



Assessment two

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1 Introduction

In this report, a critical examination of the classification, diagnosis, treatment and measurements of rehabilitation of 3 mental disorders from the ICD-10 (WHO, 2010) will be provided, such as General anxiety disorders, Schizophrenia, and Autism

2 General Anxiety disorders (GAD) (general anxiety disorder)

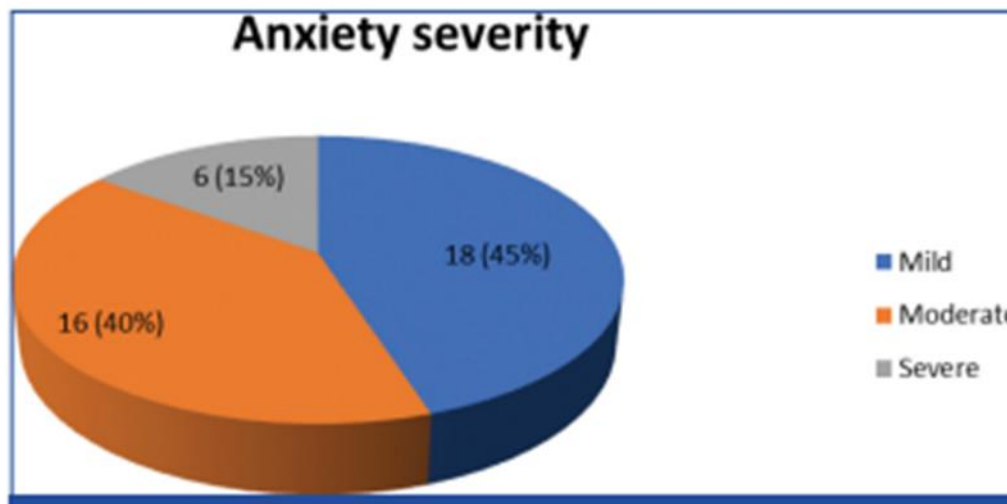
General anxiety disorders?

General anxiety disorder, according to the NHS (2021), is defined as a constant feeling of stress, extreme panic, and fear, which can have a serious detrimental impact on an individual's everyday life, affecting physical and mental health and wellbeing.

2.1 Classification of GAD within ICD-10

GAD is classified within 'F40-F48 Neurotic, stress-related and somatoform disorders. GAD is under F41.1

Sever: Mild, Moderate, Severe



People suffering general anxiety disorder in the UK.

If you want provide data related to percentage of people with anxiety in UK



Work-related Stress, depression or anxiety in Great Britain

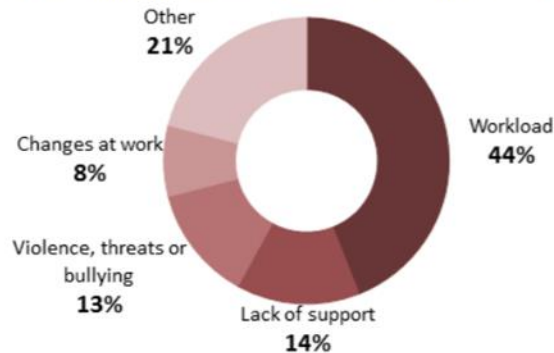
602,000

Workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2018/19
Labour Force Survey (LFS)

12.8 million

Working days lost due to work-related stress, depression or anxiety
Labour Force Survey (LFS)

Stress, depression or anxiety by cause, averaged 2009/10-2011/12



Source: Labour Force Survey

<http://www.hse.gov.uk/statistics/lfs/index.htm>

Industries with higher than average rates of stress, depression or anxiety, averaged 2016/17- 2018/19

Source: anxiety in UK percentage 2020 – bing images

2.2 Causes of anxiety (Aetiology)

- Childhood trauma
- Social isolation
- Negative life events
- Stress relating to work and education.
- physical or mental health problems
- social and societal pressures.

