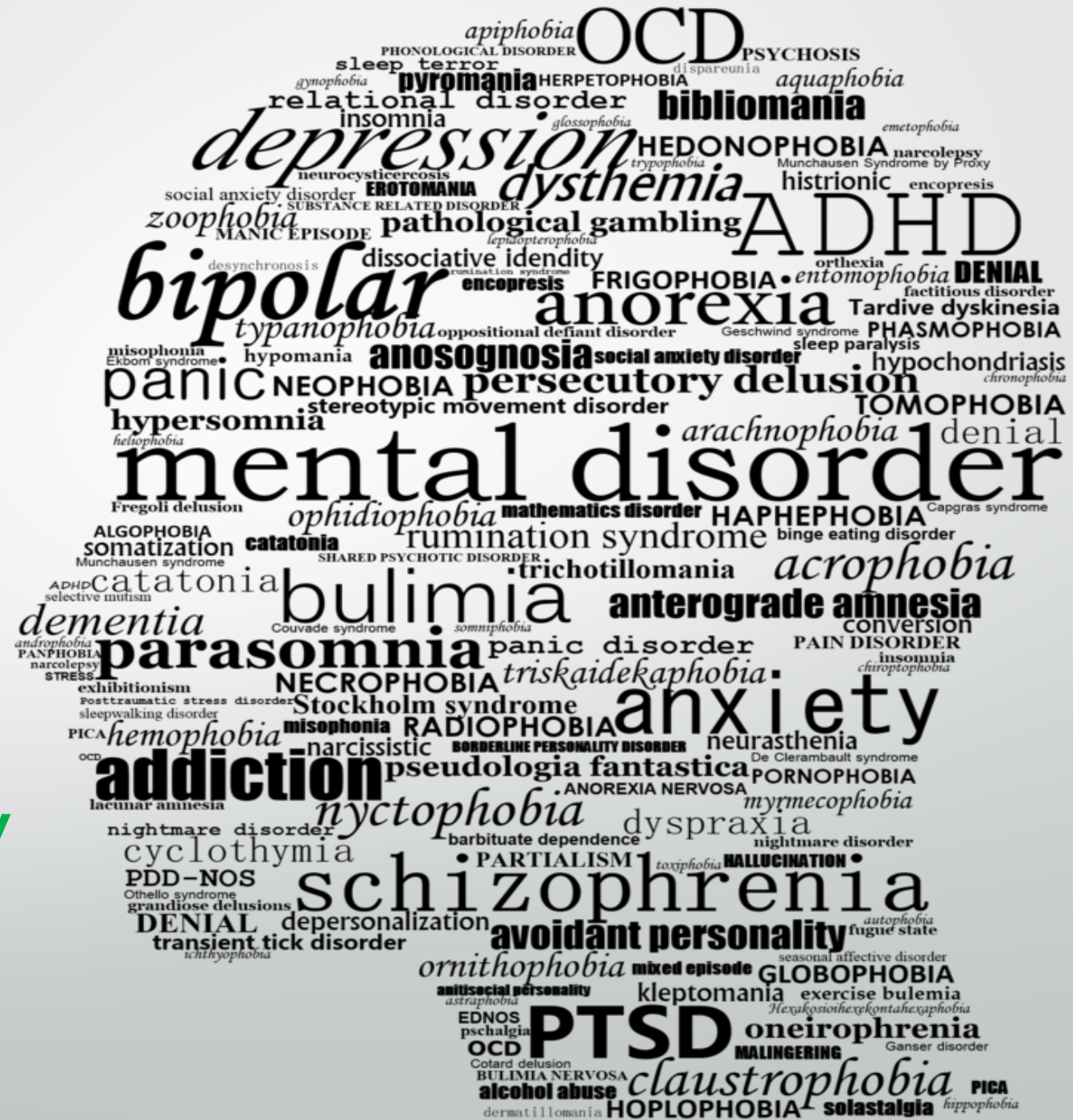


Lecture III: Mental disorders

Subject: Clinical Psychology

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Structure:



- Mental disorder definition and classification
- Mental disorder symptoms
- Mental disorder causes
- Mental disorder treatment and prophylaxis



Mental disorders' other names:

- psychiatric disorder,
- psychological disorder,
- mental illness,
- mental disease,
- mental breakdown,
- nervous breakdown
- mental health disorders



Mental disorders

- **Mental disorders** - refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior.
- **Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect the person's ability to function and to and to adapt to environment.**
- A mental illness can make person miserable and can cause problems in his daily life, such as at school or work or in relationships.



