***MENTAL DISORDERS***

***Chapter 5, Section 2***

***GLENCOE Health 2011***

**BIG IDEA**: Gaining an understanding of mental health disorders builds and .

**NEW VOCAB**:

* mental disorder
* stigma
* anxiety disorder
* mood disorder
* conduct disorder

**Understanding Mental Disorders**

Mental disorders are medical conditions that require diagnosis and treatment.

Each year, one in four is affected by some form of mental disorder.

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

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

Many people do not seek treatment for mental disorders because they are worried about the stigma associated with mental disorders.

A mark of shame or disapproval that results in an individual being shunned or rejected by others

**Types of Mental Disorders**

Mental disorders can be by their symptoms.

Mental disorders sometimes require help from health

Anxiety Disorders

Anxiety disorder is one of the most common mental health problems among children and .

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

**TYPES OF ANXIETY DISORDERS**

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

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

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

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

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

Post-traumatic stress disorder may occur in the of a crisis.

**Impulse Control Disorders**

People with impulse control disorders cannot the urge to hurt themselves or others.

Unplanned theft of objects

Repetitive cutting on parts of the body that can be hidden

Setting fires to feel pleasure or release tension

Continuing to gamble despite heavy losses

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

**Eating Disorders**

Eating disorders like , , or binge eating commonly occur during the teen years.

Eating disorders can lead to unhealthful and .

**Mood Disorders**

A person with a mood disorder experiences extreme moods that are more than the normal and everyone experiences.

An illness that involves mood extremes that interfere with everyday living

Mood disorders include and bipolar disorder.

, or manic-depressive disorder, is marked by extreme mood changes, energy levels, and behavior.

**Conduct Disorder**

Examples of conduct disorder include , cruelty, lying, , violence, truancy, arson, and .

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

Symptoms include unpredictable , delusions, hallucinations, and thought disorders.

**Personality Disorders**

Teens with personality disorders are unable to their emotions.

They may feel in social situations or may in ways that are distressing to others.