2.3 Signs and symptoms.

Brain tumours are common according to NHS, (2023) its growth of cells in the brain that multiplies in abnormal symptoms including:

- mental health or behaviour changes, such as memory problems or personality changes.
- Vision or speech problems

- Seizures (fits)
- Progressive weakness or lead to one side of the body called paralysis.
- Persistently feeling sick (nausea), being sick (vomiting) and drowsiness

2.4 When anxiety can be Diagnosed

When an individual is most likely to be diagnosed with GAD if the patient has had symptoms for 6 months or more. Finding it difficult to manage their feelings of anxiety is an indication that they may have the condition.

To help with diagnosis, the GP will now conduct a physical examination or blood tests to rule out other conditions that may be causing the symptoms, such as anaemia (a deficiency in iron or vitamin B12 and folate) or an overactive thyroid gland (hyperthyroidism). Source NHS- <https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/diagnosis/?msclkid=5661d0a9a54011ec880a278cfce57bff>

The patients can complete the questionnaires.

2.5 Current treatments

NHS (2023) Stated the standard of treatment for Schizophrenia involves a specialist regimen of medication and talking therapy for each person. However, (CMHTS) in most cases, people with schizophrenia may be treated by the community mental health teams (NHS, 2023).

The aim is to support day-to-day care and give treatments; in this case, it is to ensure you have independence as much as possible. In addition, CMHT can also be made up of and provides access to:

- Pharmacists
- Social worker
- Occupational therapists
- Counsellors and psychologists
- A community mental health centre or nurse is a person who has specialist training in mental health conditions.
- psychiatrists: This is usually the treatment for the senior clinician on the team.

Furthermore, you ought to be referred to an early intervention team during your initial episode of schizophrenia. These are specialised teams that help alongside you, including social workers, support workers, mental health nurses, psychologists, psychiatrists, and others who offer therapy and assistance. In addition, according to NHS (2023), for someone with schizophrenia, your requirement might be to communicate frequently with only one or two team members, or you might require assistance from the complete CHMT.

2.6 Measurements of Rehabilitation

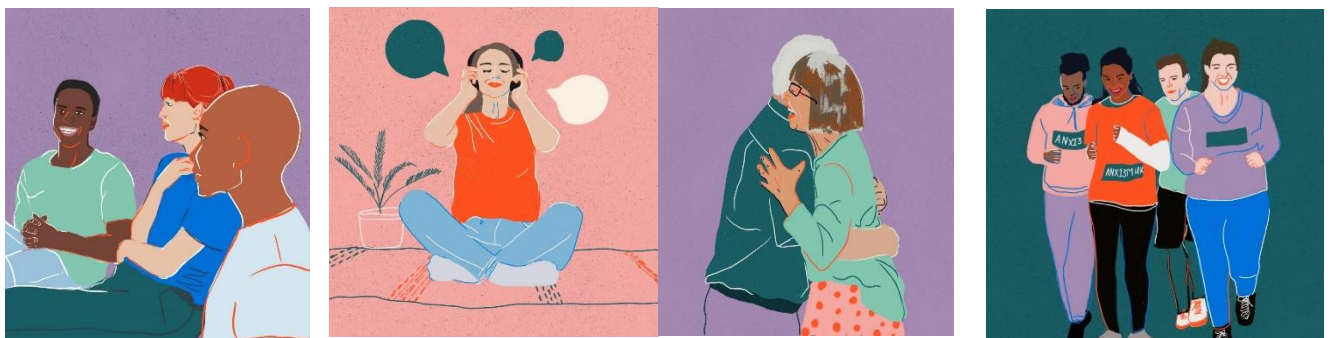
These are the tools to chart progress during the rehabilitation process/treatments and to check the treatments' effectiveness. To determine the effectiveness of the treatment, it is important to know the rehabilitation measurements. This is because if the treatment is not effective, it should change to one of the measurements of rehabilitation in GAD is the 'Generalized Anxiety Disorder Questionnaire (GAD-7)' see Appendix A. This questionnaire is a tool to measure the level of anxiety over a period of two weeks.

