[https://www.medicinenet.com/mental\_illness/article.htm#what\_causes\_mental\_illness](https://www.medicinenet.com/mental_illness/article.htm" \l "what_causes_mental_illness)

April 23

<https://www.webmd.com/mental-health/mental-health-causes-mental-illness#1>

<https://www.webmd.com/mental-health/avoidant-personality-disorders#1> April 23

<https://www.medicalnewstoday.com/articles/324375.php> April 23

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<https://www.webmd.com/mental-health/obsessive-compulsive-disorder#1>

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May 15, 2019

<https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/syc-20354463>

<https://www.mayoclinic.org/diseases-conditions/antisocial-personality-disorder/symptoms-causes/syc-20353928>

Similar to sociopathy, antisocial personality disorder is a mental illness where a person shows no care or emotion towards other people. People with antisocial personality disorder tend to act impulsively, which is why most of them end up breaking the law. They won’t hesitate to use others for their own gains, and cease to feel remorse for their behavior. A few common symptoms include:

Acts on their own accord, without planning ahead

Lies and manipulates other people for their own gains

Violent behavior

Lack of empathy or remorse

Breaks the law

Types of mental disorders

Psychotic Disorders

Schizophrenia

Psychosis

Eating

Personality

Anxiety

Gad

OCD  
PTSD

Mood

Major depression

Bipolar

Psychotic disorders

Psychotic disorders make the victim lose sense of reality. They see hallucinations and are generally delusional.

Eating disorders

Anorexia

Bulimia

Binge eating

Neurodevelopment

ADHD

Autistic

Autism Spectrum disorder

A group of disorders used to be considered separate. Includes autistic disorder, aspergers

<https://www.google.com/url?sa=i&source=images&cd=&ved=2ahUKEwi82NTUoqbiAhXsHjQIHWzHACAQjRx6BAgBEAU&url=http%3A%2F%2Fcrmhs.org%2Foctober-7th-13th-is-mental-illness-awareness-week%2F&psig=AOvVaw2TlOCBfg1xeGdTfg4B5Dtr&ust=1558309783634053>

Neurodevelopment disorder

Damage in the brain that affect the learning, communication, of a person

Neurodevelopment disorders are a group of disorders that appear due to damage done during the development of the brain’s nervous system. This can affect the learning, communication, memory, emotion, or self-control of a person.

Similar neurodevelopmental disorders were merged into a group called autism spectrum disorder (ASD). Autism spectrum disorders included disorders with similar challenges and symptoms. Each disorder faced similar problems with social interactions, communication, or behavior. The four autism spectrum disorders are:

Asperger syndrome is one of the autism spectrum disorders. It is one of the milder disorders of the group. Someone with Asperger would have difficulty socializing and show an interest in certain topics or display repetitive behavior. They don’t understand and often miss nonverbal social cues, such as a wink or hand notions. Though people with Asperger find it difficult to socialize, they can talk a lot about something they are passionate about, but don’t notice or think about the opposing person’s feelings on the topic.

Autistic disorder

Autistic disorder is the most common condition out of the autism spectrum disorders. Someone with autistic disorder will face social and communication challenges, along with unusual behavior or interests. They might feel uncomfortable with physical contact, and feel overly sensitive to the senses they perceive, such as sound, smell. Autistic disorder is typically more severe then other autism spectrum disorders.

Pervasive Developmental Disorder-Not Otherwise Specified

Pervasive developmental disorder-not otherwise specified (PDD-NOS) is an autism spectrum disorder used for people with some autistic symptoms, but not all. The symptoms can be mild, but can also cause difficulty if severe.

Attention-deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder in which people are full of activity and find it hard to pay attention or control their impulses. While it’s hard for most people to stay focused, it is far more severe for those with ADHD and can cause daily problems.

The symptoms are divided into three categories: inattention, hyperactivity, and impulsiveness.

It’s normal for a child to oppose authority occasionally. However, if someone is consistently arguing and disobeying higher authorities (teachers, parents), then they may have oppositional defiant disorder (ODD). When a person has ODD, they display an irritable mood and constantly talk back or disobey higher figures. This behavior can disrupt their daily routine, along with family or school activities.

Psychotic

Psychotic disorders affect people’s sense of reality,

Disorders that cause confusion between what’s reality and what isn’t. Someone with a psychotic disorder will often see hallucinations and think up delusions.

