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INTRODUCTION

The following assignment is going to identify mental health issues like Schizophrenia, Autism, and General Anxiety Disorder. These issues will be discussed following the notifications and awareness created through the ICD-10. The ICD-10 or International Classification of Diseases, published by WHO is extremely important as it helps physicians to know about plenty of diseases through their detailed description of their probable symptoms, scenarios responsible for the same, procedures for treatments, monitoring etc. through the help of a known language to compare and assess data available across the world of all the diseases that come under the particular classification. By using the ICD-10, health professionals and institutions of health can share all the reliable pieces of information among themselves which help them to get a clearer understanding of the diseases (WHO, 2023). The given conditions under the ICD-10 here are General Anxiety disorder (GAD), Schizophrenia and Autism.

Critical analysis of the diseases

General Anxiety Disorder

GAD is a psychological disorder of bearing excessive stress over anything which may lead to both severe physical and mental illness. The stress can be caused by small to smaller issues regarding everyday life. Witnessing trouble concentrating on anything, insomnia, overthinking, feeling restless etc. are the prime symptoms of the same (WHO, 2023).

CAUSES

As the name suggests, GAD or general anxiety disorder happens mostly because of the ability to not being cope-up with the handling of the anxiety. There are plenty of incidents happening in everyday life which give people stress or circles to think about in a negative way. Many times, people cannot help but think of the negative outcomes excessively around those incidents. As an obvious consequence, the person is being a victim of the problem (DeMartini *et al.*, 2019). In addition to that, the problem of General Anxiety Disorder may also be inherited by the genes from one generation to another generation. The Amygdala which is associated with the controlling of fear and anxiety, get evolves into the problem of General Anxiety Disorder which causes psychotic problems to happen. Extra activation of the organ releases anxiogenic effects, which causes the disorder in the handling of anxiety and issues.

CLASSIFICATION

According to the classification pattern of ICD-10, GAD is classified into three principal types of disorders. They are **neurotic**, **stress-related** and **somatoform disorders**.

Neurotic disorders are a class of mental disorders which are especially related to behaviours which are out of the social context. However, those behaviours cannot be said as delusional or hallucinating. The problem is also known as psychoneurosis, where the main problems are depression and obsessive-compulsive disorder (ICD-10, 2019).

Stress-related disorders are the kinds of behaviours which are basically developed because of traumatic incidents in childhood and later. The symptoms of the same include difficulties in responding to stress, witnessing disorder and organisation to the situations of various kinds of trauma. For example, a soldier returning home from the battlefield will mostly be a victim of post-traumatic stress disorder. As a result, the soldier will start reacting either aggressively or very scared to any kind of normal sound or reaction from the family or acquaintances (ICD-10, 2019)

Somatoform disorders are also called psychosomatic disorders. It is a mental health condition that results in physical disorders in reactions to mental problems. Most of the time, people show physical disorders which are always not explainable (ICD-10, 2019). Temporary or permanent paralysis, tremor, reduced hearing, numbness in organs, etc. are common symptoms of this kind of disorder.

Diagnosis

The common symptoms of general anxiety disorder are worrying too much, taking excessive stress, feeling the loss of sleep etc. Any person, who is a victim of general anxiety disorder would show several signs in the latter's daily life (NHS, 2021). Such as worrying excessively will affect both the person's personal and professional life, if the person takes stressed about many things if the person worries about most normal things and always think about the worst outcome in every single activity of the latter and all the incidents that are happening around it. Any person would be diagnosed with a general anxiety disorder if the latter is affected by it for the **last six months** or more than that (NHS, 2021). The GP might ask questions to the patient about any kind of physical and psychological symptoms the patient is facing recently or within the last six months, what kind of worries, emotions and stresses the patient is facing right now or even queries about the patient's personal life.