2.7 Recommendation for improvement of anxiety (complementary therapies)

. The use of complementary therapies. For example, studies such as Shohani et al. (2018) demonstrated the effectiveness of yoga in reducing anxiety in women. This will have a positive impact as it will reduce the use of drugs and their side effects.

2.8 Principles of care for people with generalised anxiety disorder (GAD) (NICE)

Useful link: National charity helping people with Anxiety- Anxiety UK



(Anxiety UK, 2024)

3 Schizophrenia

schizophrenia is a mental health condition where you may see, hear, or believe things that are not real.

3.1 Definition

Schizophrenia is a chronic illness that has a substantial and ending impact on health. It also places a financial burden and social impact on patients, their families, other caregivers, and society. In comprehending the effects of the disease on society, an estimate of indirect cost must be conducted.

3.2 Classification

Schizophrenia within the ICD–10 is classified as a schizotypal and delusional disorder.

(F20-F29),

3.3 Causes

According to NHS (2021) schizophrenia is unknown to what causes it. According to the researcher, a person may be more susceptible to the illness if they have certain physical, genetic, psychological, and environmental characteristics.

A stressful or emotionally charged life experience may set off a psychotic episode in certain persons who are predisposed to schizophrenia. Which includes the main three reasons.

- Brain development from birth.
- Loss of connections between areas of the brain.
- It is also caused by imbalances in the brain (NHS, 2021)

3.4 Signs/symptoms

Schizophrenia has two main symptoms: Hallucinations and Delusions in addition.

Hallucinations: Clients or others continue to believe that non-existent objects can be seen, heard, smelled, touched, or tasted, such as hearing voices.

Delusion: These misconceptions are the foundation of reality and are unfounded. One may believe, for instance, that you are famous or gifted, that you are being pursued by someone else, that you are being hurt or harassed, or that a significant disaster is going to strike— However, most individuals with schizophrenia experience delusion. (Cleveland Clinic, 2023). Due to schizophrenia symptoms, one may feel suspicions, paranoid or afraid frequently. They may not care about hygiene and appearance. In addition, have depression, including anxiety using alcohol, nicotine, prescription medication or recreational drugs to calm themselves by using “self – Medicate symptoms, (Cleveland clinic,2023)

3.5 Diagnosis

Research finds that there is no significant difference between tests for schizophrenia, and the condition is usually diagnosed after assessment by a specialist in mental health.

NHS (2023) stated that should anyone be suspected of a diagnosis of schizophrenia the GP should recommend referring the person to the local community mental health team (CMHT). In other words, most mental healthcare professionals use a checklist. For instance, the GP or the doctors may also want to know about one's personal history and current mental health circumstances. However, schizophrenia usually can be used to diagnose by checking to know that the people have the symptoms associated with schizophrenia while making sure they are not being caused by anything or any other conditions. (NHS, 2023).

3.6 Current treatment

Schizophrenia is usually treated with a combination of talking therapies and medicine. (Fasseeh *et al.*, 2018).

3.7 Measurement of rehabilitation

Researcher find out that there is no measurement of rehabilitation for schizophrenia. Because schizophrenia is a long- time illness, which in this case it can not being Measured, due to individuals state of condition must be followed. (NHS, 2023).

3.8 Guidance and Principles

Guidance is when you protect and keep someone safe and start medication as soon as possible for principles are perturbations of language, perception, thinking, social activity, affect, and volition. While the word principle's is to respect and value any mental illness. (Mind, 2024)

NHS, (2023) review about giving respect principles which show that people taking decisions need to understand the Act must be recognised and respects each patient which includes Gender, Culture, Age, Sexual orientation, Race, any Disability, and Religion. For any mental health as to be respect and value (NHS, 2023).