Examples of widespread mental disorders

- depression,
- anxiety disorders,
- schizophrenia,
- eating disorders,
- addictive behaviors

Types of mental disorders



- Anxiety disorders,
- Eating disorders,
- Mood disorders,
- Neurodevelopmental disorders,
- Personality disorders,
- Psychotic disorders,
- Substance use disorders

Anxiety disorder

- **Anxiety disorders** are a group of mental disorders characterized by significant feelings of anxiety and fear. Anxiety is a worry about future events, and fear is a reaction to current events. These feelings may cause physical symptoms, such as a fast heart rate and shakiness. The disorder differs by what results in the symptoms. People often have more than one anxiety disorder.
- **The cause of anxiety disorders** is thought to be a combination of genetic and environmental factors. Risk factors include a history of child abuse, family history of mental disorders, and poverty. Anxiety disorders often occur with other mental disorders, particularly major depressive disorder, personality disorder, and substance use disorder.
- **To be diagnosed** symptoms typically need to be present for at least 6 months, be more than what would be expected for the situation, and decrease functioning.

Types of anxiety disorders

- 1.1 Generalized anxiety disorder
- 1.2 Specific phobias
- 1.3 Panic disorder
- 1.4 Agoraphobia
- 1.5 Social anxiety disorder
- 1.6 Post-traumatic stress disorder
- 1.7 Separation anxiety disorder
- 1.8 Situational anxiety
- 1.9 Obsessive–compulsive disorder
- 1.10 Selective mutism



Anxiety disorder's treatment and prophylaxis

- Without treatment, anxiety disorders tend to remain.
- Treatment may include lifestyle changes, counselling, and medications. Counselling is typically with a type of cognitive behavioral therapy.
- Medications, such as antidepressants, benzodiazepines, or beta blockers, may improve symptoms.

Eating disorder

- An **eating disorder** is a mental disorder defined by abnormal eating habits that negatively affect a person's physical or mental health. These disorders do not include obesity.
- **The causes** of eating disorders are not clear. Both biological and environmental factors appear to play a role. Cultural idealization of thinness is believed to contribute to some eating disorders.
- **Treatment** can be effective for many eating disorders. Typically, this involves counselling, a proper diet, a normal amount of exercise and the reduction of efforts to eliminate food. Hospitalization may be needed in more serious cases. Medications may be used to help with some of the associated symptoms.

Types of eating disorders

- **Binge eating disorder**, where people eat a large amount in a short period of time;
- **Anorexia nervosa**, where people eat very little due to a fear of gaining weight and thus have a low body weight;
- **Bulimia nervosa**, where people eat a lot and then try to rid themselves of the food;
- **Pica**, where people eat non-food items;
- **Rumination syndrome**, where people regurgitate food;
- **Avoidant/restrictive food intake disorder (ARFID)**, where people have a lack of interest in food;
- **Other** specified feeding or eating disorders.



Mood disorder

- **Mood disorder, (mood affective disorders),** is a group of conditions where a disturbance in the person's mood is the main underlying feature.
- Mood disorders may also be substance induced or occur in response to a medical condition.

