

Mental Health: Specific Disorders



WOMEN'S HEALTH: A PUBLIC HEALTH PERSPECTIVE

Objectives



- Describe subtypes of mental health issues, specifically affective, anxiety, and eating disorders.

Types of Mental Health Issues

Classification of Disorders

- There are many different categories and many different facets of human behavior and personality that can become disordered.
- But there are common broad categories:
 - Affective (Mood) ←
 - Anxiety ←
 - Psychotic
 - Personality

Affective Disorders

DEPRESSION
BIPOLAR DISORDER

Affective Disorders

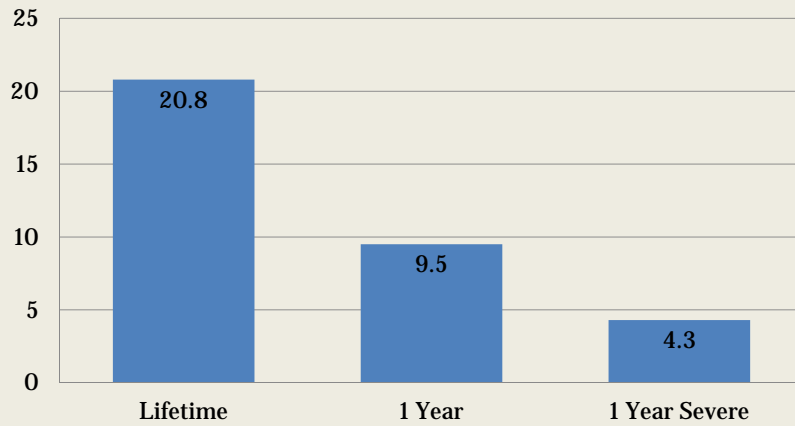


- Emotional or mood processes that become disordered

Prevalence of Affective Disorder (All)



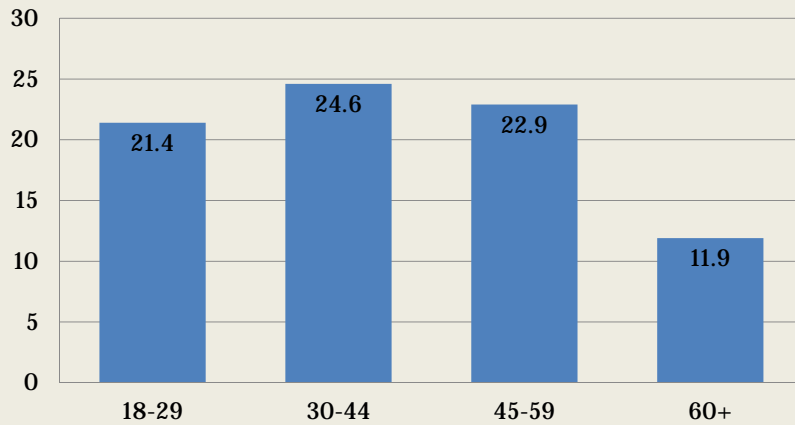
% US Adult Population



Prevalence of Affective Disorder (All) by Age

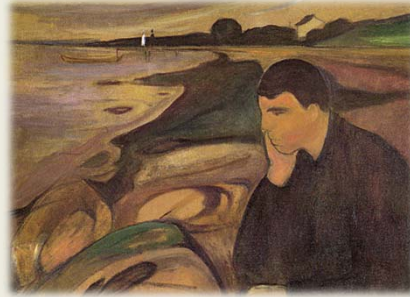


Prevalence of Affective Disorder by Age



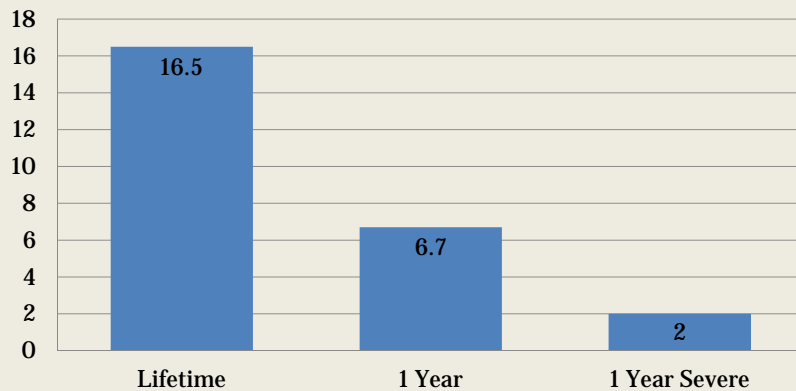
Depression

- **Depression:**
 - Persistent, inescapable feelings of sadness.
 - Often accompanied by feelings of inadequacy, hopelessness, and physical exhaustion.
- **Major Depression:**
 - Usually involves intense and sustained sadness, melancholia, or despair.



