***Mental Illness Review***

Schizophrenia

Symptoms: Delusions, hallucinations, bizarre behavior, disorganized thinking and speech

Causes: Genetic factors, psychological and social factors, and stress

Forms: Chemical imbalances in the brain and structural brain abnormalities

Treatments: medication and rehabilitation programs

Insomnia

Symptoms: Can’t sleep, waking up often, and can’t fall back to sleep

Causes: Worrying, drinking caffeine and alcohol, and smoking

Forms: Different Severities

Treatments: No caffeine, no smoking, and writing down what’s causing the stress

Neurosis

Symptoms: Mental disorder without the loss of reality, tapping feel, biting fingernails to handle situation.

Causes: Tension, fear, depression, anxiety

Treatments: Therapy, acknowledgement of disorder

Psychosis

Symptoms: Loss of reality

Causes: Physical or emotional stress

Forms: Schizophrenia, bipolar depression, paranoia

Treatments: Hospital stays usually necessary. Medication

Depression

Symptoms: Loss of self-esteem, withdrawal, and helplessness

Causes: Bio-chemical imbalances in the brain and genetic inheritances

Forms: Manic/bipolar and Clinical/Unipolar

Treatments: Antidepressant medication and psychotherapy

Attention deficit

Symptoms: Difficulty organizing work, carelessness, and impulsive behavior

Causes: From biological causes, FAS, parents abusing drugs during pregnancy

Forms: ADD/ADHD

Treatments: Ritalin, Dexedrine, and other prescription drugs along with behavior al therapy

Obsessive compulsive disorder

Symptoms: Checking things often, arranging things extensively

Causes: Low serotonin in the brain, severe depression, and schizophrenia

Forms: Obsessive and compulsive

Treatments: Drug and behavioral therapy

Post traumatic stress disorder

Symptoms: Reoccurring images of the event and feels as if the event is happening at the present

Causes: Traumatic events like war, surgery, assault, natural disasters

Forms: Different levels of severities

Treatment: Cognitive-behavioral therapy and antidepressants

Anorexia and Bulimia

Symptoms: Preoccupation with weight loss, ask if fat frequently, and leaving after eating always.

Causes: Depression, control, and societal pressures

Forms: Anorexia and Bulimia

Treatments: Therapy, support groups and hospital and clinical stays

Phobias

Symptoms: A strong fear that dominates a person’s life, being scared all the time, shaking and crying

Causes: Scary event many times early in life

Forms: Many different forms

Treatments: Counseling, hypnotizing, and facing fears