

Mental/Emotional Health Problems

Mood Disorders and
Anxiety Disorders

Mental Health Problems

Mood Disorders: When a person experiences extreme or prolonged moods.

Depression: extreme extended sadness for more than two weeks

Symptoms of Depression:

- a. Loss of sleep or too much sleep
- b. Drastic change in appetite
- c. Unmotivated and withdrawn from others
- d. Dangerous or risk taking behaviors
- e. Anger and hostility
- f. Lack of proper hygiene or personal care
- g. Negative and hopeless of the future

Signs of Suicide: one or more of these

- a) Dropping usual activities
- b) Extreme lack of personal care
- c) Giving away prized possessions
- d) Talking of suicide “better off without me”
- e) Having a sudden improvement in mood

Anxiety Disorders: extreme worries about confronting a situation, an event, or an object.

Phobia: extreme irrational fear that restricts a person’s lifestyle.

- a. Examples: activities, situations, avoids fear of the potential outcome of the experience
- b. Immediate response of anxiety when exposed to phobia trigger.
- c. Agoraphobia:fear of places, Arachnophobia – fear of spiders. Catagelophobia - Fear of being ridiculed or being embarrassed.
- d. Coulrophobia – fear of clowns (not restricted to evil clowns). Disposophobia, better known as "compulsive hoarding" – the fear of getting rid of or losing things. Mysophobia – fear of germs, contamination or dirt.

Mental Health Problems continued

Mood Disorder

Bi-Polar Disorder (Manic/Depressive Disorder)

- a. Symptoms include: Severe mood swings=very happy to very very sad-like a roller coaster- could be within minutes or hours
- b. The periods of highs and lows are called episodes of mania and depression.

Anxiety Disorder

Obsessive Compulsive Disorder: Obsessive-compulsive disorder (OCD) is an anxiety disorder where people have continuous, unwanted thoughts, ideas or sensations (obsessions) that make them feel they have to do something repetitively (compulsions). The repetitive behaviors, such as hand washing, checking on things, or cleaning, can greatly interfere with a person's daily life and social interactions. OCD often begins in childhood, adolescence or early adulthood.

Cognitive-Behavioral Therapy

One effective treatment is a type of cognitive-behavioral therapy known as exposure and response prevention. During treatment sessions, patients are exposed to the situations that create anxiety and provoke compulsive behavior or mental rituals. Through exposure, patients learn to decrease and then stop the rituals that plague their lives.

Causes of Mental Health Disorders

Causes may vary from person to person and could be a mix of the following:

- a. Neurotransmitter imbalance in the brain. Serotonin and other chemicals are out of balance which makes it difficult to respond appropriately.
- b. Genetics may be a factor if someone in the family has a mental health disorder or has had one in the past.
- c. Environmental causes are events or situations in a person's life that are difficult to cope with and are causing a lot of negative mental and emotional stress. (financial, substance abuse, illness, fighting, etc.)
- d. Traumatic events that the person did not have any control over and does not know how to cope with their emotions and thoughts.

Treatments for Mental Health Disorders

	Psychiatrist (Can prescribe medicine and uses a variety of therapies.)	Psychologist (Does not prescribe medicines. Only uses talk therapies)
Education	Psychiatrists are trained to be physicians (MDs or DOs) and complete 4 years of medical school, then 4 years of medical residency training. As an MD they are licensed to prescribe and to give full physical examinations.	Psychologists receive 5 years of graduate training leading to a PhD or PsyD in clinical psychology. <i>Their primary training is in psychotherapy, behavioral science, psychological research and personality assessments.</i>
Type of work	The medical training of psychiatrists qualifies them for administering somatic therapies such as electroconvulsive therapy and psychotropic medication, as well as different types of non-medical therapies if they choose to do so.	Clinical psychologists provide psychological/behavioral interventions for those who are experiencing psychological disorders, including anxiety, depression, anger, addictions, PTSD, ADHD, Family stress/divorce.
Method of Treatment	Meet with clients for approximately 5 - 15 minutes and prescribe medications. A small percentage of psychiatrists provide psychotherapy.	Meet with clients for 45 - 60 minutes, educate about the mind-body relationship, provide emotional support, conduct psychological testing and assessment. In Louisiana and New Mexico, can also prescribe mental health medications, if certified
Interests	Curing mental disorders resulting from physical problems (genetic or obtained), primarily via medication or more invasive medical therapies such	Finding healthy alternative ways of thinking and living life. How to implement positive habits and assisting clients to improve and enjoy their relationships

Mental Illness

- A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.
- 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 your ability to function.