Mental Health & Wellbeing in 2023

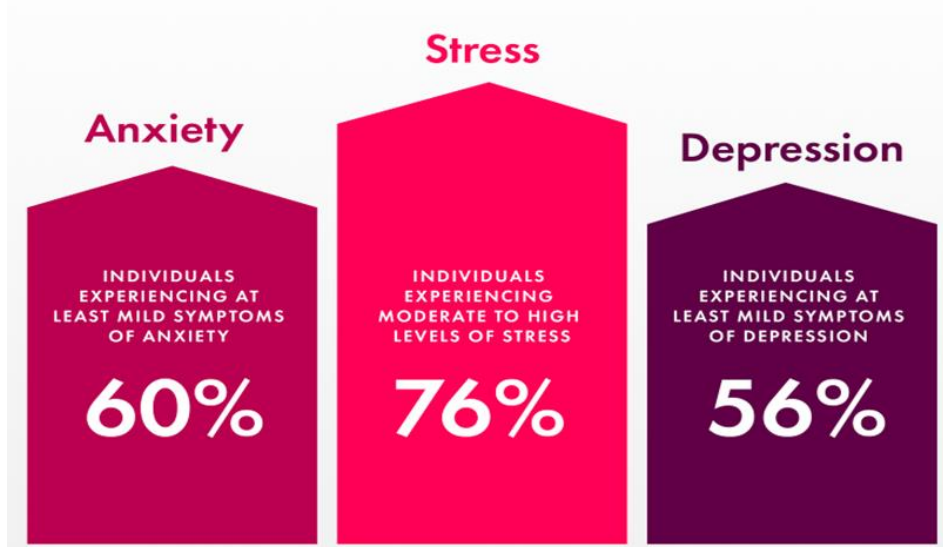


Figure 2: Anxiety statistics in the UK

(Source: Pindar, 2023)

As revealed in recent data, more than 60% of employees in the workplace are feeling stress. Moreover, females are being victims of the problem more than their male counterparts (Pindar, 2023).

Treatments:

The most used treatments for generalised anxiety disorder are **psychotherapy** and **medications**. If someone gets highly stressed because of generalized anxiety disorder, then the person should take therapies like **Cognitive Behavioural Therapy** or **CBT**. CBT is not that kind of therapy at all, which takes preventive measures based on the medications. Instead, it focuses more on talking and understanding the problems and issues a person is facing (NHS, 2021). In the processes suggested by CBT, there is a group involved where all the members are witnessing some sort of issues regarding anxiety disorder, handling of issues and struggle they are facing in their daily life. Moreover, medicines like **alprazolam**, **clonazepam**, **chlordiazepoxide** etc. are used in medication therapy. However, being excessively dependent on those drugs may also cause side effects like memory loss, changes in the rhythm of speech, problems in interacting etc.

Assessment of rehabilitation of the problem

There may be such incidents where the treatment might not be effective. In addition to that, cases of generalised anxiety disorder are extremely sensitive. Various kinds of people have

various types of problems. That is why following the same strategies might not work for everybody. In those cases, the patients should be treated with utmost care, and they should be suggested with the idea of bringing change into their lifestyle. For example, some studies suggested that in the treatment phase, doing yoga can be very beneficial for women (Shohani *et al.*, 2018). In addition to that, they need to keep in mind that additional recommendations can be made, such as putting an emphasis on achieving perfection in the cycle of sleep and hunger, making use of a variety of techniques for relaxation such as reading story books, watching greeneries, gardening, meditation, developing a habit of eating healthy food, avoiding alcohol and any form of toxic drugs, and so on. They should also keep in mind that these recommendations can be made.

Schizophrenia

Definition

Schizophrenia is a mental issue that involves the breakdown of a proper relationship between behaviours, emotions, and thoughts. It blocks the normal ability of a person to think and act concisely (Jablensky, 2022). Hallucinations of something which is not actually present, or speech problems are the most common behaviours of the disease.

Causes

The person, who is suffering from schizophrenia, will have disorganised thinking processes and other many symptoms, which can be easily identified as symptoms of schizophrenia. There are certain causes of the problem. All those causes depend a lot on environmental, genetic and personal factors. The causes of the same can be classified into three categories, which are social causes, environmental causes and biological causes.

Social Causes

Incidents which can be life-changing or can be highly stressful can cause schizophrenia. For example, if someone abuse or harass a person, the person can develop habits of the disease. Although it must be noted that those habits are not developed overnight (Murray *et al.*, 2021). Instead, those are developed slowly and rapidly in case the events are also happening in rapid form.