Prevalence Major Depressive Disorder

Prevalence of Major Depression in Adult US Population



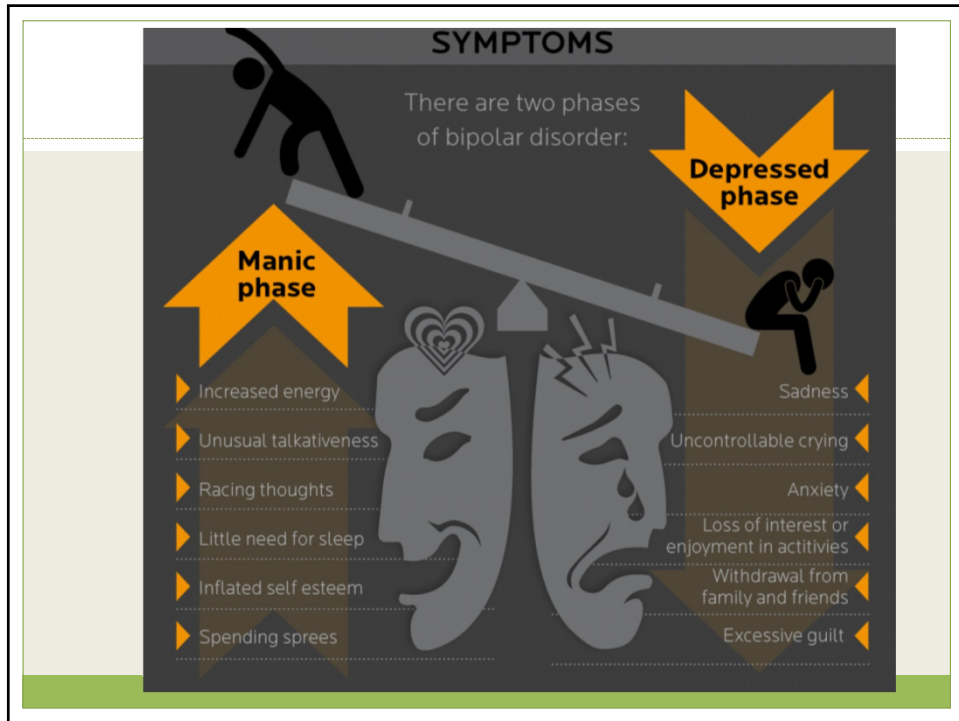
Bipolar Disorder

- Bipolar Disorder involves abnormally **'high'** or pressured mood states, known as mania or hypomania, alternating with normal or **'low'** depressed moods.



Bipolar Disorder





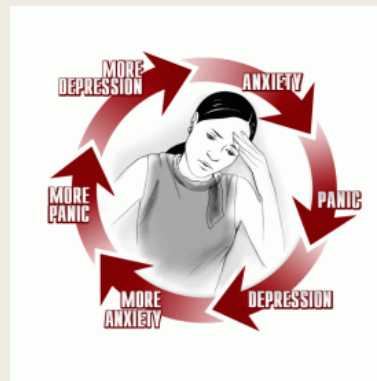
Anxiety Disorders

What is Anxiety?

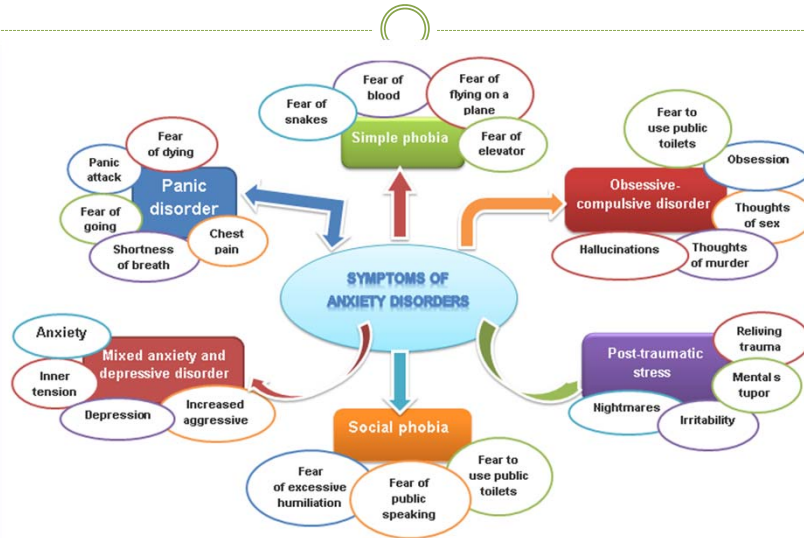
Anxiety is a mental function that helps us live safe, productive lives.

