

# A Comprehensive Guide to Mental Health Disorders: Diagnoses, Symptoms, Risk Factors, and Treatments

## Anxiety Disorders

### Generalized Anxiety Disorder

#### Description

A chronic disorder characterized by excessive, uncontrollable worry about everyday situations, often accompanied by physical symptoms such as restlessness, muscle tension, and sleep disturbances.

#### Symptoms

- Restlessness
- Fatigue
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbances

#### Risk Factors

- Genetics
- Chronic stress
- Environmental factors
- Personality traits

#### Treatments

- Cognitive Behavioral Therapy (CBT)
- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Lifestyle modifications
- Mindfulness-based therapies

#### Sources

- WHO

- National Institute of Mental Health
- DSM-5

## Panic Disorder

### Description

Characterized by recurrent, unexpected panic attacks accompanied by intense fear and physical symptoms, often leading to persistent worry about future attacks.

### Symptoms

- Heart palpitations
- Sweating
- Trembling
- Shortness of breath
- Fear of impending doom

### Risk Factors

- Family history
- Stressful life events
- Major life transitions

### Treatments

- Psychotherapy
- Benzodiazepines
- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Cognitive Behavioral Therapy (CBT)

### Sources

- WHO
- Health Ministry of India
- National Institute of Mental Health

## Social Anxiety Disorder

### Description

A condition where social interactions trigger intense anxiety and fear of judgment, embarrassment, or humiliation, often resulting in avoidance of social situations.

### Symptoms

- Intense fear in social situations

- Avoidance of social gatherings
- Blushing
- Trembling
- Difficulty speaking

#### **Risk Factors**

- Genetic predisposition
- Negative social experiences
- Environmental influences

#### **Treatments**

- Cognitive Behavioral Therapy (CBT)
- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Social skills training

#### **Sources**

- WHO
- National Institute of Mental Health

## Specific Phobia

#### **Description**

An intense, irrational fear of a specific object or situation that poses little or no actual danger, often leading to avoidance behavior.

#### **Symptoms**

- Immediate anxiety upon exposure
- Avoidance behavior
- Physical symptoms such as sweating or trembling

#### **Risk Factors**

- Genetics
- Traumatic experiences
- Learned behavior

#### **Treatments**

- Exposure therapy
- Cognitive Behavioral Therapy (CBT)
- Relaxation techniques

## Sources

- WHO
- DSM-5

# Mood Disorders

## Major Depressive Disorder

### Description

A mood disorder causing persistent feelings of sadness, hopelessness, and loss of interest in activities that significantly impacts daily functioning.

### Symptoms

- Depressed mood
- Loss of interest or pleasure
- Changes in appetite
- Sleep disturbances
- Feelings of worthlessness
- Difficulty concentrating

### Risk Factors

- Genetics
- Trauma
- Chronic stress
- Medical conditions

### Treatments

- Antidepressants
- Psychotherapy
- Lifestyle modifications
- Electroconvulsive therapy (in severe cases)

## Sources

- WHO
- National Institute of Mental Health
- DSM-5

## Bipolar Disorder

### Description

A disorder marked by extreme mood swings between depressive and manic episodes, affecting energy levels, behavior, and daily activities.

### Symptoms

- Depressive episodes with low mood
- Manic episodes with elevated mood or irritability
- Increased energy during manic phases
- Impulsive behavior

### Risk Factors

- Genetic predisposition
- Environmental stress
- Neurochemical imbalances

### Treatments

- Mood stabilizers
- Antipsychotics
- Psychotherapy
- Lifestyle modifications

### Sources

- WHO
- Health Ministry of India
- National Institute of Mental Health

## Persistent Depressive Disorder (Dysthymia)

### Description

A chronic form of depression with less severe symptoms than major depression but lasting for at least two years.

### Symptoms

- Chronic sadness
- Low self-esteem
- Fatigue
- Poor appetite or overeating

- Sleep disturbances

#### **Risk Factors**

- Family history
- Chronic stress
- Personality factors

#### **Treatments**

- Psychotherapy
- Antidepressants
- Lifestyle modifications
- Support groups

#### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

## Psychotic Disorders

### Schizophrenia

#### **Description**

A chronic brain disorder affecting thinking, perception, and behavior, often accompanied by delusions, hallucinations, and cognitive impairments.