Two main s

Psychotic disorders are a group of mental illnesses that cause a distorted way of thinking and false perceptions. People with psychotic disorders lose sense of reality. Two main symptoms of psychotic disorders are delusions and hallucinations.

Delusions – believes things that aren’t true, such as thinking an alien species is sending secret messages to you.

Hallucinations – Perceives things that aren’t there.

Schizophrenia affects one’s ability to function properly by interfering with the perception, thoughts, speech, and behavior of a person. One with schizophrenia will often experience hallucinations and delusions, which could seriously disable their normal routine.

Schizoaffective disorder is a mental disorder in which one experiences a combination of psychotic and mood symptoms, such as delusions, hallucinations, and periods of mania or depression.

Mood

Mood disorders affect one’s emotional state, causing problems in daily routine.

Mood disorders cause changes in one’s emotional state, leading to problems in their daily routine. If someone has a mood disorder, they could either have periods of intense sadness (depression), episodes of excitement and happiness (mania), or both. A few common mood disorders include:

Major depressive disorder can cause prolonged periods of sadness. Depression affects the way people normally think, feel, and behave. During a depressive episode, one will feel a loss in enthusiasm, mood swings, or just general sadness. Things that used to be interesting won’t be as pleasurable as before. People will find trouble sleeping, and suicidal thoughts will start to enter. More signs of major depressive disorder include:

Bipolar disorder is a mood disorder that causes mood swings, which affect one’s thoughts, energy, sleep, and behavior. The mood swings fall into two categories, highs (mania or hypomania) and lows (depression). When someone is in a period of depression, they feel extreme sadness, emptiness, and despair, similar to a major depressive disorder. During a mania episode, one gets an excessive amount of energy and activity.

Persistent depressive disorder (also known as dysthymia), involves long lasting periods of depression, though less severe. One with persistent depressive disorder will often get periods of mild depression, lasting for years.

Seasonal affective disorder (SAD), is a type of depression affected by the change of seasons. Each period of depression starts and ends around the same time every year. Generally, the symptoms start to show during fall and winter, though some might experience moodiness in summer and spring instead.

Eating

Eating disorders are mental illnesses that describe abnormal eating habits and an obsessive concern over body weight. This leads to either insufficient or extreme consumption of food, which causes harm to the body. The most common eating disorders include anorexia nervosa, bulimia nervosa, and binge eating disorder.

Anorexi

Anorexia nervosa is a mental health condition where the affected person has an overwhelming fear of gaining weight, and an unrealistic view of body image. They generally see themselves as overweight, even when they are clearly underweight. People with anorexia nervosa will limit the calories that they are consuming, to the point of death.

Anorexia nervosa is divided into two categories, restricting type and binging/purging type.

People with the restricting type tend to restrict the food they eat, and attempt to lose weight by consuming less calories, or exercising.

Someone with the binging/purging type would remove the food from their body after every meal by vomiting, using laxatives, or exercising excessively. This lessens the guilt of consuming any types of food they believe are unhealthy or restricted.

even when they are extremely

Similar to the binging/purging category of anorexia, bulimia nervosa is characterized by consuming a large amount of food in a short period of time, before purging it afterwards. During the binging episodes, the person feels unable to control the amount of food they eat, and only manage to stop after they become extremely full. To relieve themselves of the guilt from binging, people with bulimia nervosa often purge afterwards, by puking, using laxatives, or exercising.

Similar to the bulimia nervosa, binge eating disorder is a mental disorder in which people eat large amounts of food in a period of time. The difference between binge eating disorder and bulimia nervosa is that people with binge eating disorder don’t purge the food they consumed. As a result, most with the disorder end up overweight or obese. They generally feel embarrassed of their binging periods, but are unable to control it and end up binging again.

Anxiety

Anxiety disorders are a group of mental disorders that cause consistent anxiety and fearful thoughts every passing day. The worrying and fearful thoughts can be overwhelming for them, but with treatments such as medication and therapy, it will be more bearable.

Obsessive compulsive disorder (OCD) is an anxiety disorder where people have unwanted, recurring thoughts or urges that cause discomfort and distress (obsessions), causing them to repeat a specific action to bring temporary relief (compulsions). The repetitive actions can cause great distress and interfere with a person’s daily life. Most people with OCD know or suspect that the obsessions are not true, however, the compulsive activities are still done regardless.

