

1. Major Depressive Disorder (Depression):

- Persistent feelings of sadness, hopelessness, or emptiness
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite and weight (either increase or decrease)
- Fatigue or loss of energy
- Difficulty concentrating, making decisions, or remembering
- Sleep disturbances (insomnia or excessive sleep)
- Feelings of worthlessness or excessive guilt
- Thoughts of death or suicide

2. Schizophrenia:

Delusions (false beliefs) and hallucinations (seeing or hearing things that aren't there)

Disorganized thinking and speech patterns

Lack of motivation and reduced emotional expression

Social withdrawal and difficulty in maintaining relationships

Impaired cognitive abilities, such as memory and attention

3. Panic Disorder:

- Recurrent panic attacks (sudden intense periods of fear or discomfort)
- Palpitations, rapid heart rate, or pounding heart
- Sweating, trembling, or shaking
- Shortness of breath or feeling smothered
- Chest pain or discomfort
- Fear of losing control or going crazy
- Avoidance of situations associated with panic attacks

4. Post-Traumatic Stress Disorder (PTSD):

- Intrusive and distressing memories or flashbacks of a traumatic event
- Nightmares related to the traumatic event
- Avoidance of reminders or triggers associated with the trauma
- Negative changes in mood and thinking patterns
- Hypervigilance and exaggerated startle response
- Difficulty sleeping and concentrating
- Irritability or outbursts of anger

5. Obsessive-Compulsive Disorder (OCD):

- Recurrent, intrusive, and unwanted thoughts, images, or urges (obsessions)

- Repetitive behaviors or mental acts performed to alleviate anxiety caused by obsessions (compulsions)
- Fear of contamination or excessive concern with cleanliness
- Need for symmetry or exactness
- Doubts about performing tasks correctly or fear of harm to oneself or others
- Spending significant time on obsessive thoughts and compulsive behaviors, interfering with daily life

6. Attention-Deficit/Hyperactivity Disorder (ADHD):

- Inattention and difficulty sustaining focus on tasks
- Hyperactivity or excessive restlessness (in children)
- Impulsivity and difficulty with self-control
- Forgetfulness and disorganization
- Difficulty completing tasks or following instructions
- Fidgeting or squirming
- Talking excessively or interrupting others