Types of mood disorders

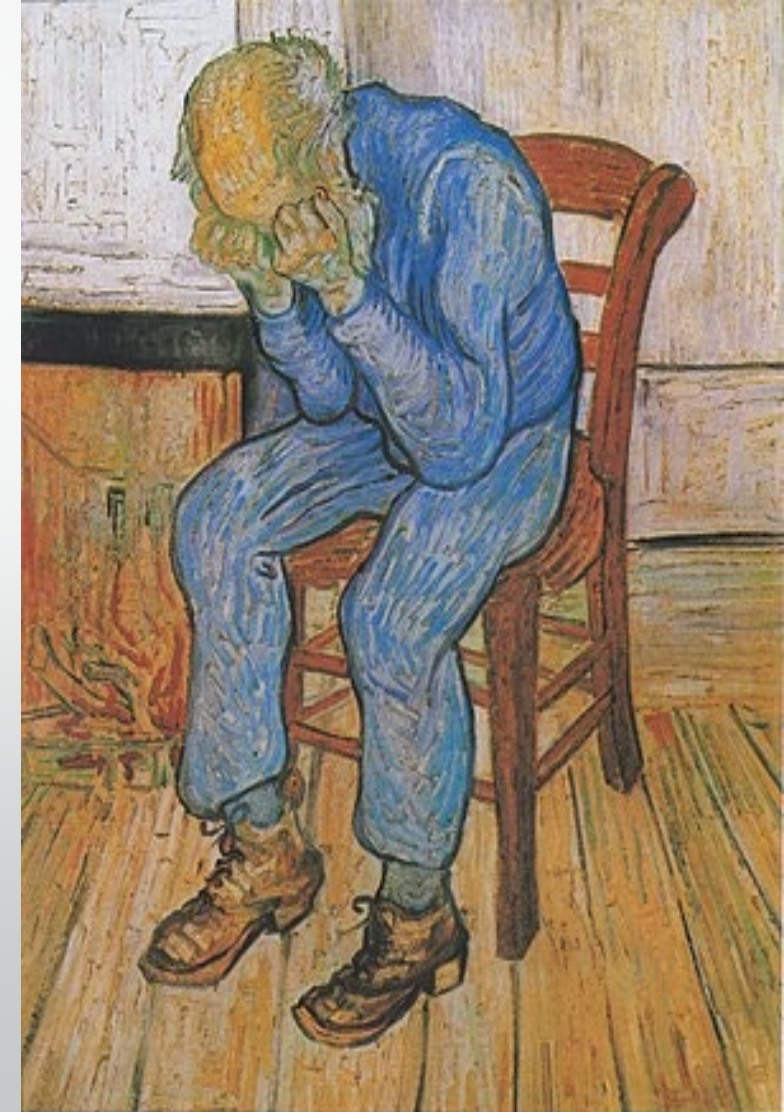
Mood disorders fall into the basic groups of elevated mood, such as:

- **Depressed mood**, of which the best-known and most researched is **major depressive disorder (MDD)** (commonly called clinical depression, unipolar depression, or major depression);
- **Bipolar disorder (BD)** - moods which cycle between mania and depression, known as (formerly known as **manic depression**).

!!! **Sub-types of depressive disorders** or psychiatric syndromes featuring less severe symptoms such as **dysthymic disorder** (similar to but milder than MDD) and **cyclothymic disorder** (similar to but milder than BD).

Major depressive disorder (MDD)

- **Major depressive disorder (MDD)**, also known simply as **depression**, is a mental disorder characterized by at least two weeks of low mood that is present across most situations. It is often accompanied by low self-esteem, loss of interest in normally enjoyable activities, low energy, and pain without a clear cause.
- **Major depressive disorder** can negatively affect a person's personal life, work life, or education as well as sleeping, eating habits, and general health.[[]
- About 2–8% of adults with major depression die by suicide, and about 50% of people who die by suicide had depression or another mood disorder.
- The cause is believed to be a combination of genetic, environmental, and psychological factors. Risk factors include a family history of the condition, major life changes, certain medications, chronic health problems, and substance abuse.



Bipolar disorder



- **Bipolar disorder** - known as **manic depression**, is a mental disorder characterized by periods of depression and abnormally elevated moods. If the elevated mood is severe or associated with **psychosis**, it is called **mania**; if it is less severe, it is called **hypomania**.
- **During mania**, an individual behaves or feels abnormally energetic, happy, or irritable. Individuals often make impulsive decisions with little regard for the consequences. There is usually a reduced need for sleep during manic phases.
- **During periods of depression**, there may be crying, a negative outlook on life, and poor eye contact with others.
- **The causes** are not clearly understood, but both environmental and genetic factors play a role. Many genes, each with small effects, contribute to the disorder. Genetic factors account for about 70-90% of the risk. Environmental risk factors include a history of childhood abuse and long-term stress.

