



# **Mental Health**



# Introduction

- During the course of their lives, 1 in 4 individuals will experience a short or long term mental health condition, which may or may not require a caregiver. Some of these individuals will also have dual diagnoses, and their mental health diagnosis may accompany a physical or behavioral condition that requires care. In these situations, a better understanding of their mental health diagnosis can be helpful to their caregiver in understanding their loved one.

# Table of Contents

- Attention Deficit Hyperactivity Disorder
- Bipolar Disorder
- Generalized Anxiety Disorder
- Major Depressive Disorder
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Social Anxiety
- Schizophrenia

# Attention Deficit Hyperactivity Disorder

- Inattention, hyperactivity, and impulsivity are the key behaviors of ADHD. It is normal for all children to be inattentive, hyperactive, or impulsive sometimes, but for children with ADHD, these behaviors are more severe and occur more often. To be diagnosed with the disorder, a child must have symptoms for 6 or more months and to a degree that is greater than other children of the same age.

# Attention Deficit Hyperactivity Disorder

- Children who have symptoms of **inattention** may:
  - Be easily distracted, miss details, forget things, and frequently switch from one activity to another
  - Have difficulty focusing on one thing
  - Become bored with a task after only a few minutes, unless they are doing something enjoyable
  - Have difficulty focusing attention on organizing and completing a task or learning something new
  - Have trouble completing or turning in homework assignments, often losing things (e.g., pencils, toys, assignments) needed to complete tasks or activities
  - Not seem to listen when spoken to
  - Daydream, become easily confused, and move slowly
  - Have difficulty processing information as quickly and accurately as others
  - Struggle to follow instructions.

# Attention Deficit Hyperactivity Disorder

- Children who have symptoms of **hyperactivity** may:
  - Fidget and squirm in their seats
  - Talk nonstop
  - Dash around, touching or playing with anything and everything in sight
  - Have trouble sitting still during dinner, school, and story time
  - Be constantly in motion
  - Have difficulty doing quiet tasks or activities.

# Attention Deficit Hyperactivity Disorder

- Children who have symptoms of **impulsivity** may:
  - Be very impatient
  - Blurt out inappropriate comments, show their emotions without restraint, and act without regard for consequences
  - Have difficulty waiting for things they want or waiting their turns in games
  - Often interrupt conversations or others' activities.

Taken from <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml#part3>

# Bipolar Disorder

Symptoms of mania or a manic episode include:	Symptoms of depression or a depressive episode include:
<b>Mood Changes</b> <ul style="list-style-type: none"><li>▶ An overly long period of feeling "high," or an overly happy or outgoing mood</li><li>▶ Extreme irritability.</li></ul>	<b>Mood Changes</b> <ul style="list-style-type: none"><li>▶ An overly long period of feeling sad or hopeless</li><li>▶ Loss of interest in activities once enjoyed, including sex.</li></ul>
<b>Behavioral Changes</b> <ul style="list-style-type: none"><li>▶ Talking very fast, jumping from one idea to another, having racing thoughts</li><li>▶ Being unusually distracted</li><li>▶ Increasing activities, such as taking on multiple new projects</li><li>▶ Being overly restless</li><li>▶ Sleeping little or not being tired</li><li>▶ Having an unrealistic belief in your abilities</li><li>▶ Behaving impulsively and engaging in pleasurable, high-risk behaviors.</li></ul>	<b>Behavioral Changes</b> <ul style="list-style-type: none"><li>▶ Feeling overly tired or "slowed down"</li><li>▶ Having problems concentrating, remembering, and making decisions</li><li>▶ Being restless or irritable</li><li>▶ Changing eating, sleeping, or other habits</li><li>▶ Thinking of death or suicide, or attempting suicide.</li></ul>



# Generalized Anxiety Disorder (GAD)

- People with GAD can't seem to get rid of their concerns, even though they usually realize that their anxiety is more intense than the situation warrants. They can't relax, startle easily, and have difficulty concentrating. Often they have trouble falling asleep or staying asleep. Physical symptoms that often accompany the anxiety include fatigue, headaches, muscle tension, muscle aches, difficulty swallowing, trembling, twitching, irritability, sweating, nausea, lightheadedness, having to go to the bathroom frequently, feeling out of breath, and hot flashes.

# Generalized Anxiety Disorder (GAD)

- GAD develops slowly. It often starts during the teen years or young adulthood. Symptoms may get better or worse at different times, and often are worse during times of stress.
- When their anxiety level is mild, people with GAD can function socially and hold down a job. Although they don't avoid certain situations as a result of their disorder, people with GAD can have difficulty carrying out the simplest daily activities if their anxiety is severe.

Taken from <http://www.nimh.nih.gov/health/topics/generalized-anxiety-disorder-gad/index.shtml>

# Major Depressive Disorder

- People with depressive illnesses do not all experience the same symptoms. The severity, frequency, and duration of symptoms vary depending on the individual and his or her particular illness.
- **Signs and symptoms include:**
  - Persistent sad, anxious, or "empty" feelings
  - Feelings of hopelessness or pessimism
  - Feelings of guilt, worthlessness, or helplessness
  - Irritability, restlessness
  - Loss of interest in activities or hobbies once pleasurable, including sex
  - Fatigue and decreased energy
  - Difficulty concentrating, remembering details, and making decisions
  - Insomnia, early-morning wakefulness, or excessive sleeping
  - Overeating, or appetite loss
  - Thoughts of suicide, suicide attempts
  - Aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment.

