Worldviews  
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Common Psychological Disorders

1. **Depression**: a mood disorder that causes a persistent feeling of sadness and loss of interest.  It affects how a person feels, thinks and behaves and can lead to a variety of emotional and physical problems. A depressed person may have trouble doing normal day-to-day activities, and depression may make a person feel as if life isn't worth living.
2. **Bipolar**:  formerly called manic depression, causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When a person with bipolar becomes depressed, he may feel sad or hopeless and lose interest or pleasure in most activities. When his mood shifts in the other direction, he may feel euphoric and full of energy. Mood shifts may occur only a few times a year or as often as several times a week.
3. **Schizophrenia**: a severe brain disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior. The person may have hallucinations, see things that are not real, have beliefs that do not match reality, or hear voices inside of their head.
4. **Obsessive-compulsive disorder** (OCD): characterized by unreasonable thoughts and fears (obsessions) that lead a person to do repetitive behaviors (compulsions). It's also possible to have only obsessions or only compulsions and still have OCD. OCD often centers around themes, such as a fear of getting contaminated by germs. To ease his contamination fears, a person may compulsively wash his hands until they're sore and chapped. Some common obsessions:
   * Fear of contamination or dirt
   * Having things orderly and symmetrical
   * Aggressive or horrific thoughts about harming yourself or others
   * Unwanted thoughts, including aggression, or sexual or religious subjects

Examples of compulsion signs and symptoms include:

* + Hand-washing until your skin becomes raw
  + Checking doors repeatedly to make sure they're locked
  + Checking the stove repeatedly to make sure it's off
  + Counting in certain patterns
  + Silently repeating a prayer, word or phrase
  + Arranging your canned goods to face the same way

1. **Post-traumatic stress disorder** (PTSD): a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.
2. **Generalized anxiety disorder**: Generalized anxiety disorder symptoms can vary. They may include:

* Persistent worrying or obsession about small or large concerns that's out of proportion to the impact of the event
* Inability to set aside or let go of a worry
* Inability to relax, restlessness, and feeling keyed up or on edge
* Difficulty concentrating, or the feeling that your mind "goes blank"
* Worrying about excessively worrying

1. **Autism**:  a serious neurodevelopmental disorder that impairs a child's ability to communicate and interact with others. It also includes restricted repetitive behaviors, interests and activities. These issues cause significant impairment in social, occupational and other areas of functioning.
2. **Attention-deficit hyperactivity disorder** (ADHD):  a chronic condition that affects millions of children and often persists into adulthood. ADHD includes a combination of problems, such as difficulty sustaining attention, hyperactivity and impulsive behavior.
3. **Eating disorders**
   1. Anorexia: an eating disorder characterized by an abnormally low body weight, intense fear of gaining weight and a distorted perception of body weight.
   2. Bulimia:  People with bulimia may secretly binge — eating large amounts of food — and then purge, trying to get rid of the extra calories in an unhealthy way
   3. Binge eating
4. **Dementia**: dementia describes a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning. Dementia indicates problems with at least two brain functions, such as memory loss and impaired judgment or language, and the inability to perform some daily activities such as paying bills or becoming lost while driving.