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Introduction

This report presents a critical evaluation of three mental disorders from ICD-10 (WHO, 2010), namely: Generalised Anxiety Disorder (GAD), Schizophrenia, Autism and Schizophrenia.

Key facts about the classification of diseases, the availability, and methods of treatment, about how these disorders are diagnosed will be presented.

Recommendations for improving symptoms associated with these three diagnoses were also assessed.

Generalised Anxiety Disorder (GAD)

What is GAD

Pathological anxiety crosses out all life plans and does not allow a serious look at the actual situation. A person is constantly obsessed with trifles and, as a result, is under the pressure of fears and experiences. Such people fall into depression and cannot enjoy life. Only a doctor can diagnose a specified psychological disorder. One of the often-recognised anxiety is Generalised anxiety disorder (GAD) (Mind, 2022).

NHS provide this definition of General Anxiety Disorder; GAD is a mental condition in which a person feels constant and prolonged anxiety. It is not associated with any one situation and is not focused on any object (NHS, 2022).

Statistics show that every 6 out of 100 people affect by GAD (Mind, 2022).

GAD frequently occurs in people from the ages of 35 to 55. NHS shows that females are more affected than men (NHS, 2022).

Anxiety statistics in the UK show how many people need support and how anxiety affects different demographic groups.

According to Mental Health UK, over 8 million people in the UK have an anxiety disorder.

Of these, 48, 2 % of people with GAD seek help (Mental Health Foundation, 2022).

According to statistics, about 822.000 workers suffer from job-related stress or anxiety each year (Health and Safety Executive, 2022).

Currently, 1 in 10 employees is diagnosed with GAD. This fact emphasises that the diagnosis of GAD is more common than other mental health disorders.

In order to ICD-10, bodily disorders and stress-related disorders are combined into one group, 'F40-F48 Neurotic, stress-related and somatoform disorders'. They are connected by one concept of neurosis associated with psychological problems. GAD is under the heading F41.1 (WHO, 2010). Patients may experience other symptoms for a short time, such as depression, panic disorder, and phobias. The brief presence of these symptoms does not rule out an underlying diagnosis of Generalised Anxiety Disorder.

Causes of Anxiety

An anxious personality type is usually formed in early childhood, school, and adolescence. The risk group includes young people aged 20-30 with a worried mentality who are under constant stress. Such people are unsure of themselves, lack initiative and are haunted by various phobias. Illness can be caused:

- **Uninterrupted stressful situation:** Trouble at work or the death of a loved one can provoke deep stress lasting for a very long time.
- **Concept of hereditary nature:** The presence in the family of relatives prone to nervous disorders and depression indicates the likelihood of inheritance of this type of nervous system.
- **Emotional trauma:** In childhood, the disease develops from the manifestation of strict upbringing and despotism on the part of parents. The lack of parental love and care provokes a feeling of anxiety, based on which various inferiority complexes can develop.
- **Other diseases of the nervous system and physical health disorders:** Serious illness in people can sometimes cause anxiety and aggravate the well-being situation. In conjunction with other mental health problems, for example, depression, anxiety may occur (Mind, 2022).

Symptoms

A sense of self-preservation increases the chances of people surviving in a world full of danger. Reasonable worry helps people to be attentive and careful. However, if anxiety and fears constantly arise for no reason, this condition qualifies as pathological.

Physical and psychological symptoms follow the disorder. Increased sweating, heart palpitations, shaking, stomach aches, and headaches manifest bodily ailments. Mental symptoms are accompanied by sleep disturbance, changes in appetite, feeling irritable which negatively affects general well-being and reduces the concentration (Mental Health UK).

Diagnosis

Anxiety is usually associated with difficult moments in work or social life. Usually, in conjunction with other medical conditions, anxiety can increase the risk of suicide.

The diagnosis of GAD is not always immediate, as the physical symptoms are highlighted as mental illness is still stigmatized today. Despite this, GAD can also be diagnosed (Hoge E A et al, 2012).

Usually, a general practitioner performs a physical examination and may order a blood test. These actions aim to eliminate other health problems such as anaemia (low levels of iron, vitamin B12 and folic acid in the body) or hyperthyroidism (NHS, 2022).

Current treatments

An obsessive state can last for a long time and sometimes become unbearable. However, the problems associated with mental disorders are easily treatable. Treatment of General Anxiety disorder begins with a diagnosis by a psychiatrist or psychotherapist if the persistent fear continues for six months. GAD is treated with a combination of medical and psychological therapies.

Medical therapy

By comparing the relationship between the patient's physical characteristics and the disease, the doctor will prescribe the necessary medications to correct the symptoms such as:

Benzodiazepines - to relieve physical stress. to reduce anxiety symptoms.

Beta-blockers - to relieve physical signs of stress.