#### **Symptoms**

- Delusions
- Hallucinations
- Disorganized speech
- Cognitive impairments
- Social withdrawal

#### **Risk Factors**

- Genetic factors
- Environmental influences
- Prenatal exposures

#### **Treatments**

- Antipsychotic medications
- Psychosocial interventions
- Cognitive Behavioral Therapy (CBT)

#### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

## Schizoaffective Disorder

#### **Description**

A mental health condition featuring both psychotic symptoms similar to schizophrenia and mood disorder symptoms such as depression or mania.

#### **Symptoms**

- Hallucinations
- Delusions
- Mood swings
- Depressive episodes
- Manic episodes

#### **Risk Factors**

- Genetic predisposition
- Neurochemical imbalances
- Stressful events

#### **Treatments**

- Antipsychotic medications
- Mood stabilizers
- Psychotherapy

#### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

# Eating Disorders

## Anorexia Nervosa

### Description

An eating disorder characterized by severe restriction of food intake, an intense fear of gaining weight, and a distorted body image.

### Symptoms

- Significant weight loss
- Distorted body image
- Intense fear of gaining weight
- Excessive exercise

### Risk Factors

- Psychological factors
- Cultural pressure
- Genetic predisposition
- Perfectionism

### Treatments

- Nutritional counseling
- Psychotherapy
- Medical monitoring
- Family-based therapy

### Sources

- WHO
- National Eating Disorders Association
- DSM-5

## Bulimia Nervosa

### Description

An eating disorder marked by cycles of binge eating followed by compensatory behaviors such as purging, which may lead to severe physical and emotional complications.

### Symptoms

- Binge eating episodes
- Compensatory behaviors (e.g., vomiting, laxative use)



- Fluctuations in weight
- Feelings of guilt or shame

#### **Risk Factors**

- Psychological stress
- Cultural influences
- Genetic predisposition

#### **Treatments**

- Psychotherapy
- Nutritional counseling
- Medications (SSRIs)

#### **Sources**

- WHO
- Health Ministry of India
- National Eating Disorders Association

## Binge Eating Disorder

#### **Description**

An eating disorder characterized by recurring episodes of consuming large amounts of food rapidly, often to the point of discomfort, accompanied by feelings of loss of control.

#### **Symptoms**

- Recurrent binge eating episodes
- Eating when not physically hungry
- Feelings of distress or guilt after overeating
- Frequent dieting attempts

#### **Risk Factors**

- Genetic factors
- Psychological issues
- Socio-cultural pressures

#### **Treatments**

- Psychotherapy
- Nutritional counseling
- Medications (antidepressants)

### **Sources**

- WHO
- National Eating Disorders Association
- DSM-5

## Trauma and Stressor-Related Disorders

### Post-Traumatic Stress Disorder (PTSD)

#### **Description**

A disorder that may develop after exposure to a traumatic event, marked by intrusive memories, flashbacks, and heightened anxiety.

#### **Symptoms**

- Flashbacks
- Nightmares
- Hypervigilance
- Avoidance of trauma reminders
- Emotional numbness

#### **Risk Factors**

- Exposure to trauma
- Lack of social support
- Prior mental health issues

#### **Treatments**

- Trauma-focused psychotherapy
- Medications
- Support groups
- Cognitive Behavioral Therapy (CBT)

### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

## Adjustment Disorder

#### **Description**

A stress-related disorder in which emotional or behavioral symptoms develop in response to an identifiable stressor, typically within three months of the event.

### **Symptoms**

- Anxiety
- Depressive symptoms
- Difficulty coping with a stressful event
- Social withdrawal

### **Risk Factors**

- Recent life stressors
- Lack of social support
- Pre-existing mental health conditions

### **Treatments**

- Psychotherapy
- Stress management techniques
- Support groups

### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

## Neurodevelopmental Disorders

### Autism Spectrum Disorder

#### **Description**

A developmental disorder affecting communication and behavior, characterized by challenges in social interaction and the presence of repetitive behaviors and restricted interests.

#### **Symptoms**

- Challenges with social communication
- Repetitive behaviors
- Restricted interests
- Sensitivity to sensory input

#### **Risk Factors**

- Genetic factors

- Prenatal and perinatal influences
- Environmental factors

#### **Treatments**

- Behavioral interventions
- Speech and language therapy
- Occupational therapy
- Educational support

#### **Sources**

- WHO
- National Institute of Mental Health
- CDC

## Attention Deficit Hyperactivity Disorder (ADHD)

#### **Description**

A neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with functioning or development.

