

Mental Disorders



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Organic Disorders

☀️ Caused by a Physical Illness or injury that affects the brain.

☀️ Examples

- ☀️ Brain Tumors
- ☀️ Strokes
- ☀️ Infections
- ☀️ Drug use
- ☀️ Exposure to poison



Functional Disorders

- ✦ Caused by Psychological Issues.
Cannot be traced to physical causes.
- ✦ Examples
 - ✦ Stress
 - ✦ Emotional Conflict
 - ✦ Poor Coping Skills



Kinds of Mental Disorders

✦ Functional Disorders that will be covered:

- ✦ Anxiety Disorders

- ✦ Affective Disorders

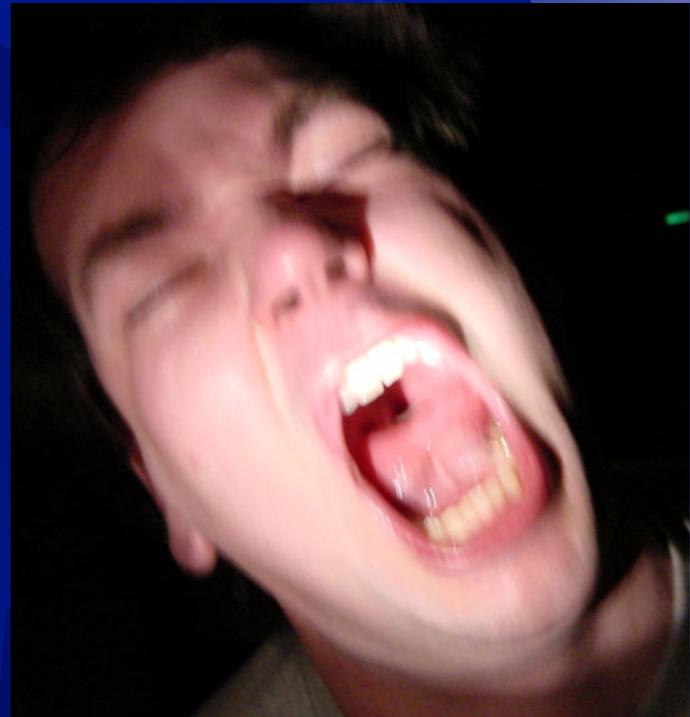
- ✦ Personality Disorders

Anxiety Disorders

- ✦ **Anxiety Disorders:** Are real or imagined fears that prevent a person from leading a normal life.
- ✦ About **4 Million** Americans suffer from various anxiety disorders
- ✦ Examples that will be discussed
 - ✦ Phobias
 - ✦ Obsessive-Compulsive Disorders
 - ✦ Panic Disorders
 - ✦ Post-Traumatic Stress Disorders

Phobias

- ★ **Phobia:** When a person has an extreme or exaggerated fear of something and will go to extreme measures to avoid it.
- ★ Treatment options;
 - ★ Confrontation of the fear
 - ★ Therapy



Common Phobias

Arachnophobia	fear of spiders
Aviophobia	fear of flying
Acrophobia	fear of high places
Agoraphobia	fear of open or public places
Claustrophobia	fear of small, closed-in places
Ophidiophobia	fear of snakes



Can You Guess the Phobia??

- ✦ Agoraphobia
- ✦ Alektrophobia
- ✦ Altophobia
- ✦ Androphobia
- ✦ Arachibutyrophia
- ✦ Bogeyphobia
- ✦ Coulorphobia
- ✦ Dentophobia
- ✦ Didaskaleionophobia
- ✦ Glossophobia
- ✦ Helminthrophobia
- ✦ Ippopotomonstrosesquipedaliophobia
- ✦ Necrophobia
- ✦ Paraskavedekatriaphobia
- ✦ Triskaidekaphobia
- ✦ Urophobia
- ✦ Venustraphobia
- ✦ Zoophobia

Phobia Answers

- ☀ Agoraphobia: Fear of leaving a safe place
- ☀ Alektrophobia: Fear of chickens
- ☀ Altophobia: Fear of heights
- ☀ Androphobia: Fear of men
- ☀ Arachibutyrophia: Fear of Peanut butter sticking to the roof of your mouth
- ☀ Bogeyphobia: Fear of bogeyman
- ☀ Coulorphobia: Fear of clowns
- ☀ Dentophobia: Fear of dentists
- ☀ Didaskaleionophobia: Fear of going to school
- ☀ Glossophobia: Fear of public speaking

