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Assessment 2

Mental Health Disorders



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Module code: BMHP6006

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Introduction:

In this report I will be discussing three mental disorders according to ICD-10 (WHO,2010), and critical investigation of the classification, diagnosis, treatment, and measurements of rehabilitation.

Mental Disorder is defined as a clinically important disturbance in a person's cognition, emotional, regulation, or behaviour. Normally relates to pain or damage in essential functioning areas. (Who,2023)

Out of 4 people, 1 will experience any kind of mental health problem each year in England.

People who experience a usual mental health problem such as anxiety or depression in some specified week in England has been reported 1 between 6 people (Mind,2023)

The mental disorders include:

- General Anxiety Disorder
- Schizophrenia
- Autism



(TutorialBar.com,2022)

What is general anxiety disorder?

General Anxiety Disorder is a chronic condition of frequent worry and stress, usually without insult. People that have General Anxiety Disorder (GAD) tend to predict problems, regularly concerning with money, health, family, and work. (Psychology today,2023)

Classification of GAD within ICD-10

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

People suffering general anxiety disorder in the UK

(GAD) General anxiety disorder was experienced and reported by adults in the UK with the percentage of 5.9 % (Anxiety UK,2020)



Champion Health,2023

In this table above explains the percentage of people with moderate to high mental health and wellbeing and the impact of stress in the workplace between 56% to 60%.

Causes of anxiety (Aetiology)

There are several factors that can cause the risk of General Anxiety Disorder such as:

- If your family already has this disorder, you may have a higher probability of having the disorder (Genetics)
- History of past traumatic experiences, that contain sadness or violence such as problems at home, child abuse, or the loss of someone may impact the appearance of GAD.
- The use of drugs makes the person feel more worry than others. (Mental Health Uk,n.d)

Signs and Symptoms

According to (NHS,2023) general anxiety disorder is considering a condition when you feel,

- 🚩 Out of control and cause distress
- 🚩 The anxious affect the lifestyle routine (school, job or social life)
- 🚩 The worries doesn't go away.
- 🚩 You worry about everything around even if it is small problems.

When anxiety can be diagnosed

General anxiety disorder normally can be hard to diagnose because it can be compared from another mental disorder such as depression.

You can be diagnosed with General anxiety disorder if you find it difficult to express about your feeling's emotions, and personal life.

You are most probable to be diagnosed with GAD if you have had symptoms for 6 months or further.

To help with the analysis, the GP will fulfil a physical examination or blood test to look out for other conditions that is related to your symptoms including anaemia or an overactive thyroid gland also called hyperthyroidism.

There is a questionnaire made by your GP related to:

Psychological or physical symptoms and how far you had them.

Fear, worries, and emotions.

Your personal life (NHS,2022)

Current treatments

Cognitive behavioural therapy is the first treatment recommended from your GP as a self-help to help you with anxiety.

It is said that CBT is one of the best effective treatments.

If the treatment don't help you will frequently be presented more intensive CBT, where you normally have weekly sessions with a counsellor between 3 to 4 months, or alternative type of therapy named applied relaxation or medication.

Second treatment is the applied relaxation therapy.

Applied relaxation is based on easing your muscles in a specific way while in the situation that normally involve anxiety.

This treatment is comparable to cognitive behavioural therapy it is about encounter with a counsellor for a session of 1 hour each week for a duration of 3 to 4 months. Normally this therapy is not accessible in every area, but you should be presented with CBT.

The last treatment if this 2 therapies don't work is the use of medication, your GP will give you a different option of medication to treat general anxiety disorder. It depends on the condition if it is long term or short term.

The treatment will regularly occur each 2 to 4 weeks during the 3 first months afterward all 3 months.

The first medication you will be given is antidepressants named selective serotonin reuptake inhibitor, it can be used as long term however they may take many weeks to make effect.

Usual negative side effects are:

Feel anxious

Feel sick

Stomach-ache

Diarrhoea or flu

Faintness

(NHS,2022)

Measurements of rehabilitation

In a way of analysing the efficiency of the treatments, it is essential to recognise the measurements of rehabilitation. This is, in the case of the medication is not successful, it must be modified. the measurements of rehabilitation used for general anxiety disorder is called '*Generalised Anxiety Disorder Questionnaire (GAD-7)*'. This questionnaire is an instrument to calculate the level of anxiety above an interval of two weeks.

Recommendations for improvement of anxiety

There is proof that mindfulness and alternative options of meditation such as relaxation techniques, music and melatonin can be helpful for anxiety, particularly anxiety connected with medical procedures or prolonged mental crises. (NIH,2020)

According to research general anxiety disorder can be helpful with complementary therapies reducing your stress levels and help you succeed emotional balance. Making Exercise at least 30 minutes three to five times per week can give considerable anxiety release. (HelpGuide.org,2023)

Principles of care for people with generalised anxiety disorder

While working with a person with general anxiety disorder you must consider making a relationship in a public environment, being communicative and don't be judgemental with them.