Environmental causes

The development of behavioural disorders caused by schizophrenia also depends a lot on what kind of environment a person is living in or what kind of environment the latter is spending more time in. In this case, a person, who spends with such acquaintances who intake alcohol or drugs daily, will soon be addicted to drugs also (Pillinger *et al.*, 2019). Gradually, the person will also start developing habits of schizophrenia.

Biological causes

Schizophrenia also happens because of biological problems, which are also one of the most common causes of the same. A person is most likely to develop symptoms and all probable signs of the disease if the parents and grandparents of the same person have suffered from psychosis at previous times (Imamura *et al.*, 2020).

There are other causes too, living in cities rather than living in the countryside create more stress and worry in people's mind, as an example, there will be plenty of events in the daily life of people which will affect them and most probably cause the disease.

Classification

Schizophrenia is no longer treated on the basis of subtypes in contemporary times. However, for the purpose of diagnosis, clinicians use five subtypes of the disease: Paranoid Schizophrenia, Catatonic Schizophrenia, Disorganised Schizophrenia, Residual Schizophrenia, and Undifferentiated Schizophrenia. **Paranoid Schizophrenia** is characterised by symptoms like preoccupation with delusions, both auditory and visual hallucinations, behavioural impairment, and others. **Catatonic Schizophrenia** is diagnosed when a patient experiences catatonic excitement, strange body movements, limb rigidity, and others (Guan *et al.*, 2022). **Disorganised Schizophrenia** is diagnosed when a patient exhibits disorganised speech or nonsensical behaviours along with hallucinatory symptoms. **Residual Schizophrenia** is described as the continuation of the significant aftereffects of having Schizophrenia after a patient gets cured of hallucinations or delusions. Lastly, **Undifferentiated Schizophrenia** refers to the accumulation of various subtypes of schizophrenic disorders within a patient and he/she cannot be diagnosed with a single subtype of Schizophrenia.

Diagnosis

Schizophrenia is usually diagnosed on the basis of the following symptoms, either experienced singularly or in multiple terms by a patient: hallucinations, incoherent speech, delusions, experiencing flat emotions, hearing voices, and others (Abel *et al.*, 2019). A psychologist asks for the last six months' history of behavioural patterns and thought processes to diagnose schizophrenia. For a disease like schizophrenia, however, both psychological and physical tests are necessary (McCutcheon *et al.*, 2023). In order to be positive of the diagnosis, a physician will first examine the patient's psychiatric symptoms, and then they will ask for more testing, such as an MRI or specific blood tests. Blood tests are not a reliable method for detecting schizophrenia; however, they can be utilized to evaluate the progress of a patient who is undergoing treatment. This is an essential fact that should be brought to your attention in this context.

Treatments

A progressive disease like Schizophrenia requires an “individually tailored” blend of counselling and medicine. A CMHT or Community Mental Health Team is appointed as per the guidelines of NHS. The team provides regular support to the patients while providing medicative treatment to them. Schizophrenia is treated in three ways that are through individual therapy, family therapy, and through vocational rehabilitation support (McKenna *et al.*, 2019). Out of these, the process of rehabilitation support is most effective in helping people get back to their previous state. During a survey in 2021 in the UK, it has been revealed that more than 40% of people living in England have visited the NHS for their mental health issues, and at present, around 1% of the UK population is affected by Schizophrenia (Michas, 2022).