Phobia Answers Continued

- ☀ Helminthrophobia: Fear of being infested with worms
- ☀ Ippopotomonstrosesquippedaliophobia: Fear of long words
- ☀ Necrophobia: Fear of dead things
- ☀ Paraskavedekatriaphobia: Fear of Friday 13th
- ☀ Triskaidekaphobia: Fear of the number 13
- ☀ Urophobia: Fear of urine
- ☀ Venustraphobia: Fear of beautiful women
- ☀ Zoophobia: Fear of animals

Obsessive-Compulsive Disorders

☀ Obsessive-Compulsive Disorders (OCD)

- ☀ Are persistent and repeated behaviors or thoughts that may get in way of daily activity.
 - ☀ **Obsession:** an unwanted thought that takes control of the mind
 - ☀ **Compulsion:** an unreasonable need to behave in a certain way to prevent a feared outcome

☀ Treatments:

- ☀ Luvox or Paxil (medicine) &/or Therapy

OCD Symptoms

- ☀ May wash hands repeatedly
- ☀ Ritual Behaviors
- ☀ Must have order



Panic Disorders

- ☀ Example: Panic Attacks!!
- ☀ Are characterized by a person feeling anxious, fearful, and possibly upset most of the time, but for no specific reason. These individuals may suffer from Panic Attacks!
- ☀ Treatments
 - ☀ Behavioral Therapy and/or Medication



Example: Brianna was standing in line at the movies. Suddenly, for no apparent reason, she felt intense fear and a strong desire to leave the theater. Brianna was having a panic attack.

People who have repeated panic attacks tend to worry about having another. To avoid the attack, they may change the behavior.

Ex: they happened in restaurants, they stop going out to eat.

Post-Traumatic Stress Disorder

- ☀ Usually a result of a traumatic event that leaves individuals with long-lasting effects for as little as a few weeks or years after the event.
- ☀ Example Causes:
 - ☀ Victim of a violent crime
 - ☀ Rape
 - ☀ Military Service
 - ☀ Natural Disasters (fire, earthquake)
 - ☀ Disasters (9-11)
- ☀ Treatment: Therapy / Behavioral Therapy &/or medication (anti-depressants)

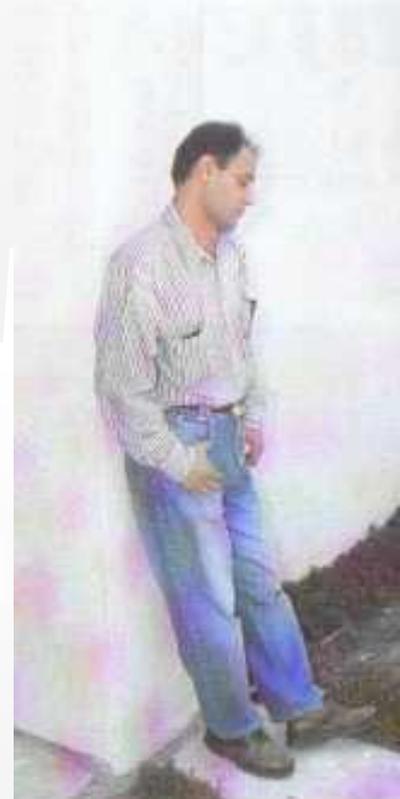


Affective Disorders

☀ These are usually called “**Mood Disorders**”. People suffering from them may have feeling of great happiness (followed by extreme sadness) or just great sadness

☀ Examples:

- ☀ Clinical Depression
- ☀ Manic-Depressive Disorder or Bi-Polar
- ☀ Seasonal Affective Disorder



Clinical Depression

- ☀ When a person has a feeling of sadness for more than a period of a few weeks. Can be brought on by an event, such as divorce, but lasts much longer than “normal”. They are unable to handle life’s daily tasks such as school or work, basic decision making, or even sleep
- ☀ Approximately **19 million Americans** are affected by depression each year (Glencoe Health 2007)
- ☀ More than 1 in 20 Americans ages 12 or older have some form of depression (CDC 2005-06)
- ☀ Depression often runs in families and can be biologically based, but it can also be caused by life event. Sometimes it may be a symptom of substance abuse or addiction, because alcohol and other drugs can affect brain chemistry.
- ☀ Treatment: Medications (Zoloft, Paxil, Luvox, Wellbutrin)



Mental

4 or more, everyday for 2 weeks straight

- Difficulty concentrating
- Persistent negative thoughts

Physical

- A major change in eating and/or sleeping patterns
- Overeating/not eating enough
- Fatigue
- Unusual aches and pains
- Excessive alcohol/drug use

Emotional

- Prolonged sadness
- Irritability or anger
- Low self esteem and guilt
- Persistent boredom, low energy
- Decreased interest in activities or inability to enjoy activities
- Thoughts or expressions of suicide or self destructive behavior