Selective serotonin reuptake inhibitors (SSRIs) are antidepressants that help control anxious thoughts.

It should be noted that drug therapy is used under the strict supervision of a physician. Failure to comply with its correct application causes changes in the patient's behaviour, such as suicidal thoughts.

Psychological therapy

Cognitive behavioural therapy (CBT) helps to steer the mindset in a positive direction.

Behavioural therapy - psychotherapists teach the patient relaxation techniques, such as deep breathing and muscle relaxation.

Depending on the severity of the symptoms, doctors prescribe from 12 to 15 sessions of psychological therapy lasting 1 hour (Mental Health UK).

Recommendations for improvement of GAD

Conventional treatments for GAD are medication and CBT therapy. Complementary therapy, such as aromatherapy, has been shown to significantly help reduce the symptoms of anxiety (Barati, F., et al, 2016).

Lizzaraga-Valderrama (2020) emphasises the effectiveness of the essential oil lavender on anxiety. It indicates that aromatherapy has anxiolytic, sedative, and antidepressant characteristics identical to drugs for GAD (benzodiazepines, antidepressants (Nweke, 2021).

Anxiolytic prescription drugs are high-priced and have numerous side reactions such as dependence, nervousness, headaches, confusion, constipation, and drowsiness (Bourin, 2018).

Research has demonstrated that using aromatherapy during the early periods of mental disorder has a calming and relaxing outcome for patients.

Research has shown that using aromatherapy combined with psychotherapy during the early stages of a mental disorder has a calming and relaxing result for patients.

Furthermore, no study has shown that aromatherapy can replace pharmacological treatments.

Principles of care with people with GAD

Primary care physicians and mental health professionals should be skilled in assessing and diagnosing GAD.

NICE has developed guidelines for the care of people with GAD. Based on this guide, physicians make treatment decisions:

- This discussion takes place in a friendly atmosphere with respect for confidentiality.
- Provide information about treatment methods in a language accessible to patients, if necessary, and offer an interpreter's assistance.
- Provide information about voluntary, national self-help organizations or support groups to patients and their families or caregivers (NICE, 2020).

Autism

Definition

Autism is a disorder of mental and psychological development. Literally, the word autism comes from Greek autos and means someone who has gone into himself. A lack of emotional manifestations and an absence of social communication characterise the disease (WHO, 2022).

There are several types of autistic disorder:

- Autism Spectrum Disorder (ASD) – term most used in medicine.
- Asperger syndrome - form of autism is considered relatively mild, and its features are: High intellectual level of the child, standard speech skills, unwillingness to compromise, there may be a problem with movement coordination, for example, clumsy gait, obsession with a specific interest may be observed (NHS, 2022).

There are currently around 700.000 adults and children with autism in the UK (National Autistic Society).

According to the WHO (2022), one in 100 children is autistic (Jinan Zeidan, 2022).

Scientists conducted a study on the prevalence of autism. They found that boys and men are three times more prone to autism spectrum disorder than girls and women. Researchers explain this fact by the best communication skills of the female, so a mild form of autism may not be noticed (National Autistic Society, 2023).

Causes

People cannot get sick or contract autism. People have it from birth.

Of the appearance of children, it is impossible to recognise the presence of a disease in the nervous system. Autistic children are attractive and physically well-developed. Experts do not know the exact causes of autism. However, they identify several factors contributing to the evolution of the disease, such as:

- genetic factors,

- genetic and chromosomal disorders such as Down's syndrome.

According to the study, heredity is 40-90% (Howes, O.D., et al. 2018).

There is a variety of other evidence associated with the prevalence of autism, like:

- Male sex - proven data that there are more men with autism than women, in a ratio of 3:1 to 5:1 (BMJ, 2018)
- Heredity of ASD - autism risk is 50 times higher in siblings of people with autism (BMJ, 2018).
- Structural disorders in the brain - not the same maturation of brain regions, for example, the frontal lobe and cerebellum (NICE).

However, autism cannot be caused by any vaccines for childhood, for example, the MMR vaccine, diet, bad relationships with parents and contagious diseases (NHS, 2022).

Symptoms

Autism is diagnosed at any age and only by a specialist in this field. Symptoms can vary because people do not experience the disorder similarly. There are several indicators:

- delay or lack of speech,
- difficulty with concentrating and understanding
- rituals or repetitive movements,
- inability to express feelings,
- troubles with coordination,
- hypersensitivity or lack of response (Autistica UK, 2022).

The main clinical signs of childhood autism at an early stage (1 year to 3 years) are:

- compulsive movements and habits,
- lack of social interaction and
- deficit communication skills.

According to the NHS (2022), people with autism often have comorbid disorders like:

- attention deficit hyperactivity disorder (ADHD)
- dyslexia
- anxiety
- depression
- epilepsy.

