking, feeling, mood, and behaviour.

May be occasional or long-lasting (chronic).

O Deprives a person from freedom of choice.

 It is manifested in behaviour and deviates from normal conduct.



Some common examples:

- Anxiety disorders, including panic disorder, obsessivecompulsive disorder, and phobias
- O Depression, bipolar disorder, and other mood disorders
- Eating disorders
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, including schizophrenia



Legal Definition of *mental disease*

an abnormal mental condition that interferes with mental or emotional processes and internal behavioural control and that is not manifest only in repeated criminal or antisocial conduct



What causes mental disorders?

- Your genes and family history
- Your life experiences, such as stress or a history of abuse, especially if they happen in childhood
- O Biological factors such as chemical imbalances in the brain
- A traumatic brain injury
- A mother's exposure to viruses or toxic chemicals while pregnant
- Use of alcohol or recreational drugs
- O Having a serious medical condition like cancer
- Having few friends, and feeling lonely or isolated





How are mental disorders diagnosed?

- A medical history
- A physical exam and possibly lab tests
- A Psychological evaluation: One answer questions about their thinking, feelings, and behaviours.



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MENTAL DISORDERS CLASSIFICATION

ICD : published by WHO

Consist of clinically recognisable set of symptoms or behaviours associated in most cases with distress and with interference with personal functions."

DSM: published by the American Psychiatric Association



ICD: Chapter V focuses on "mental and behavioural disorders" and consists of 10 main groups:

- F0: Organic, including symptomatic, mental disorders
- F1: Mental and behavioural disorders due to use of psychoactive substances
- F2: Schizophrenia, schizotypal and delusional disorders
- F3: Mood [affective] disorders
- F4: Neurotic, stress-related and somatoform disorders
- F5: Behavioural syndromes associated with physiological disturbances and physical factors
- F6: Disorders of personality and behaviour in adult persons
- F7: Mental retardation
- F8: Disorders of psychological development
- F9: Behavioural and emotional disorders with onset usually occurring in childhood and adolescence

DSM - 5

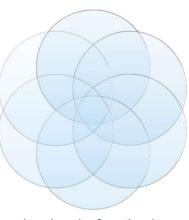
Trauma- and Stressor-Related Neurodevelopmental Disorders Bipolar and Related Disorders **Anxiety Disorders** Dissociative Disorders Disorders Disruptive, Impulse-Control, and Conduct Somatic Symptom and Related Disorders Feeding and Eating Disorders Sleep-Wake Disorders Depressive Disorders Disorders Schizophrenia Spectrum and Other Psychotic Disorders Substance-Related Neurocognitive Disorders Obsessive-Personality Disorders and Addictive Compulsive Disorders Disorders Sexual Dysfunctions Gender Dysphoria Paraphilic Disorders

Neurodevelopmental Disorders

Developmental disorders.

May be more severe and affected children may require more support.

May be mild and easily manageable with behavioural and educational interventions,



Involve dysfunction in attention, memory, perception, language, problem-solving, or social interaction. Neurologically based conditions

Interfere with the acquisition, retention, or application of specific skills or sets of information.



Includes:

Intellectual Disability:

- Originates prior to the age of 18 and is characterized by limitations in both intellectual functioning and adaptive behaviors.
- IQ: <70

Global Developmental Delay

- Children who are under the age of five.
- Delays relate to cognition, social functioning, speech, languages and motor skills.

Communication Disorders:

- Impact the ability to use, understand, or detect language and speech
- Language disorder, speech sound disorder, childhood onset fluency disorder (stuttering), and social (pragmatic) communication disorder.



Includes:

Autism Spectrum Disorder:

- Persistent deficits in social interaction and communication in multiple life areas.
- Includes limited and repetitive patterns of behaviour.

Attention-Deficit Hyperactivity Disorder (ADHD)

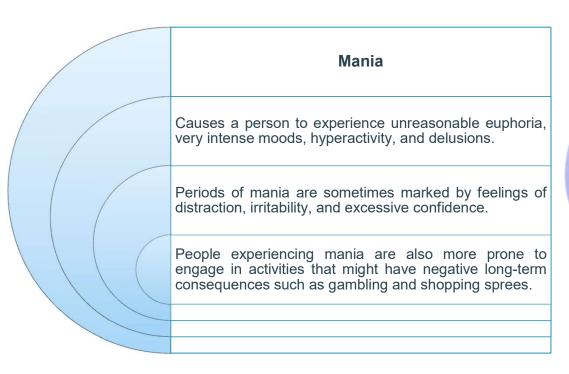
- Persistent pattern of hyperactivity-impulsivity and/or inattention.
- Interferes with functioning and presents itself in two or more settings such as at home, work, school, and social situations.
- DSM-5 specifies that several of the symptoms must have been present prior to the age of 12.





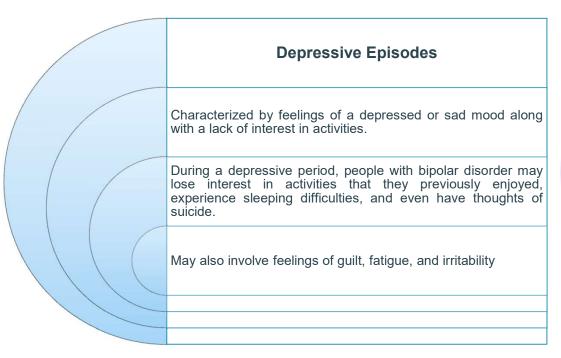
Bipolar and Related Disorders Involves experiencing shifts between Characterized by shifts in elevated moods mood and periods of depression. Elevated moods can be Changes in pronounced and are referred to activity and energy levels. either as mania or hypomania.

Includes





Includes







Anxiety Disorders



Includes:

Generalized Anxiety Disorder (GAD)

 Marked by excessive worry about everyday events that it interferes with a person's well-being and functioning.

Social Anxiety Disorder

· Irrational fear of being watched or judged.

Phobias

- Specific phobias involve natural events, medical, animals and situational.
- May experience nausea, trembling, rapid heart rate, and even a fear of dying.

Separation Anxiety Disorder

• Excessive amount of fear or anxiety related to being separated from attachment figures.

Panic disorder : intense, recurrent, and unexpected