Signs of Clinical Depression

- ▶ Change in appetite; significant weight loss or gain
- ▶ Change in sleep patterns; difficulty sleeping or sleeping too much
- ▶ Change in activity level; sluggish (slow) or frantic (fast-paced)
- ▶ Loss of interest in usual activities
- ▶ Loss of energy; always tired
- ▶ Hopelessness; excessive guilt
- ▶ Difficulty thinking or concentrating
- ▶ Repeated thoughts of death and suicide

Manic-Depression Disorder or Bi-Polar Disorder

☀ Patients suffer from extreme feelings of happiness or sadness for no apparent reason. Between these episodes of extreme happiness and sadness, they may act normal. This is often inherited and symptoms can be helped with medication. (usually Lithium is used as a treatment... but can be very dangerous if too much in system)

- ☀ Thyroid problems
- ☀ Reduces mood swings
- ☀ Can be toxic / kidney failure

Seasonal Affective Disorder (S.A.D.)



- ☀ Effect many people who seem to be happy in the summer, but “SAD” in the winter.
- ☀ The reason is because the earth’s dark/light cycle influences the hormone **melatonin**
- ☀ Treatment:
 - ☀ **Light Boxes** – Usually ½ hour each day. (these bright florescent lights will work for about 80% of patients)

Personality Disorders

☀ **Personality Disorders**: Include a variety of psychological conditions that affect a person's ability to get along with others.

☀ **Examples**

- ☀ Anti-Social Personality Disorders
- ☀ Schizophrenia
- ☀ Multiple Personality Disorder or (Dissociative Identity Disorder)

Anti-Social Personality Disorder & Conflict Disorders

- ☀ Characterized by a person's constant conflict with society. These individuals often display ***behavior that is cruel, uncaring, irresponsible, impulsive, and inappropriate to society.***



Schizophrenia



- ☀ Schizophrenia means **“split mind”**.
- ☀ It is usually diagnosed between the ages of 15-35.
- ☀ Estimated that 1% of the population (1 in 100 people, 2.5 million) with some type
- ☀ Treatments: 50% with this disorder are unable to understand that they are ill. 60% can have symptoms treated. 40% cannot have symptoms treated. Side effects of some of the drugs are hard to deal with. Antipsychotic meds and counseling work best.

Possible Different Schizophrenia Behaviors

☀ **Paranoid**

- ☀ Believe that others are out to get them.

☀ **Disorganized**

- ☀ Random thoughts / odd speech pattern
- ☀ Inappropriate or abnormal emotional responses

☀ **Catatonic**

- ☀ Withdrawn, mute, often assumes very unusual body positions for long periods of time

☀ **Residual**

- ☀ No more symptoms or hallucinations
- ☀ But no longer have any interest in life.

Dissociate Identity Disorder OR Multiple Personality Disorder



- ☀ **Definition:** Can be characterized by a person having 2 or more distinctly different personalities & identities
- ☀ It may develop because of **mental, physical, or sexual abuse**
- ☀ Problems with this disorder?
 - ☀ Some doctors don't believe in it
 - ☀ People may abuse diagnosis
 - ☀ Often confused it with schizophrenia – **but not related**

Other Mental Health Topics

✦ **Trichotillomania**

- ✦ Means “hair pulling frenzy”
- ✦ 3% of population (90% are females... are 5 times more likely)
- ✦ Usually very ashamed....try to hide it . Usually beginning in teen years
- ✦ Common with OCD

✦ **Munchausen Syndrome by Proxy**

- ✦ The intentional harming of oneself or others in order to draw sympathy or attention to themselves.
- ✦ 95% of cases are mothers harming children

✦ **ADHD (Attention Deficit Hyperactivity Disorder)**

- ✦ 3-5% of population (9 : 1 ratio males to females)
- ✦ Difficulty maintaining attention, controlling impulsiveness, usually inappropriate.
- ✦ Medications may help if they have ADHD
 - ✦ *Studies have shown a dramatic increase in the number of diagnosed cases and has caused controversy over their authenticity.*