Diagnosis

Diagnostics of autism spectrum disorders in the UK and other countries are held following the International Classification of Diseases of the 10th revision (ICD-10). According to the ICD-10, autism symptoms are described in Chapter 5 - Mental, Behavioural and Neurodevelopmental disorders (F01-F99) "Pervasive and specific developmental disorder (F80-F89)" Autistic disorder (F84.0) (WHO, 2010).

It is impossible to conduct a self-diagnosis to determine the presence of autism. The definition of this disorder requires a qualified specialist. Determining the diagnosis of autism in children consists of two stages and begins with a visit to the paediatrician. All children are screened at 18- and 24- months of age. An examination is necessary to make sure that the child is developing correctly. The autism specialist observes and talks to the child. Also, he asks parents about the presence of autism in the family and how the child develops and behaves. Autism Diagnostic Interview-Revised (ADI-R) test determines the pathology at its first signs. Suppose during the screening doctor, it is concerned about the development of the child. In that case, he will prescribe an additional examination with different team specialists such as a child psychologist, speech-language pathologist, occupational therapist, and neurologist (Mebmd, 2020).

Current treatments

It is a mistake to think that some drugs and therapies can cure pathology and fully normalise autistic behaviour. Currently, complex therapy consists of specialised measures helping children with various forms of autism. Treatments include the following areas:

- Behavioural - the most prevalent area in the correction of autism. With its help, contact with a specialist or someone with a child develops, thereby adjusting the acquired skills and signs of behavioural disorders.
- Educational - helps to replenish vocabulary and form abstract thinking.
- Pharmacological - There are no drugs that treat the symptoms of autism. However, some medications help people manage their accompanying symptoms, for example, high energy levels and self-injurious behaviour (hand biting). Sedatives, neuroleptics, psychotropic drugs are used in co-occurring psychological states such as depression or anxiety, and therapeutic statuses like seizures and sleep problems.
- Psychological - Cognitive-Behaviour Therapy (CBT) helps people cope with mental problems (CDC, 2022).

Measurements of rehabilitation

The severity of autism symptoms is measured using The Childhood Autism Rating Scale (CARS) (see Appendix A). It gives a general assessment of behaviour and consists of 15 items. The overall score ranges from 15 (the child's behaviour is within the normal range) to 60 (the child's behaviour is not standard on all 15 scales) (Schopler, E., et al, 2010).

Recommendations for improvement of AUTISM

It is known that children with autism lack imitation skills, which, in turn, prevents the development of more complex behaviour and socialization. Yoga is one of the popular approaches to reducing anxiety, stress or sleep issues in children and adults with autism. According to the study, yoga is an adjunct therapy for children to improve imitation skills.

The study showed improved imitation skills in children, such as facial expressions, body movements and posture. In addition, the children improved their eye contact skills, patience with sitting, and response to verbal commands. The study suggests that Complementary therapy like yoga may benefit patients with ASD. However, at the

moment, there is not enough supporting evidence on the effectiveness of yoga (Sotoodeeh, 2017).

The WHO has adopted a resolution for Comprehensive and coordinated efforts for the management of autism spectrum disorders. Government members and partner agencies were called upon to collaborate on capacity building to combat autism. People with mental illnesses have the same health problems as the general population. However, people with autism are discriminated against and stigmatized, deprived of health care and educational opportunities, and at higher risk of violence and abuse (WHO, 2022).

Schizophrenia

Definition

Schizophrenia is a severe mental disorder leading to disability (NHS, 2022). The term schizophrenia comes from Greek, *schizein*- split and *phren*- mind (Fusar-Poli., et al, 2008). Schizophrenia is relatively standard. Its prevalence in the world population is about 24 million people (WHO, 2022). Scientific studies have shown that the disease usually manifests in adolescence and 20 years of age, affects men and women equally and does not depend on social or ethnic origin.

In the UK, approximately 1% of the population suffers from schizophrenia. Mental illness seriously affects the quality of people's life (Royal College of Psychiatry, 2023). According to the NHS (2022), around 220 000 people receive treatment for schizophrenia; however, they are 2-3 times more likely to die than the rest of the population (Laursen TM,.et al., 2014).

Part of human culture is directly in contact with the phenomenon of schizophrenia. The world knows talented people with diagnostic criteria for this disease and who have succeeded in creative fields and art, science for example, Vincent van Gogh, Eduard Einstein (WebMd, 2022).

Causes

Schizophrenia is a mental illness with an internal breakdown of the psyche and is endogenous. The origin of the disease is not affected by factors acting on the brain from the outside, such as trauma and severe stress. However, they can affect the rate of development of the disorder.

Currently, scientists have not established the leading cause of the development of schizophrenia. However, several theories explain the origin of schizophrenia are:

- Biological theory -disruption of dopamine production in the central nervous system.
- Genetic theory - the high role of heredity in developing the disease.

