

# Mental Disorders

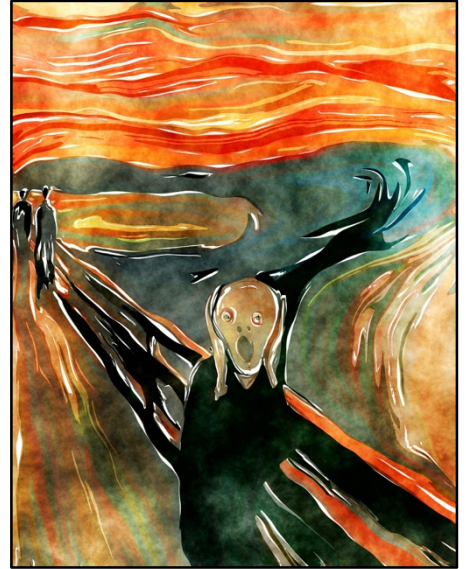
- **Addiction disorders** (pp.310-19)
- **Anxiety disorders** (pp.320-324)
- **Mood disorders** (pp.325-334)
- **Personality disorders** (pp.335-339)
- **Psychotic disorders** (pp.340-349)

**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. Highlight all **key terms**.

## Exploring One Mental Disorder

The questions below should be carefully and thoroughly answered in relation to **one disorder**. Try to ensure that you

- ✎ identify the **key words** in your notes
- ✎ **rework** what you read so that it takes the form of a **concept map**, **infographic**, **quiz** or other **reconstruction** (not just copying out information)
- ✎ reach conclusions about what a **mental disorder** is and how it differs from **mental well-being**



**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, as summarised by the **Diagnostic and Statistical Manual**, reflect the following characteristics of mental illness?

- 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**.

See pages 296-297 of your text for a general summary of this topic.

**4** 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

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