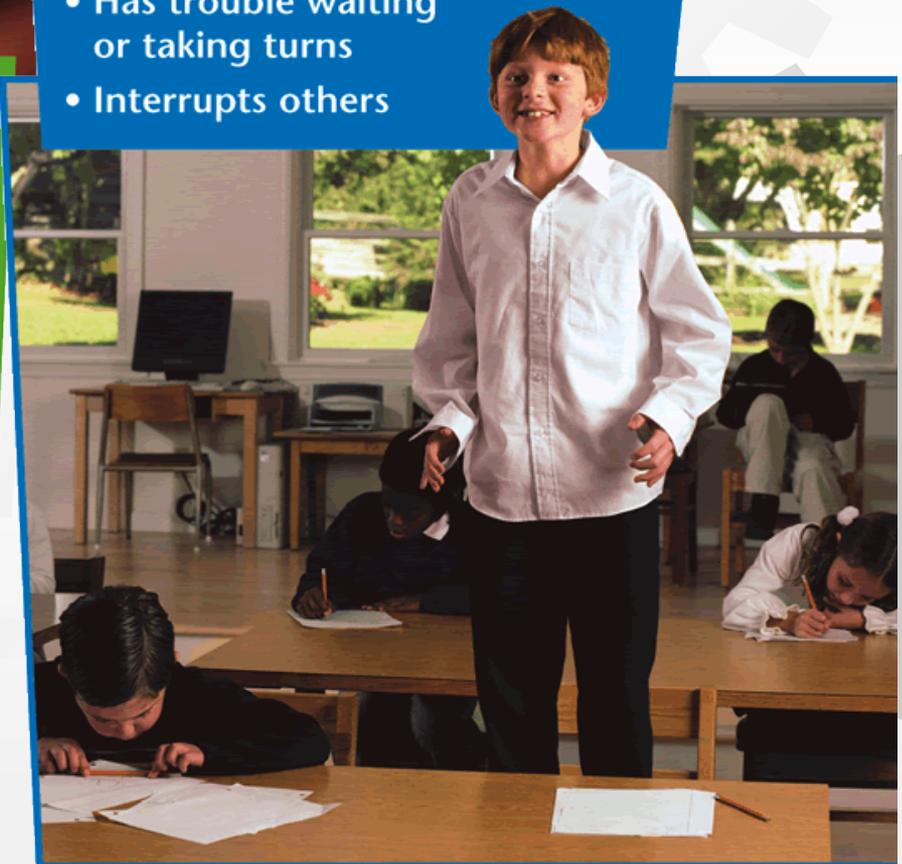


Signs of Attention Deficit

- Doesn't pay attention to details
- Makes careless mistakes
- Does not seem to listen
- Is disorganized
- Forgets to do daily activities
- Is easily distracted
- Has difficulty following instructions

Signs of Hyperactivity

- Fidgets or squirms while seated
- Has trouble staying in seat
- Frequently runs about or climbs
- Has trouble working quietly
- Talks excessively
- Has trouble waiting or taking turns
- Interrupts others



Other Mental Health Topics

☀️ **Alzheimer's Disease**

- ☀️ Impaired memory / confusion
- ☀️ 11% of elderly ages 65 & up, 20% of elderly ages 75 & up.
- ☀️ Actual loss of brain matter

☀️ **Pedophilia**

- ☀️ Individuals who engage in sexual activity with child (*generally ages 13yrs & under*)
- ☀️ 95% are males with no gender preference
- ☀️ No specific treatment, But Castration (removal of testicles) used to be used

☀️ **Tourette's Syndrome**

- ☀️ Characterized by uncontrollable "tics" (movements or sounds)
- ☀️ meds may help control – but not 100%
- ☀️ Only 10% have obscenity tics

Other Mental Health Topics Cont..

☀ **Tourette's Syndrome**

- Characterized by uncontrollable “tics” (movements or sounds)
- meds may help control – but not 100%
- Only 10% have obscenity tics

☀ **Hypochondria:** A somatoform disorder characterized by constant fear of disease and preoccupation with one's health

- A person could fake symptoms out of a medical book. He/she could then produce the symptoms within a few days. He/she will visit different doctors until diagnosed

- **Somatoform Disorders:** A mental disorder in which a person complains of physical symptoms, such as pain, when no underlying physical causes can be found.

☀ **Impulse-Control Disorders**

- Cannot resist the impulse, or drive, to act in a way that is harmful to themselves or others.
- Ex: uncontrolled shopping (85% female), uncontrolled gambling (75 million people in the U.S. cannot control the urge to gamble), impulse to steal (Kleptomania)

RIP

I TOLD YOU
I WAS SICK!



Autism

- ✱ **Autism** – A disorder of childhood, characterized by marked deficits in communication and social interaction, pre-occupation with fantasy, language impairment, and abnormal behavior, such as repetitive acts and excessive attachment to certain objects.

Types of Mental Health Professionals

- ✦ **Psychiatrist** – A physician (medical doctor) who can diagnose and treat mental disorders. (can prescribe meds)
- ✦ **Psychologist** – specializes in mental disorders but **CANNOT** prescribe medications
 - **Clinical Psychologists** – trained to recognize and treat behavior that is not normal. They have a doctoral degree in psychology and practical training experience in clinics & hospitals.
- ✦ **Social Worker** – work as a link between people who need help and community resources that provide help
- ✦ **Neurology** – medical science that deals with the nervous system and disorders affecting it
 - Neurologists: A physician who treats physical disorders of the nervous system.

The End!