The WHO reports that marijuana abuse can trigger the onset of this mental disorder. Also known is that an acute attack of schizophrenia can be provoked by stress, both negative, for example, divorce, and positive, such as a promotion (WHO, 2022).

Signs

The symptoms of schizophrenia are ambivalent. At the beginning of the disease, a person is in a state of excitement, replaced by apathy. Therefore, the symptoms of mental problems are divided into negative and positive.

Negative symptoms are:

- Poverty of speech
- Slowness of thought and action
- Loss of will
- Dulling of emotional reactions

Positive symptoms with excessive agitation can be eliminated with antipsychotics.

Positive symptoms include:

- Impaired emotional control, such as outbreaks of anger or explosive laughter.
- Loss of contact with the reality of the outside world.
- Hallucinations, most of which are auditory.
- Persistent delusional ideas (WHO, 2022).

Diagnosis

If schizophrenia is suspected, the GP will refer the patient to a local community mental health team (CMHT). CMHTs consist of mental health professionals who maintain people with mental disorders. The symptoms of schizophrenia are varied. A psychiatrist or specialised nurse takes the patient's history, analyses the patient's complaints, communicates with relatives, and learns about the genetic predisposition to the disease. According to the NHS, schizophrenia is usually diagnosed when a patient has one or more symptoms that appear within a month, such as raves, hallucinations, disconnected speech, a deficit of facial expressions and emotional reactions (NHS, 2022).

Psychiatrists are guided by the criteria presented in the guidelines of the International Classification of Diseases 10 edition (ICD-10) to make a diagnosis. Schizophrenia is under chapter 5, Mental and behavioural disorder, in sections Schizophrenia, Schizotypal and delusional disorders (F20-F29) (WHO, 2016).

Treatment of Schizophrenia

In the acute stage of the disease, schizophrenia is treated in the hospital. In the surgery, medical research is carried out, and the necessary drug therapy is selected.

For the treatment of schizophrenia, an integrated approach is used, including such methods: biological, cognitive-behavioural therapy (CBT), family therapy and psychological rehabilitation. Antipsychotics and antidepressants are used in the treatment of schizophrenia. The action of drugs is aimed at reducing symptoms such as hallucinations and delusions.

CBT focuses on realizing the reality of thoughts and managing symptoms more successfully. After therapy, patients improve their communication, self-care, and relationship skills.

Family therapy helps the patients and their close relatives to understand each other. The therapy can mobilize family help for the sick person and support a family member who has problematic mental health.

Measurements of rehabilitation

In recent decades, the prognosis for patients with schizophrenia has improved. Knowledge of genetics, neurology and the study of patient behaviour made it possible to find ways of prevention and new treatment methods. Despite this, the disease remains incurable.

Given the incurability of disease, it is necessary to monitor the effectiveness of treatments to avoid complications such as substance abuse, abandonment and self-neglect, lack of dignity and violation of human rights, self-harm or even suicide.

Since schizophrenia is a long-term condition, the support of patients is essential to guarantee them a better quality of life. The 'Rehabilitation Care Quality Indicator (QuIRC-SA)' tool (SEE APPENDIX B) measures the quality of care and efficacious provided to people with long-term mental conditions (QuLRC-SA, 2023).

Recommendations for improvements

Schizophrenia is a chronic disease. It requires treatment and monitoring throughout life, as it can return. So that the disorder does not affect the patient's daily life too much, it can be managed. Combinations of pharmacological and behavioural psychological therapies with complementary methods for managing schizophrenia symptoms have recently been studied.

Studies have evaluated the benefits of psychological and behavioural therapy and drug treatment of schizophrenia in combination with physical therapy (Vancampfort, D., et al, 2012). Yoga has shown success in improving cognitive symptoms and reducing obesity. Another systematic review reports that yoga reduces psychiatric symptoms and anxiety, improving health-related quality of life (Bangalore, N. G., et al, 2012).

Conclusion

Anxiety, autism, and schizophrenia are mental illnesses. They can affect people of all genders and social backgrounds, negatively affecting people's quality of life. The stigmatization of people with mental disorders is still widespread. Patients face social exclusion, discrimination and limited access to healthcare, education, and housing. Therefore, it is essential to inform more about mental disorders, not condemn those who suffer from them and help them not be discriminated against.

Appendix

Appendix A: The Childhood Autism Rating Scale (CARS)

<i>CARS</i>	<i>Category</i>	<i>Range</i>
1	Nonautistic	Below 30
2	Mild–Moderate	30–36.5
3	Severe	37–60

Childhood Autism Rating Scale (CARS).

Assesses 7 domains of care:

- Living (built) environment
- Therapeutic environment
- Treatments and interventions
- Self-management and autonomy
- Social interface
- Human rights
- Recovery-based practice

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