

Mental Disorders

Mental disorders are medical conditions that require diagnosis and treatment

Understanding Mental Disorders

- A mental disorder is a medical condition that requires a diagnosis just like any physical illness or injury.



Key Term

Mental disorder

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

Types of Mental Disorders

- Mental disorders can sometimes be identified by their symptoms.
- Each year, one in four Americans is affected by some form of mental disorder

Anxiety Disorders

- Anxiety disorders are the most common mental health problems among children and teens.



Key Term

Anxiety disorder

A condition in which real or imagined fears are difficult to control

Anxiety Disorders

Phobia

A strong, irrational fear of something specific, such as heights or social situations.

Obsessive-Compulsive Disorder

Persistent thoughts, fears, or urges (obsessions) leading to uncontrollable repetitive behaviors (compulsions). For example, the fear of germs leads to constant hand washing.

Panic Disorder

Attacks of sudden, unexplained feelings of terror. “Panic attacks” are accompanied by trembling, increased heart rate, shortness of breath, or dizziness.

Anxiety Disorders

Post-Traumatic Stress Disorder (PTSD)

A condition that may develop after exposure to a terrifying event. Symptoms include flashbacks, nightmares, emotional numbness, guilt, sleeplessness, and problems concentrating.

Generalized Anxiety Disorder (GAD)

Exaggerated worry and tension for no reason. People with GAD startle easily and have difficulty concentrating, relaxing, and sleeping.

Impulse Control Disorders

- People with Impulse Control Disorders cannot resist the urge to hurt themselves or others

Impulse Control Disorders

Kleptomania

Unplanned theft of objects

Cutting

Repetitive cutting on parts of the body that can be hidden

Pyromania

Setting fires to feel pleasure or release tension

Excessive Gambling

Continuing to gamble despite heavy losses

Compulsive Shopping

Spending money on items that you can't afford and don't need

Eating disorders

- Eating disorders like anorexia nervosa, bulimia nervosa, or binge eating commonly occur during the teen years.
- Eating disorders can lead to unhealthy weight loss and death

Mood disorders

- A person with a **mood disorder** experiences extreme moods that are more severe than the normal highs and lows everyone experiences
- Mood disorders include depression and bipolar disorder
- *Bipolar disorder*, or manic-depressive disorder, is marked by extreme mood changes, energy levels, and behavior



Key Term

Mood disorder

An illness that involves mood extremes that interfere with everyday living

Conduct disorder

- Examples of conduct disorder include stealing, cruelty, lying, aggression, violence, truancy, arson, and vandalism



Key Term

Conduct disorder

Patterns of behavior in which the rights of others or basic social rules are violated

Schizophrenia

- *Schizophrenia* is a mental disorder in which a person loses contact with reality.
- Symptoms include unpredictable behavior, delusions, hallucinations, and thought disorders

Personality Disorders

- Teens with personality disorders are unable to regulate their emotions.
- They may feel distressed in social situations or may behave in ways that are distressing to others

Review

- 1. Identify the five types of anxiety disorders.**

Phobia, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, generalized anxiety disorder