

Chapter 4

Mental Disorders and Suicide

**Which of the following
statements are always true?**

Which are sometimes true?

Which are always false?

- It is easy to identify a person with a mental disorder.
- Mental disorders are caused by emotional problems
- Mental disorders affect a person's ability to function
- People who have a mental disorder are dangerous

What are mental disorders?

- An illness that affects the mind and reduces a person's ability to function, to adjust to change, or to get along with others.



How to recognize a mental disorder

- If behaviors, feelings, or thoughts are highly unusual and not appropriate to a situation, they are considered abnormal
- Mental health experts see abnormal thoughts, feelings, or behaviors as signs, or symptoms, of a mental disorder

Causes

- **Physical factors**
 - Damage to the brain, infections, exposure to poisons, etc.
- **Heredity**
 - Parents, grandparents have the disorder
- **Early experiences**
 - Child abuse
- **Recent experiences**
 - Death of a loved one



Anxiety Disorders

- **Anxiety:** fear caused by a source you cannot identify or a source that doesn't pose as much of a threat as you might think
- **Anxiety Disorder:** when the anxiety persists for a long time and interferes with daily living

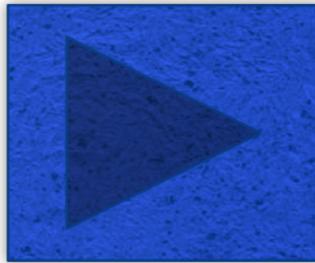
Generalized Anxiety Disorder

- Displays intense worry, fears, or anxiety most days for at least six months
- Can occur in many different situations



Phobias

- Anxiety that is related to a specific situation or object





Post-Traumatic Stress Disorder

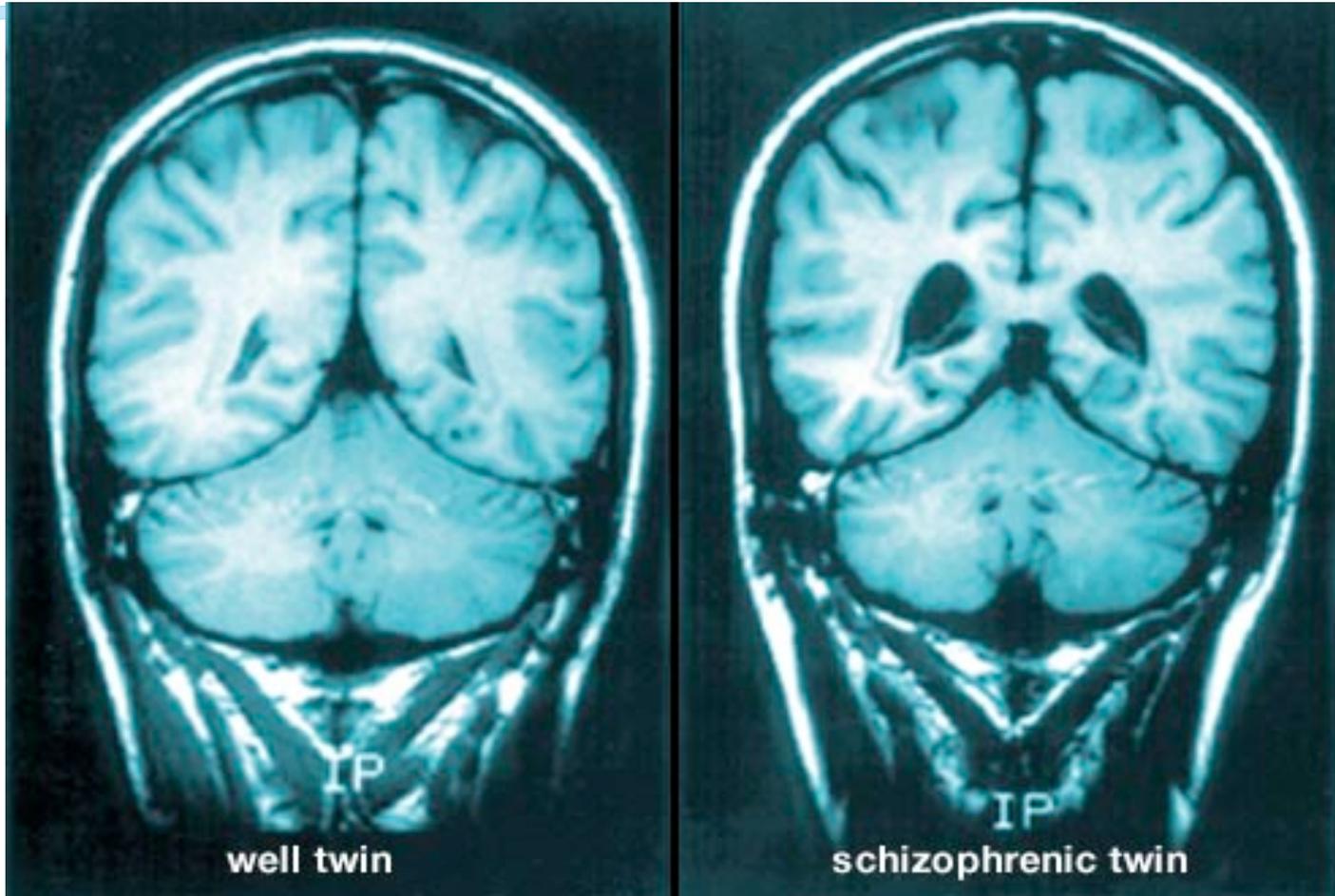
- People with this disorder may have flashbacks or nightmares that produce intense horror or fear



