Mental Disorders

- Addiction disorders
- Anxiety disorders
- Mood disorders
- Personality disorders
- Psychotic disorders

1. Write an explanation of each of the five categories above, referring in each case to an example of a disorder that falls within that category.

Exploring Two Mental Disorders

The questions below should be carefully and thoroughly answered in relation to two different disorders, each falling within a different category (see above).

2. What kind of disorder is it? To which category above does it belong? How does your chosen disorder reflect the common characteristics of the category to which it belongs?

3. How do the symptoms of the disorder reflect the five characteristics of mental illness, namely:
   - Psychological dysfunction in thoughts, feelings and behaviour
   - Distress
   - Impaired functioning in everyday life
   - Behaviour atypical of the person
   - Socially and culturally inappropriate behaviour

   Your text sums up these characteristics like this:

   The essential characteristics of a mental disorder are:

   - the disorder occurs within the individual
   - there is clinically diagnosable dysfunction in thoughts, feelings and/or behaviour
   - it causes significant personal distress or disability in functioning in everyday life
   - actions and reactions are atypical of the person and inappropriate within their culture
   - the disorder is not a result of a personal conflict with society.

4. According to the DSM, what are the symptoms of this disorder? Once again, ensure that you can link the symptoms with the characteristics referred to in question 3.

5. What are the contributing factors or risk factors in the development of this disorder? You should be able to explain these factors in three categories:
   - Biological
   - Psychological
   - Social

6. How is this disorder treated? For instance, what kinds of psychotherapy have been employed? What kinds of medications have been shown to be efficacious?