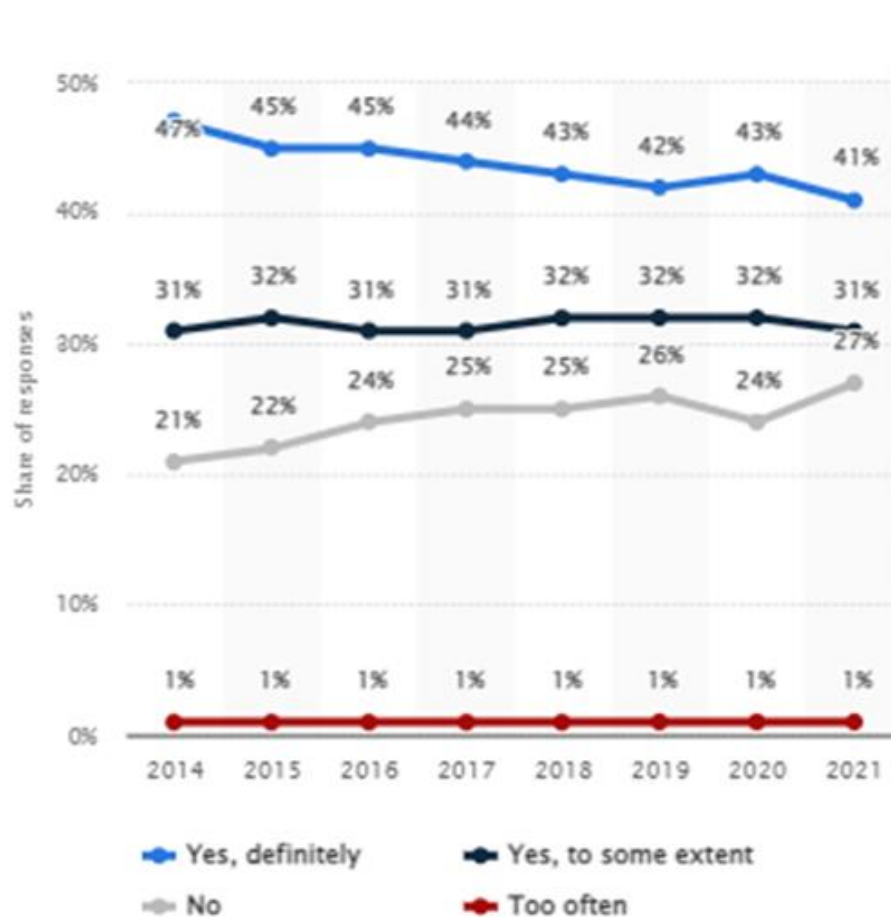


Figure 3: Mental health frequency

(Source: Michas, 2022)

Assessment of rehabilitation of the problem

Rehabilitation of Schizophrenia includes the provision of a perfect setting and ambience for the patients that ensure effective care and support is given to them. The aspect of rehabilitation also involves a great many responsibilities on the part of the caregivers, for example, the requirement of personal hygiene maintenance, the capability of understanding the behaviours and emotions of the patients, vocational skills, and others (Krieger *et al.*, 2020). Rehabilitation centres ensure that patients receive the most effective treatment available for schizophrenia, known as cognitive behavioural therapy (or CBT for short).

Autism

Definition

A type of neurological disorder that casts a significant impact on people's abilities to communicate, learn, and interact with others is defined as Autism. It is a problem which attacks someone only when the person is in the developing stage (Wood and Happé, 2021). It severely affects the nervous system which impacts social, mental and physical behaviours. Currently, the UK is in the prevalence state for autism spectrum disorder, with one child in 100 having the syndrome (Bma.org.uk, 2020).

Cause

There are various causes that can cause Autism. The first and foremost reason that is usually assumed by clinicians and experts is the generic factor. An individual might develop autism factors if parents or siblings have it. It is clinically proven that it runs within genes and a successor has a high chance to develop the disease. Other than this, environmental influences can be significant risk factors in developing autism (Ma *et al.*, 2020). The experts demonstrate the fact that people can develop the symptoms based on the environmental influences that they are exposed to by classifying the possibilities of the risk variables as raised or lowered. There are several factors that can contribute to an elevated amount of risk, including the age of the parents, difficulties that arise during pregnancy or birth, drugs that are taken during pregnancy, and others. Autism can develop during a person's lifetime because of specific variations in the structure of brain functions that occur because of the aftereffects of no genetic environmental exposures, as the view of medical professionals suggests.