Mood Disorders

- People with mood disorders may experience extreme emotions that make it difficult to function well in their daily lives.
- Examples: bi-polar disorder and depression (emotional state in which a person feels extremely sad and hopeless)

Schizophrenia



Schizophrenic Child



Impulse-Control Disorders

- People cannot resist the impulse, or drive, to act in a way that is harmful to themselves or others
- About 75 million people in the U.S. cannot control the urge to gamble.

Personality Disorder

- Display rigid patterns of behavior that make it difficult for them to get along with others
- Group A, Group B, and Group C

- A person who is
healthy
- A person who
lacks the ability
to stop smoking



maintain a

death. A
part to

Eating Disorders

- A mental disorder that reveals itself through abnormal behaviors related to food.
- In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life

Bulimia



- It may begin in connection with a diet, but the person soon becomes unable to stop the cycle

Binge Eating Disorder

- People regularly have an uncontrollable urge to eat large amounts of food.
- They cannot stop eating even when they are full
- The main physical risks of binge eating disorder are excess weight gain and unhealthy dieting

Depression

- Years of basic research are now showing promise for the first new generation of antidepressant medications in 2 decades, with a goal of relieving depression in hours, rather than weeks
- About 11% of teens will face some sort of depression by age 18

Self-Injury

- **Cutting:** use of a sharp object to intentionally cut or scratch one's body deep enough to bleed
- **Burning** is another form of self-injury
- **Self-injury** is an unhealthy way to cope with emotions, stress, or traumatic events
- If you or someone you know of is using self-injury to cope, you must seek a trusted adult immediately

Suicide

- Suicide: the intentional killing of oneself
- Suicide is the **SECOND** leading cause of death for ages 10-24.
- Suicide is the **THIRD** leading cause of death for college-age youth and ages 12-18
- Each day in our nation there are an average of over 5,400 attempts by young people grades 7-12

Suicide

- **Four** out of Five teens who attempt suicide have given clear warning sign
- **Cluster suicide:** series of suicides that occur within a short period of time in the same peer group or community
- The death of Marilyn Monroe was followed by a 12% increase nationwide
- **Example:** Lake Forest High School student walked in front of a train and committed suicide. By a month later, 2 other teens had done the same thing

Treating Mental Disorders

- **Psychiatrists:** physician who can diagnose and treat mental disorders
- **Neurologist:** physician who treats physical disorders of the nervous system
- **Clinical psychologist:** trained to recognize and treat behavior that is not normal
- **Psychiatric social worker:** helps people with mental disorders and their families to accept and adjust to an illness

Kinds of Treatments

- **Psychotherapy:** person talks with a therapist
- **Drug therapy:** doctors prescribe drugs to the patient
- **Hospitalization:** where patient can receive constant care and attention