Neurodevelopmental disorders

- **Neurodevelopmental disorders** are a group of disorders that affect the development of the nervous system, leading to **abnormal brain function which may affect emotions, learning ability, self-control, and memory.**
- Neurodevelopmental disorders are impairments of the growth and development of the brain and/or central nervous system.
- The effects of neurodevelopmental disorders tend to last for a person's entire lifetime.

Examples of neurodevelopmental disorders

- **Intellectual disability** (ID) or intellectual and developmental disability (IDD), previously called mental retardation
- **Specific learning disorders** , like Dyslexia or Dyscalculia .
- **Autism spectrum disorders**, such as Asperger's syndrome or Autistic Disorder
- **Motor disorders** including developmental coordination disorder and stereotypic movement disorder
- **Tic disorders** including Tourette's syndrome
- **Traumatic brain injury** (including congenital injuries such as those that cause cerebral palsy)
- **Communication, speech and language disorders** (Tahilalia, Bradilalia)
- **Genetic disorders**, such as fragile-X syndrome, **Down syndrome**, **attention deficit hyperactivity disorder (ADHD)**, **schizophrenia**, schizotypal disorder, hypogonadotropic hypogonadal syndromes

Personality disorder

- **Personality disorders (PD)** are a class of mental disorders characterized by enduring maladaptive patterns of behavior, cognition, and inner experience, exhibited across many contexts and deviating from those accepted by the individual's culture. These patterns develop early, are inflexible, and are associated with significant distress or disability.
- **Personality disorders** are defined by experiences and behaviors that differ from social norms and expectations. Those diagnosed with a personality disorder may experience difficulties in cognition, emotiveness, interpersonal functioning, or impulse control.
- **Personality disorders** are characterized by an enduring collection of behavioral patterns often associated with considerable personal, social, and occupational disruption. This behavior can result in maladaptive coping skills and may lead to personal problems that induce extreme anxiety, distress, or depression.
- **These behavior patterns** are typically recognized in adolescence, the beginning of adulthood or sometimes even childhood and often have a pervasive negative impact on the quality of life.



Personality disorders

Cluster A (odd)

Paranoid; Schizoid; Schizotypal

Cluster B (dramatic)

Antisocial; Borderline; Histrionic; Narcissistic

Cluster C (anxious)

Avoidant Dependent Obsessive–compulsive

Not specified

- Depressive; Passive–aggressive; Sadistic; Self-defeating; Psychopathic

Psychosis

- **Psychosis** is an abnormal condition of the mind that results in difficulties determining what is real and what is not.
- **Symptoms** may include false beliefs (delusions) and seeing or hearing things that others do not see or hear (hallucinations). Other symptoms may include incoherent speech and behavior that is inappropriate for the situation, sleep problems, social withdrawal, lack of motivation, and difficulties carrying out daily activities.



Psychosis causes and treatment

- Psychosis has many different causes. These include mental illness, such as **schizophrenia or bipolar disorder, sleep deprivation, some medical conditions, certain medications, and drugs such as alcohol or cannabis**. One type, known as **postpartum psychosis**, can occur after giving birth.
- **Acute psychosis** is considered primary if it results from a psychiatric condition and secondary if it is caused by a medical condition. The diagnosis of a mental illness requires excluding other potential causes. Testing may be done to check for central nervous system diseases, toxins, or other health problems as a cause.
- **Treatment** may include antipsychotic medication, counselling, and social support. Early treatment appears to improve outcomes.

Substance use disorder

Substance use disorder (SUD), also known as a **drug use disorder**, is the persistent use of drugs (including alcohol) despite substantial adverse consequences.

Substance use disorders are characterized by an array of mental, physical, and behavioral symptoms that may cause problems related to loss of control, strain to one's interpersonal life, hazardous use, tolerance, and withdrawal.

Drug classes that are involved in SUD include: **alcohol**; **caffeine**; **cannabis**; **hallucinogens** or **anxiolytics**; **stimulants**; **tobacco**; and **other or unknown substances**.