Generally, the obsessions revolve around a loved one or their self being harmed unless they complete a specific action repeatedly. This includes:

Obsession over cleaning for fear of self or loved one coming in contact with germs, and becoming sick

Phobic disorders (Phobias) are irrational fears of a specific situation, object, animals, or activity. One with a phobia will feel intense fear towards the specific situation or thing, and will attempt to avoid it at all costs. Though most recognize the irrationality of their phobias, usually the thought is already enough to create anxiety and fear.

Social anxiety disorder is a mental disorder in which one feels an overwhelming amount of stress and discomfort during social situations. Social contact that may appear normal to others-such as keeping eye contact or making small conversation- would make one feel uncomfortable, to the point of avoiding social situations altogether. Social anxiety disorder varies amongst different people. One person could be able to talk one-on-one, but be unable to go into a crowded room/ Another might be good at talking in a small group, but freeze up in a big group of strangers.

GAD

Generalized anxiety disorder (GAD) is an anxiety disorder characterized by unprovoked worry and anxiety. Someone with GAD will find something to worry about in everything, even something as normal as walking down a hall. These worries interfere with one’s everyday life and make it difficult to complete everyday tasks.

Panic disorder is an anxiety disorder where people experience unexpected and recurring panic attacks. They start to worry about future panic attacks and fear that something bad might happen at the next panic attack. Just because one gets a panic attack doesn’t mean they have panic disorder though. Some things can trigger a panic attack, such as stress or fear. However, one has a panic disorder when panic attacks occur for no clear reason, which drives fear into the affected person.

Panic attacks are sudden rushes of intense fear that appear when there is no danger, and trigger physical reactions such as:

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that develops after witnessing or experiencing a traumatic event. This leads to symptoms such as flashbacks, nightmares, or anxiety about the past event.

Personality disorders are types of mental disorders in which a person’s behavior, thoughts, and attitude may cause problems in life. Someone with a personality disorder will often have difficulty relating to others.

There are ten personality disorders, which are divided into three clusters. The first cluster (cluster A) contains disorders that make it difficult to relate to others. The disorders in this group are paranoid personality disorder, schizoid personality disorder, and schizotypal personality disorder.

The second cluster (cluster B) refers to overly dramatic and emotional thinking, or unpredictable behavior. This includes antisocial personality disorder, borderline personality disorder, narcissistic personality disorder, and histrionic personality disorder. Someone diagnosed with one of these disorders might find it hard to control their emotions

The third cluster (cluster C) describes fearful or anxious behavior such as avoidant personality disorder, dependent personality disorder, and obsessive-compulsive personality disorder.

Borderline personality disorder is a mental disorder where the person affected has quick changes in emotion, their self, and other people. Someone with this condition will have an intense fear of being abandoned, and unable to tolerate being alone. They tend to have a short temper and risky behavior.

Some symptoms include:

Excessive fear of abandonment

Rapid changes in self-identity, such as changing goals or preferences.

Overwhelming emotions that last for a short while, but change quickly

Easily angered, and hard to control their rage

Suicidal behavior or thoughts

Histrionic personality disorder is a mental disorder, in which the affected person is constantly seeking attention, and often behave dramatically or inappropriately to be noticed. They depend on the approval of other people, and are only comfortable when they are in the spotlight.

Narcissistic where people would constantly have a mindset that they are more superior than everyone else, and require and excessive amount of praise. Because of their self-centeredness, soeone with narcissistic personality disorder would lack empathy for other people.

Even if they act full of self-confidence, they are easily hurt by criticism and may have negative thoughts about themselves inside.

Some symptoms are:

imagine fantasies about success, and power.

Shizotypea

Schizotypal personality disorder is a type of personality disorder that’s part of cluster A, with the definition of bizarre and odd. People with schizotypal personality disorder don’t understand how relationships work, and generally have social anxiety, with only a few close relationships. They usually misinterpret other peoples intentions and behavior, leading to suspicion or distrust.

Ocpd

Obsessive-compulsive personality disorder (OCPD) falls into cluster C of the personality disorders. People with OCPD generally think that their way of doing things is the right way and follow a strict routine in their daily life even if the routines aren’t efficient. They try to enforce their ways of living onto other people and become distressed when they are unable to keep order. They are preoccupied by orderliness and perfection, at the expense of flexibility and efficiency.

Paranoid

One of the cluster A personality disorders, is paranoid personality disorder. Someone diagnosed with this condition is constantly suspicious of other people, with the belief that everyone is trying to harm them. Because of their general distrust and paranoia, it is difficult to form close relationships with them.