Researcher, find that the principles and guidance show that any mental illness patients must be informed in their case as is practicable Schizophrenia within the ICD – 10 is classified as schizotypal and delusional disorders these include that carer must also involvement of families and friends need d encouragement. (mind, 2024)

3.9 Recommendations

A systemic review for schizophrenia is to be consistent with your treatment, to improve, for with out consistent treatment one may themselves on usually temporary risk. Harris. K; haddock. G; Peters. S; Gooding. P

Psychology and psychotherapy: theory research and practice.

Group cognitive remediation for schizophrenia: Exploring the role of therapist support and metacognition. Cella. M; Reeder. C; Wikes. T

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Family Interventions for schizophrenia and the psychoses: A Review

William R. McFarlane

family process

Psychological Interventions to reduce positive symptoms in schizophrenia: systematic review and network meta- analysis.

Bighell I; Salauti.G; Huhn. M; Schneider- Thomas. J; Krause. M; Reitmeier; Wallis. S; Schwärmer. F; pitschel- walz. G; Barbui. C; Furukawa.T; Leucht. S

World Psychiatry

4 Autism

An autism is a lifelong development disability which affect people communication and interact with the world. according to NHS England,2023 more than one in one hundred people are autism spectres and over 7000.000 autism section condition have effect on people in unique way of life. However, people with autistic have their own way of life and they have their own strength, and weakness, being in the list of difficulties they may like to share, including the two difficulties required for a diagnosis.

4.1 Definition

Something about Autism O' Reilly, Lester and Kiyimba, (2020) Autism is so hard to define, because of different diagnosis which include, stages of individual. However, the possible combinations of traits, strengths and challenges are almost endless (Lise. Jo Rudy,2021)

4.2 Classification

(F80- F89 Disorders of psychological development, F84 Childhood Autisms ICD, 2010)

Speech and Languages

A disease that is identified in children and is characterised by either mental or physical impairment, or both, and that prevents the child from meeting. Developmental milestones associated with their age. However, disorder in which early development disrupts typical patterns of languages acquisition.

Environment

The disorder in which early development disrupts typical patterns of languages acquisition environment variables sensory impairment's, mental retardation or disorders related to the nervous system or speech mechanism are not directly responsible for the interactions, difficulties with reading and spelling, and specific developmental impairments of speech and Language are frequently the unintended consequences of these disabilities.

4.3 Data provide.

The data provide related information and percentage of children, people with autism in the world and UK. The UK is around 700,00 children and more than one hundred people are on the autism spectrum.

In respond to a March 2012 press relation from the US Centres for Disease Control (CDC). Which was extensively covered by the media, the UK update studies it had started in the early 1990s on the annual prevalence and incidence rates of autism in children. The CDC reported that the rate of autism prevalence in 8- year- old US children in 2008 was 1 in 88, a 78% increase from an estimate made in 2004. This result predicted that the sharp rise in children receiving autism diagnoses that started in the 1990s will continue. Employing the UK General practice Research Database (GPRD) for a population study. Between 2004 and 2010, the number of children ages 8 years who were diagnosed with autism in every given year was divided by the total number of children to estimate the annual prevalence rates of autism of young people who were enrolled in the research that year. By dividing the number of new diagnoses between 2004 and 2010 by the same denominators, we were also able to compute the annual incidence rate for children between the ages of 2 and 8.

Around 3,8/1000 males and 0,8/1000 girl were the consistent annual prevalence rates for each year. Approximately 0.2/1000 females and 1.2/1000 boys were the annual incidence

rates, which were also consistent year after year. The annual incidence and prevalence rates of autism in children aged eight reached a plateau in the early 2000s and stayed stable until 2010, in the UK, where the condition's incidence rate had increased fivefold in the 1990s. Is it still the case that prevalence rates in the USA have risen since the early 2000s.