# Obsessive Compulsive Disorder (OCD)

- People with OCD may have....
  - Have repeated thoughts or images about many different things, such as fear of germs, dirt, or intruders; acts of violence; hurting loved ones; sexual acts; conflicts with religious beliefs; or being overly tidy
  - Do the same rituals over and over such as washing hands, locking and unlocking doors, counting, keeping unneeded items, or repeating the same steps again and again
  - Can't control the unwanted thoughts and behaviors
  - Don't get pleasure when performing the behaviors or rituals, but get brief relief from the anxiety the thoughts cause
  - Spend at least 1 hour a day on the thoughts and rituals, which cause distress and get in the way of daily life.

# Post Traumatic Stress Disorder (PTSD)

- PTSD has three classifications of symptoms
  - Re-experiencing symptoms
    - Flashbacks—reliving the trauma over and over, including physical symptoms like a racing heart or sweating
    - Bad dreams
    - Frightening thoughts.
    - Re-experiencing symptoms may cause problems in a person's everyday routine. They can start from the person's own thoughts and feelings. Words, objects, or situations that are reminders of the event can also trigger re-experiencing.

# PTSD

- PTSD has three classifications of symptoms
  - Avoidance Symptoms
    - Staying away from places, events, or objects that are reminders of the experience
    - Feeling emotionally numb
    - Feeling strong guilt, depression, or worry
    - Losing interest in activities that were enjoyable in the past
    - Having trouble remembering the dangerous event.
    - Things that remind a person of the traumatic event can trigger avoidance symptoms. These symptoms may cause a person to change his or her personal routine. For example, after a bad car accident, a person who usually drives may avoid driving or riding in a car

# PTSD

- PTSD has three classifications of symptoms
  - Hyperarousal symptoms
    - Being easily startled
    - Feeling tense or “on edge”
    - Having difficulty sleeping, and/or having angry outbursts.
    - Hyperarousal symptoms are usually constant, instead of being triggered by things that remind one of the traumatic event. They can make the person feel stressed and angry. These symptoms may make it hard to do daily tasks, such as sleeping, eating, or concentrating.
    - It is normal to experience these symptoms immediately after a traumatic event. Those with PTSD may not experience symptoms for months or years after the event.

# Social Anxiety

- People with Social Anxiety tend to
  - Be very anxious about being with other people and have a hard time talking to them, even though they wish they could
  - Be very self-conscious in front of other people and feel embarrassed
  - Be very afraid that other people will judge them
  - Worry for days or weeks before an event where other people will be
  - Stay away from places where there are other people
  - Have a hard time making friends and keeping friends
  - Blush, sweat, or tremble around other people
  - Feel nauseous or sick to their stomach when with other people



# Schizophrenia

- Symptoms of schizophrenia fall into three broad categories, positive symptoms, negative symptoms, and cognitive symptoms.
- Positive Symptoms
  - **Hallucinations:** things a person sees, hears, smells, or feels that no one else can see, hear, smell, or feel. "Voices" are the most common type of hallucination in schizophrenia. Many people with the disorder hear voices. The voices may....
    - talk to the person about his or her behavior
    - order the person to do things
    - warn the person of danger
    - talk to each other.
      - People with schizophrenia may hear voices for a long time before family and friends notice the problem

# Schizophrenia

- Positive Symptoms

- **Delusions:** false beliefs that are not part of the person's culture and do not change. The person believes delusions even after other people prove that the beliefs are not true or logical.
- Delusions may be bizarre. Examples include believing that neighbors can control their behavior with magnetic waves, or that radio stations are broadcasting their thoughts aloud to others. Sometimes they believe they are someone else, such as a famous historical figure.
- They may have paranoid delusions and believe that others are trying to harm them, such as by cheating, harassing, poisoning, spying on, or plotting against them or the people they care about. These beliefs are called "delusions of persecution."

# Schizophrenia

- Positive Symptoms
  - **Thought disorders** are unusual or dysfunctional ways of thinking. One form of thought disorder is called "disorganized thinking." This is when a person has trouble organizing his or her thoughts or connecting them logically. They may talk in a garbled way that is hard to understand.
  - Another form is called "thought blocking." This is when a person stops speaking abruptly in the middle of a thought. When asked why he or she stopped talking, the person may say that it felt as if the thought had been taken out of his or her head. Finally, a person with a thought disorder might make up meaningless words, or "neologisms."

# Schizophrenia

- Positive Symptoms

- **Movement disorders** may appear as agitated body movements. A person with a movement disorder may repeat certain motions over and over. In the other extreme, a person may become catatonic. Catatonia is a state in which a person does not move and does not respond to others. Catatonia is rare today, but it was more common when treatment for schizophrenia was not available.

# Schizophrenia

- Negative Symptoms

- Negative symptoms are associated with disruptions to normal emotions and behaviors. These symptoms are harder to recognize as part of the disorder and can be mistaken for depression or other conditions. These symptoms include the following:
  - "Flat affect" (a person's face does not move or he or she talks in a dull or monotonous voice)
  - Lack of pleasure in everyday life
  - Lack of ability to begin and sustain planned activities
  - Speaking little, even when forced to interact.
  - People with negative symptoms need help with everyday tasks. They often neglect basic personal hygiene. This may make them seem lazy or unwilling to help themselves, but the problems are symptoms caused by the schizophrenia.

# Schizophrenia

- Cognitive Symptoms
  - Cognitive symptoms are subtle. Like negative symptoms, cognitive symptoms may be difficult to recognize as part of the disorder. Often, they are detected only when other tests are performed. Cognitive symptoms include the following:
    - Poor "executive functioning" (the ability to understand information and use it to make decisions)
    - Trouble focusing or paying attention
    - Problems with "working memory" (the ability to use information immediately after learning it).
    - Cognitive symptoms often make it hard to lead a normal life and earn a living. They can cause great emotional distress.