Causes of Mental Illness

- **What Biological Factors Are Involved in Mental Illness?**
- Some mental illnesses have been linked to abnormal functioning of nerve cell circuits or pathways that connect particular brain regions. Nerve cells within these brain circuits communicate through chemicals called neurotransmitters. "Tweaking" these chemicals -- through medicines, psychotherapy or other medical procedures -- can help brain circuits run more efficiently. In addition, defects in or injury to certain areas of the brain have also been linked to some mental conditions.
- Other biological factors that may be involved in the development of mental illness include:
- **Genetics (heredity):** Mental illnesses sometimes run in families, suggesting that people who have a family member with a mental illness may be somewhat more likely to develop one themselves. Mental illness itself occurs from the interaction of multiple genes and other factors -- such as [stress](#), abuse, or a traumatic event -- which can influence, or trigger, an illness in a person who has an inherited susceptibility to it.
- **Infections:** Certain infections have been linked to brain damage and the development of mental illness or the worsening of its [symptoms](#). For example, a condition known as pediatric autoimmune neuropsychiatric disorder (PANDA) associated with the [Streptococcus](#) bacteria has been linked to the development of [obsessive-compulsive disorder](#) and other mental illnesses in children.
- **Brain defects or injury:** Defects in or injury to certain areas of the brain have also been linked to some mental illnesses.

Causes of Mental Illness continued

- **Prenatal damage:** Some evidence suggests that a disruption of early fetal brain development or trauma that occurs at the time of birth -- for example, loss of oxygen to the brain -- may be a factor in the development of certain conditions, such as [autism](#).
- **Substance abuse:** Long-term substance abuse, in particular, has been linked to anxiety, depression, and paranoia.
- **Other factors:** Poor [nutrition](#) and exposure to toxins, such as lead, may play a role in the development of mental illnesses.
- **What Psychological Factors Contribute to Mental Illness?**
- Psychological factors that may contribute to mental illness include:
 - Severe psychological trauma suffered as a child, such as emotional, physical, or sexual abuse
 - An important early loss, such as the loss of a parent
 - Neglect
 - Poor ability to relate to others

Types of Mental Illness

Schizophrenia: Severe mental illness in which a person loses contact with reality.

Symptoms:

- a. See or hear things that are not there (hallucinations)
- b. False beliefs (delusions)(They may work for the CIA)
- c. Disorganized speech or thoughts
- d. It is usually diagnosed between the ages of 17-35
- e. Believe it is genetic and also due to excessive high levels of dopamine

Dissociative Identity Disorder(used to be multiple personality disorders)

Symptoms:

- a. A breakdown of memory, awareness, identity, and or perception
- b. Difficult issues with their identities and personal history
- c. Use the disconnect method for coping with a stressful or traumatic event-avoid reality
- d. Usually have two or more personalities to use for coping
- e. Caused from EXTREME and repeated trauma that occurs during childhood
- f. Counseling and medications for treatment

Questions to Answer for Mental Health Information

1. How long does a person have to be depressed for it to be depression?
2. List three signs of depression.
3. Which Neurotransmitter tends to be low for mood disorders?
4. List three different signs of suicide.
5. Explain how Bi-Polar disorder is different from Depression.
6. List three people a person should talk to if they know someone is threatening to commit suicide?
7. What is the difference between a mood disorder and an anxiety disorder?
8. Explain how a phobia is different than obsessive compulsive disorder.
9. List two causes of Mental Health Problems.
10. Summarize how a Mental Health Illness is different than a Mental Health Problem.
11. List three causes for Mental Health Illness.
12. What are two possible causes for Schizophrenia.
13. Explain why Dissociative Disorder can begin and how it affects a person's life.
14. What is the difference between a Psychologist and a Psychiatrist.