Schizoid

Schizoid personality disorder is a mental condition in which people avoid social interactions and activities. People with schizoid personality disorder tend to show limited emotion and are often portrayed as a loner, because of their inability and lack of desire for close relationships.

Avoidamnt

Many find it difficult to interact with others. But if a socially awkward person was grouped with a sensitivity to criticism and constant feelings of inferiority, then they may have a mental condition called avoidant personality disorder. Someone with avoidant personality disorder will often avoid social interactions, due to fear of criticism, embarrassment, or rejection. They tend to have low self-esteem, and are especially sensitive to being criticized or rejected.

Dependant

Its good to depend on others for assistance, but if someone depends on other people too much, they might have dependent personality disorder. Someone with dependent personality disorder will find it hard to make decisions for themselves, and often relies on other close figures to maek decisions for them. They generally display clingy and passive behavior, and greatly fear separation from a close one.

Other common symptoms include:

What are mental illnesses?

Did you know one in four people around the world are affected by a mental disorder?

Mental illnesses are health conditions that affect the way a person behaves, thinks, or feels. Even if the symptoms shown are light, any mental disorder can change a person’s everyday life by adding stress. While it isn’t completely clear why mental disorders are developed, studies show that a combination of biological, psychological, and environmental factors can cause a mental illness to erupt.

What will you find on this website?

In addition to the basic causes and treatment, this website provides a brief overview about 6 common categories of mental disorders. These groups include:

* Personality disorders
* Mood disorders
* Anxiety disorders
* Eating disorders
* Neurodevelopment disorders
* Psychotic disorders

What causes mental disorders?

Research has shown that different factors are needed to trigger a mental illness. Some examples are outlined below.

Genetics

Someone could inherit a mental illness from their ancestors, through genetics, but it isn’t guaranteed. Even if a person has a relative who has a mental illness, it doesn’t necessarily mean they’ll get one as well, but there is a higher risk compared to others without a heredity mental disorder. There are other factors needed, such as anxiety or a psychological trauma, to trigger a mental illness.

Brain Damage/Infections

A mental illness can generate when specific parts of the brain are injured. This is the same for infections, which could trigger or worsen a mental disorder. Damage or injuries that are caused while in the womb can often cause a mental illness to occur.

Environmental

People who are subjected to a hostile environment in their early years are more likely to have a mental disorder. Some environmental issues include divorce, neglect, abuse, loss of an important figure, or being in exposed to different types of substances.

Lifestyle

What a person experiences daily can also trigger a mental illness. Being in contact with substances such as alcohol or drugs can lead to mental disorders such as substance use disorder.

Psychological

Treatments:

How are people with mental disorders treated?

There are many treatments, depending on the severity of the symptoms. A few common ones include

Medication

Although medication cant fully cure mental illnesses, they can lessen the symptoms. Medication is usually grouped with psychotherapy, to make it more effective. A few common medications include:

(dl Dt code)

Antidepressants.

Antidepressants are usually used to treat depression, but can also help with anxiety, and other mental disorders with similar symptoms.

Anti-anxiety medications

Anti-anxiety medications are typically prescribed for anxiety disorders, such as generalized anxiety disorder. These medications help for a short period, but a longer use can cause addiction or dependency.

Mood-stabilizing medications

Mood-stabilizing medications commonly treat people diagnosed with bipolar disorder and other similar mood disorders. These medications help prevent mood swings between mania and depression.

Antipsychotic medications

Antipsychotic medications generally treat psychotic disorders like schizophrenia, but can also be used for people with bipolar disorder who show some psychotic symptoms, usually during a manic episode.

Therapy

Usually paired with medication, psychotherapy (AKA talk therapy) has proven to be more effective and useful than medicine, by treating a wide range of mental illnesses. Psychotherapy is when a person talks with a therapist about their issues and problems. A therapist helps them cope with their troubles and learn more about their feelings and conditions. These chats can be done either individually, with a group, or with their family.

Support

Inpatient and outpatient mental health treatment

There are two types of settings for treating mental disorders, inpatient care and outpatient care. Inpatient treatment is generally for people who display severe symptoms with not much progress made. They are referred to a mental hospital, for treatment 24/7. Another option is outpatient treatment, where someone with mild symptoms can visit a treatment hospital or therapist on certain days each week. These are for people whose symptoms aren’t as severe, so they are able function outside of the mental facility.