4.4 Causes

Research shows that autism is becoming more common, but its causes are still poorly known. Researchers have discovered tiny common genetic component. The interplay changes or mutations. In autistic individuals, suggesting a genetic component. The interplay changes, or mutations. However, in autistic the individuals, suggesting a genetic component. The interplay of genetic and environmental variables is a rapidly expanding field of study for instance, exposing a foetus to dangerous pollutants during pregnancy may cause a genetic mutation that cause autism in the offspring. There is no evidence linking autism to vaccinations, not even the one that contain the mercury-based substance thimerosal. (NHS, 2022)

4.5 Diagnosis

If you or your child have signs of autism, the next step is to talk someone about it. However, if someone could speak to: GP a health visitor. For children under 5 any other health professional you or your child see, such as another doctor or therapist special education need (SENCO) staff at your child's school.

Ask in school, GP, doctors, if they think it is an innovative idea to refer you for an autism assessment.

Autism specialists do an assessment. It is the only way to find out if you or your child are autism.

Autism assessment

An autism assessment is where a team of autism specialists check if you or your child are autistic.

An assessment team may:

What to ask about any problems you and your child are having watch how you or your child interact with other people speak to people who know you or your child well, such as family, friends, your GP, or your child's teachers. What happen during an autism assessment you may have one or more appointments with a team of different professionals.

for children, the assessment team may: what to ask about your child's development, such as when they started talking. Currently the team watch how you and your child interact, and how your child plays. Also look at and read reports sent by the GP and the nursery or school, at this time a member of the team may also visit your child's school to watch them in class and at break time. At the end of the assessment, you will be given a report saying if you or you child are autistic. Source NHS website.

<https://www.nhs.uk/conditions/autism/getting-diagnosed/how-to-get-diagnosed/>

diagnostic measures include The Autism Diagnostic Interview- Revised (ADI-R).



Pearson clinic

(Autism diagnostic, 2003)

4.6 Current treatments

According to Mayo clinic (2018) for Autism current treatments in child or children's need include speech therapy to continue to improve in their communication skills, occupational therapy to teach activities of daily living, and movement and balance.

4.7 Measurements of rehabilitation:

'Childhood autism scale (CARS)' (SEE APPENDIX C) and observation, called ADOS – 'Autism Diagnostic Observation Schedule'.

4.8 Recommendations

The improvement of Autism due to large part in growing population and the ongoing discussion of over the most appropriate and successful ways to educate them, children and youth with autism spectrum disorders (ASD) pose Serious problems to teachers and the educational system. These concerns include what and how children and teens with ASD should be taught, as well as the qualifications, expertise, and training of educators who work with students who have ASD. They also concern the appropriate environments for these students' educational experiences. These three fundamental components serve as the discuss them and provide suggestions for strengthening the current framework.

4.9 Guidance and principle

5 Conclusion

In this report on autism is that person- centred approach it includes counselling encourage- self- exploration and self- acceptance. Fostering a positive sense of self that can lead to improved self- esteem and confidence. (Counselling directory,2023)

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Appendix A: Generalised Anxiety Disorder Questionnaire GAD-7.

generalised anxiety disorder (GAD).^[1, 2]

Generalised Anxiety Disorder Questionnaire (GAD-7)	
Over the last 2 weeks, how often have you been bothered by any of the following problems?	
Feeling nervous, anxious or on edge?	Not at all Several days More than half the days Nearly every day
Not being able to stop or control worrying?	Not at all Several days More than half the days Nearly every day
Worrying too much about different things?	Not at all Several days More than half the days Nearly every day
Trouble relaxing?	Not at all Several days More than half the days Nearly every day

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Appendix B: indicators for rehabilitative care:

‘Quality Indicator for Rehabilitative care (QUIRC-SA)’

The indicators to be considered are the these.

‘Living Environment,’

‘Therapeutic Environment,’

Treatment and interventions,

Self-Management and Autonomy,

Social Interface,

Human Rights

Recovery based practice.

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