Classifications

Autism is categorised into five major differences: Asperger's syndrome, Childhood Disintegrative Disorder, Rett Syndrome, Pervasive Developmental Disorder, and Kanner's Syndrome. **Asperger's syndrome**, redefined as **Level 1 Spectrum Disorder** is characterised by inflexibility in behaviour and thought process, making a shift from one activity to another, problems in executive functioning, problems at interaction with others, and flattened speech

(Ma *et al.*, 2020). **Rett Syndrome** is identified as a neurodevelopmental disorder and a patient is diagnosed with this when experiences instability in standard behavioural changes and movements, problems with speech and communication, or breathing difficulties (Russell *et al.*, 2022). **Childhood Disintegrative Disorder** or **CDD** is characterised by loss in acquired cognitive understanding, language, grammar and vocabulary, social skills, motor skills, adaptive skills, and toileting skills. Another type, **Kanner's Syndrome** is concerned with a lack of bonding and emotional attachment with friends and family members, communication and behavioural challenges, obsession with handling objects, and problems with visuospatial skills. **Pervasive Developmental Disorder** or **PDD** is perceived as a Not Otherwise Specified genre of autism where patients develop a mild level of autism with a range of social development challenges.

Diagnosis

There are no specific medical tests available to diagnose autism spectrum disorder or ASD. Sometimes an MRI scan is asked for by the doctor to identify whether any change is noticeable in the functions of brain cells. Doctors ask for developmental history and examine the behavioural patterns of the patients to diagnose the disease. It is possibly diagnosed at a very early age or at 18 months (Russell *et al.*, 2022). The physicians investigate whether a patient has problems communicating with others or has difficulty interacting with other individuals. In addition, the presence of repetitive behaviours is evaluated as part of the patient assessment process. When making a diagnosis of autism spectrum condition, these are the primary considerations that are considered. In addition, a check is done to see if the patient has a family history of autism. People in the broader public, such as members of the patient's family or acquaintances, are frequently the first to notice difficulties in speaking or problems with behaviour.

Treatments

There are various types of treatments available for Autism Spectrum Disorder. The most effective treatment is provided through behavioural management therapy. In this aspect, the caregivers tend to find specific reasons behind a set of behaviour exhibited by a patient. The analysis of behaviour, because of the causes that influence the behaviour along with the after-effects of such behaviours, has provided significant evidence effective in the treatment of ASD. Another sort of approach to the treatment of ASD is the Developmental Approach. With the use of speech and language therapy and occupational therapy, significant changes can be noticed in the patient (Russell *et al.*, 2022). Sensory integration therapy and physical therapy are the most effective. Psychological approaches are taken to help the patient deal with depression, anxiety, and other such issues. In relation to developing social skills as a part of the treatment, the Relationship Development Intervention or RDI model is used.

Evaluation of rehabilitation of the problem

Within the sphere of the UK Neurotherapy is the most popular practice in the rehabilitation system of Autism Spectrum Disorder. Under the NHS guidelines, community rehabilitation is mentioned where Neurotherapy has been given a special place which attempts to rewire the patterns of the brain waves that have been dysfunctional due to the development of autism. It is often argued that autism should not be categorised as an illness as there is no specific cure option available (Wood and Happé, 2021). It is a way of life and doctors opine that the caregivers should support these patients for a longer period in identifying the specific problems in thinking and understanding and because of the understanding the same are regulated to help cure the patients. In this context, rehabilitation is the best option among others. The doctors or the caregivers get the opportunity to use Applied Behaviour Analysis or ABA therapy in the treatment (Ma *et al.*, 2020).

Conclusion

At the end of detailed discussions on the three serious health issues of Autism, General Anxiety Disorder, and Schizophrenia, it should be concluded that there is a need for increasing awareness regarding mental well-being among people. The UK government must use significant methods to generate a significant amount of awareness regarding the ways the mental health conditions of an individual can be taken care of. The statistics are quite scary and specify the fact that the situation will get worse if effective actions are not taken immediately. After classifying the subtypes of the diseases, it is clear that mild symptoms of any of these issues should be attempted to be detected as early as possible and put under treatment. Considering the contemporary ways of life which are extremely fast-paced and complicated, anybody can develop any of these issues. Hence, taking care of mental health along with physical health should be given utmost importance.

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