#### **Symptoms**

- Inattention
- Hyperactivity
- Impulsivity
- Difficulty organizing tasks

#### **Risk Factors**

- Genetic predisposition
- Prenatal exposures
- Environmental factors

#### **Treatments**

- Stimulant medications
- Behavioral therapy
- Educational interventions
- Lifestyle modifications

#### **Sources**

- WHO

- National Institute of Mental Health
- DSM-5

## Personality Disorders

### Borderline Personality Disorder

#### Description

A personality disorder marked by instability in mood, self-image, and interpersonal relationships, often accompanied by impulsivity and fear of abandonment.

#### Symptoms

- Intense mood swings
- Fear of abandonment
- Impulsive behavior
- Unstable relationships
- Chronic feelings of emptiness

#### Risk Factors

- Genetic factors
- Childhood trauma
- Environmental stressors

#### Treatments

- Dialectical Behavior Therapy (DBT)
- Psychotherapy
- Medications for mood stabilization

#### Sources

- WHO
- National Institute of Mental Health
- DSM-5

### Antisocial Personality Disorder

#### Description

A personality disorder characterized by a pervasive disregard for the rights of others, often manifesting as deceitfulness, impulsivity, and lack of remorse.

#### Symptoms

- Disregard for social norms
- Deceitfulness
- Impulsivity
- Aggressiveness
- Lack of remorse

#### **Risk Factors**

- Genetic predisposition
- Early behavioral problems
- Environmental influences

#### **Treatments**

- Psychotherapy
- Behavioral interventions
- Social rehabilitation

#### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

## Obsessive-Compulsive and Related Disorders

### Obsessive-Compulsive Disorder (OCD)

#### **Description**

A disorder characterized by the presence of unwanted, intrusive thoughts (obsessions) and repetitive behaviors (compulsions) performed to alleviate anxiety.

#### **Symptoms**

- Intrusive thoughts
- Repetitive behaviors
- Compulsive rituals
- Temporary anxiety relief through rituals

#### **Risk Factors**

- Genetic factors
- Neurobiological factors

- Environmental stressors

#### **Treatments**

- Cognitive Behavioral Therapy (CBT)
- Exposure and Response Prevention (ERP)
- Medications (SSRIs)

#### **Sources**

- WHO
- National Institute of Mental Health
- DSM-5

## Substance-Related and Addictive Disorders

### Alcohol Use Disorder

#### **Description**

A chronic relapsing disorder characterized by an impaired ability to control alcohol consumption despite adverse social, occupational, or health consequences.

#### **Symptoms**

- Craving for alcohol
- Loss of control over drinking
- Withdrawal symptoms
- Neglect of responsibilities

#### **Risk Factors**

- Genetic predisposition
- Environmental influences
- Psychological stress

#### **Treatments**

- Detoxification
- Behavioral therapy
- Medications (e.g., naltrexone)
- Support groups (e.g., AA)

#### **Sources**

- WHO

- National Institute on Alcohol Abuse and Alcoholism
- DSM-5

## Opioid Use Disorder

### Description

A problematic pattern of opioid use leading to significant impairment or distress, characterized by tolerance, withdrawal, and compulsive drug-seeking behavior.

### Symptoms

- Craving for opioids
- Inability to control use
- Withdrawal symptoms
- Neglect of responsibilities

### Risk Factors

- Genetic factors
- Chronic pain conditions
- History of substance abuse

### Treatments

- Medication-Assisted Treatment (MAT)
- Behavioral therapy
- Detoxification
- Support groups

### Sources

- WHO
- National Institute on Drug Abuse
- DSM-5

## Sleep-Wake Disorders

### Insomnia Disorder

#### Description

A sleep disorder characterized by persistent difficulty in falling or staying asleep, leading to non-restorative sleep and daytime impairment.

#### Symptoms



- Difficulty falling asleep
- Frequent awakenings
- Non-restorative sleep
- Daytime fatigue

**Risk Factors**

- Stress
- Mental health disorders
- Poor sleep hygiene

**Treatments**

- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Sleep hygiene education
- Short-term use of medications

**Sources**

- WHO
- National Sleep Foundation
- DSM-5