The severity of substance use disorders can vary widely; in the diagnosis of a SUD, the severity of an individual's SUD is qualified as *mild*, *moderate*, or *severe*.



Substance use disorder's treatment

- The ultimate goal of treatment isn't simply to eliminate substance use—**it's to help the person with addiction move forward in their life.**
- For many types of substance use disorders, treatment includes an initial period of withdrawal management, often referred to as 'detoxification,' in which the physical symptoms of withdrawal are safely managed. **Attempting to quit a substance "cold turkey" can be dangerous or even fatal for people who are addicted to alcohol, opioids, or benzodiazepines.** Medically-supervised withdrawal management must be part of any addiction treatment plan.
- There are several **highly effective medications** that can be used to treat some addictions as alcohol and opioid use disorders.
- Since addiction and behavioral health disorders often go hand in hand, **therapy and counseling** are a very important part of the treatment plan. There are a wide range of **behavioral therapies** available, and a professional can help determine which type is most appropriate based on individual needs.
- **Support groups** include (such as Alcoholics Anonymous or Narcotics Anonymous)



Symptoms of mental disorders

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking

Signs and symptoms of mental illness



- Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors.
- Mental illness symptoms can affect emotions, thoughts and behavior.
- Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.

Major causes of mental disorders

- **Inherited traits.** Mental illness is more common in people whose blood relatives also have a mental illness. Certain genes may increase your risk of developing a mental illness, and your life situation may trigger it.
- **Environmental exposures before birth.** Exposure to environmental stressors, inflammatory conditions, toxins, alcohol or drugs while in the womb can sometimes be linked to mental illness.
- **Environmental exposures after birth.** Chronic negligence, lack of education, of attention and love, traumatic events exposure can influence negatively child's personality development and serve as triggers for some psychological problems in adulthood.
- **Brain chemistry.** Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When the neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.



Risk factors of mental disorders

- A history of mental illness in a blood relative, such as a parent or sibling
- Stressful life situations, such as financial problems, a loved one's death or a divorce
- An ongoing (chronic) medical condition, such as diabetes
- Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head
- Traumatic experiences, such as military combat or assault
- Use of alcohol or recreational drugs
- A childhood history of abuse or neglect
- Few friends or few healthy relationships
- A previous mental illness.



Important to know:

- Mental illness is **common**. About 1 in 5 adults has a mental illness in any given year.
- Mental illness **can begin at any age**, from childhood through later adult years, but most cases begin earlier in life.
- **The effects** of mental illness can be temporary or long lasting. Someone can have **more than one** mental health disorder at the same time. For example, depression and a substance use disorder.
- **Untreated mental illness** can cause severe emotional, behavioral and physical health problems.

Mental disorder's complications

- Unhappiness and decreased enjoyment of life
- Family conflicts
- Relationship difficulties
- Social isolation
- Problems with tobacco, alcohol and other drugs
- Missed work or school, or other problems related to work or school
- Legal and financial problems
- Poverty and homelessness
- Self-harm and harm to others, including suicide or homicide
- Weakened immune system, a hard time resisting infections
- Heart disease and other medical conditions.

Mental disorders' prevention

- There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control. Follow these steps:
- **Pay attention to warning signs.** Work with your doctor or therapist to learn what might trigger your symptoms. Make a plan so that you know what to do if symptoms return. Contact your doctor or therapist if you notice any changes in symptoms or how you feel. Consider involving family members or friends to watch for warning signs.
- **Get routine medical care.** Don't neglect checkups or skip visits to your primary care provider, especially if you aren't feeling well. You may have a new health problem that needs to be treated, or you may be experiencing side effects of medication.
- **Get help when you need it.** Mental health conditions can be harder to treat if you wait until symptoms get bad. Long-term maintenance treatment also may help prevent a relapse of symptoms.
- **Take good care of yourself.** Sufficient sleep, healthy eating and regular physical activity are important. Try to maintain a regular schedule. Talk to your primary care provider if you have trouble sleeping or if you have questions about diet and physical activity.



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