Anxiety Disorders

- Anxiety or fear that interferes with normal functioning

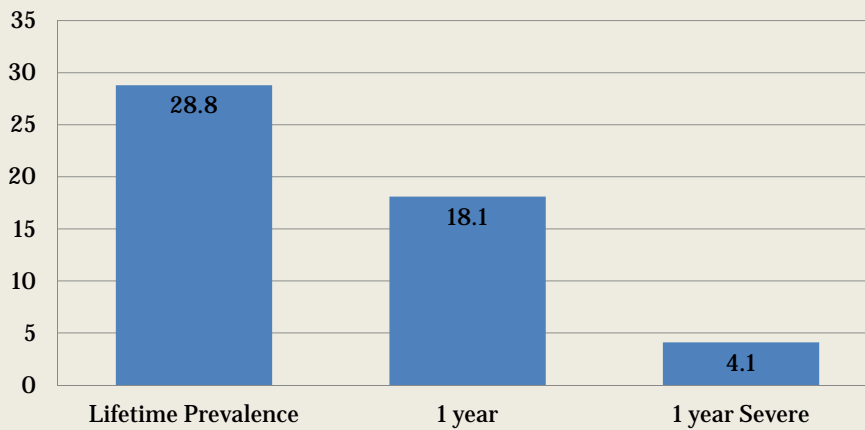


Types of Anxiety Disorder

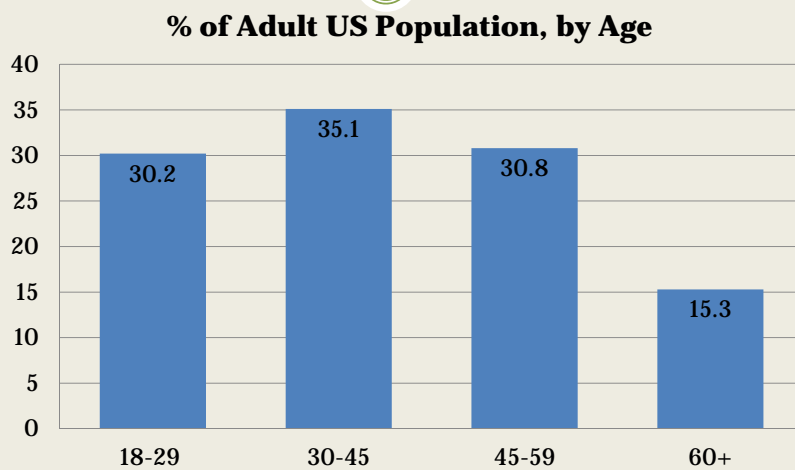


Anxiety Specific Disorders

% of US Adult Population



Anxiety Specific Disorders



Eating Disorders

Eating Disorders

- Serious mental health illness, characterized by dysfunctional eating patterns
- Biological and environmental causes
- Prevalence among women:
 - Anorexia: 0.5% - 3.7%
 - Bulimia: 1.1% - 4.2%

Anorexia Nervosa

- Deprivation of food and a body weight of at least 15% below normal.
- Symptoms:
 - Refusal to maintain adequate weight
 - Intense fear of gaining weight
 - Distorted body image
 - Three consecutive missed periods



Bulimia Nervosa

- Cyclic binge eating followed by purging.
- Symptoms:
 - Recurrent episodes of binge eating
 - A feeling of lack of control over eating behavior during binge
 - Regular engagement in purges
 - Persistent over concern with body shape and weight



Matching Quiz

- | | |
|----------------------|--------------------|
| • Eating Disorder | • Anorexia Nervosa |
| • Affective Disorder | • Bipolar Disorder |
| • Anxiety Disorder | • Anxiety |

Class Wrap-Up



- **Key Words:**
 - Affective Disorder, Depression, Bipolar Disorder, Anxiety Disorder, Eating Disorders, Anorexia Nervosa, Bulimia Nervosa
- **Individual Importance:**
 - Mental health issues are correlated with disability in daily life and other co-morbidities.
- **Public Health Importance:**
 - Mental health issues are highly prevalent, but are poorly screened.
- **Socio/Economic Importance:**
 - Mental Health issues are highly stigmatized in our society, leading to decreased health service seeking.