

Mental Illness Report:

- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
 - 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
1. Recent disorder like **Gaming disorder** is monitored by ICD. Only small portion of people who engage digital- or video-gaming activities are found to be under this disorder. Americans of about 25-38.90% population is affected by this disorder in some manner.
 - Several group therapies are organised along with most affective talk therapy (psychotherapy).
 - Since most of the Organisations aren't available online currently due to lack of information regarding this disorder, current volunteers are fewer in numbers.
 - The inclusion of gaming disorder in ICD-11 follows the development of treatment programmes for people with health conditions identical to those characteristics of gaming disorder in many parts of the world, and will result in the increased attention of health professionals to the risks of development of this disorder and, accordingly, to relevant prevention and treatment measures.
 2. **Depression** comes in two phases, one that can be treated with talk therapy(acute) and one with prescription and medications(severe). **About 10% of youth** in the U.S have severe depression. This was highest among youth who identify as more than one race, at 12%.
 - The chronic part of depression can stay forever and can affect the individual's thoughts and working capability, most of the time Americans simply ignore this because of the peer pressure showing depression is common and not to be taken seriously or just taking antidepressants without proper prescription. Others simply partake themselves in meditation, yoga and outgoing activities. However chronic depression can only be treated with medications and prescriptions, but that doesn't mean antidepressants are first line of treatment.

Depending on the severity and pattern of depressive episodes over time, health-care providers may offer psychological treatments such as behavioural activation, cognitive behavioural therapy and interpersonal psychotherapy, and/or antidepressant medication such as selective serotonin reuptake inhibitors (SSRIs) and tricyclic antidepressants (TCAs)
 - Due to varieties of people and episodes of depression, and peer pressure of being normal, depression goes unchecked. Many antidepressants currently can have adverse effects too.
 - New treatment includes the use of herbals (John's wort) and stress releasing medicines, which can be affective.
 3. **Anxiety** is also a major factor of mental disorder, 1 in every 8 people live with this mental disorder. Obsessive-compulsive disorder (OCD) and posttraumatic stress

disorder (PTSD) are closely related to anxiety disorders, which some may experience at the same time, along with depression.

- Treatment includes, Therapy, Medication, Complementary and alternative treatment, Transcranial Magnetic Stimulation.
- Common side effects of SSRIs includes, feeling agitated or sick, indigestion, diarrhoea or constipation, loss of appetite and weight loss along with blurry vision and dizziness.
- However, studies have shown that only 60%-85% of patients suffering from anxiety disorders respond (they have a minimum of 50% improvement of symptoms) to current treatments. In addition, only approximately 50% of those who respond to treatment actually achieve recovery, which is defined as having minimal anxiety symptoms—highlighting the need for new drugs to treat anxiety disorders.
- Development of new medicines like Gepirone-ER, Aloradine, SRX246 and MM-120 all proved to be promising against anxiety and will be available soon.

4. **Bipolar Disorder** is a severe Mental illness causing one to instantly regulate between extreme happiness and sadness. This disorder can be treated but can't be cured.

- Common medication intakes include, Mood stabilizers, Antipsychotics, Anti-Anxiety medications.
- One can not simply understand Bi-polar disorder himself as it seems rather usual to himself, like the idea that your voice is the same to everyone you hear, but that's not the case. People living alone aren't aware of this situation unless the episodes are over.
- Future development includes gene therapy, drugs to treat unwanted side effects and non-drug therapies (Electro convulsant treatment)

5. **Schizophrenia** affects approximately 24 million people or 1 in 300 people worldwide. People with schizophrenia have a life expectancy 10-20 years below that of the general population. Schizophrenia is characterised by significant impairments in perception and changes in behaviour. Symptoms may include persistent delusions, hallucinations, disorganised thinking, highly disorganised behaviour, or extreme agitation. Since Schizophrenia is a genetic disorder its treatment is rather tough.

- Current treatment includes medications, psychoeducation, family interventions and psychological rehabilitation.
For the most part, Schizophrenia is treated with help of antidepressants and anxiety lowering pills.
- Interaction of the family member is mostly important as one can't understand oneself due to difficulties in cognitive functions, hence people living alone are vulnerable to know if the effects are there, since they can't differentiate what is real (delusions are very common). Certain medicines are there for sleep and for blocking serotonin which can cause lowering of emotional feelings and losing interest.
- KarXT is a combination therapy meaning it combines two different drugs, xanomeline and tropism chloride, into one treatment. The KarXT trial is the first positive Phase 3 trial for an investigational medicine that does not directly rely on dopaminergic or serotonergic pathways in the brain in approximately 70 years. KarXT works in a completely new way

and was found to be well tolerated and relieve symptoms of schizophrenia.

Note – Americans doesn't always look for treatment up even if they know it persists due to lack of courage.

the main reason for not getting treatment relies on the fact that people are unaware of these mental illness and how badly it can affect one person.

#one can afford the medicines, even costly but net worth of America is increasing. (Wikipedia) (No reports to prove that this correct)