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:

<table>
<thead>
<tr>
<th>The essential characteristics of a mental disorder are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• the disorder occurs within the individual</td>
</tr>
<tr>
<td>• there is clinically diagnosable dysfunction in thoughts, feelings and/or behaviour</td>
</tr>
<tr>
<td>• it causes significant personal distress or disability in functioning in everyday life</td>
</tr>
<tr>
<td>• actions and reactions are atypical of the person and inappropriate within their culture</td>
</tr>
<tr>
<td>• the disorder is not a result of a personal conflict with society.</td>
</tr>
</tbody>
</table>

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?