Mental Health: Specific Disorders

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

Emotional or mood processes that become disordered
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**

- **Lifetime:** 16.5
- **1 Year:** 6.7
- **1 Year Severe:** 2
Bipolar Disorder

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

It affects 2.3 Million Americans (1.2% of the population).
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

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<th>Lifetime Prevalence</th>
<th>1 year</th>
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<td>Simple phobia</td>
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<td>Social phobia</td>
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<td>Obsessive-compulsive disorder</td>
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<td>Panic disorder</td>
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<td>Fear of snakes</td>
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<td>Thoughts of murder</td>
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<td>Hyperventilation</td>
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<td>Post-traumatic stress</td>
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<td>Fear of dying</td>
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<td>Shortness of breath</td>
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<td>Cheek pain</td>
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<td>Depression</td>
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<td>Increased anxiety</td>
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<td>Fear of excessive humiliation</td>
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<td>Fear to use public toilet</td>
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Anxiety Specific Disorders

% of Adult US Population, by Age

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.