

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?