Get to know the person concerns, in a way of comprehending the impact of GAD.

Identify treatments choices together with the person and share the decision with them.

Make sure that communication is respected with confidentiality, privacy and worth.

Give the proper information to the person's level of comprehending relating to the origin of GAD and the variety of treatments accessible.

Provide them with an interpreter person, in the case of someone speak different language. (NICE,2023)

Schizophrenia

Definition

Schizophrenia is a durable mental health illness. It is caused by a scale of several psychological symptoms.

Doctors regularly describe schizophrenia as a kind of psychosis. This indicates the person might not be able to recognise their thoughts and ideas from reality (NHS,2023)

classification

According to ICD-10 Schizophrenia is categorized as schizotypal and delusional disorders. (F20-F29)

Data

Schizophrenia affects nearly 24 million people or 1 in 300 people with percentage of 0.32% global. This ratio includes 1 in 222 people 0.45%, including adults, it is not frequent like various further mental illnesses. Starting is the common repeated throughout late teens and the twenty years, At the start tend to occur earlier between men than between women.

Schizophrenia is regular connected with substantial concern and deficiency in familiar, community, learning, professional, and other essential regions of life. Anyone with schizophrenia are 2 to 3 times more likely to die early than the general population. This is repeatedly because of physical illnesses, such as heart, metabolic, and transferrable illnesses.

People with schizophrenia frequently experience human rights abuses equally within mental health associations and in community locations. Stigma beside people with this illness is severe and general, affecting social rejection, and affecting their connections with others, involving relatives and friends. This influences on unfairness, which in favour can restrict approach to overall health care, teaching, accommodation, and service. (WHO,2023)

Causes (Aetiology)

Investigators don't know properly what the causes of schizophrenia are. It can be caused by a sequence of factors.

Genetics- for example, if you have a parent or family that has this condition you are more probable of have it as well.

Structural transformations in the brain- which means that if you were diagnosed with schizophrenia before you might have physical changes in your brain. The changes do not occur in anyone with this disorder.

Childhood trauma- Specific people with schizophrenia that hallucinate can be caused by neglect or abuse, they suffered as children. (Healthline,2023)

Signs/Symptoms

Common Symptoms of schizophrenia are:

Psychosis

Delusions

Hallucinations

Disordered behaviour

Absence of emotion

Memory difficulties (verywellmind,2023)

Diagnosis

The diagnosis of schizophrenia is made through a GP appointment, they will be capable to assess you and guide you to a psychiatrist for a complete mental health assessment. The blood tests and scans are not available to show if you have schizophrenia, just a psychiatrist can identify you past a complete psychiatric assessment. (Mental Health UK, n.d)

Current treatments

Treating schizophrenia normally includes a mixture of medication, therapy, and self-management systems. For example, antipsychotics, psychotherapy, and electroconvulsive therapy. (Cleveland Clinic,2023)

Talking therapy is the treatment recommended for people that has schizophrenia, it is called cognitive behavioural therapy, this therapy helps you recognise and modify any negative belief or actions that is turning your life difficult. Cognitive behavioural therapy is helpful for you in terms of:

Manage with symptoms of psychosis including visions or hearing voices,

Minimize the stress, for your symptoms don't become serious.

Through medication control some side effects

Manage with alternative problems such as depression or social anxiety, normally people that deal with schizophrenia can as well suffer.

Art and creative therapies help you communicate your feelings, especially when you find hard to talk about certain ideas or when starting your feelings, you feel far. (Mind,2023)

Measurements of rehabilitation

The Quality for Rehabilitative Care is the initial globally approved instrument to evaluate quality of care for people with extended term mental health challenges in social care and psychiatric units. (UCL,2023)

This mental health disorder can only be assessed with treatments and quality of care promoted to good control, also manage the illness, and prevent problems, including drug misuse, neglect, self-harm, suicide, shortage of pride and abuse of human rights.

Taking into consideration that Schizophrenia is a prolonged period illness, it is essential to support the clients to have a better quality of life, in this condition it is beneficial the use of quality for rehabilitative Care, because people that suffer from schizophrenia has a long-term illness.

- ***Guidance and principle of care NICE***

- Work in cooperation with people dealing with schizophrenia and their caretakers
- Give help, medication and care in an environment of faith and confidence.
- Manage the time to create helpful and empathic connections as an important part of care (NICE,2023)

Recommendations

Participate in a colleague support group, it will help you communicate with other people who comprehend you and share the same difficulties.

Ask for an opinion, it is important that you ask for opinion to a close person or family, because it help you to develop your social skills.

Think about public housing, public housing and group home can promote social and group leisure opportunities.

Join in social talents training, the training classes can give you an area to split difficulties and stay less alone and separated in your events. (Clarke,2021)

Autism

Definition

Autism is a permanent growing disability which influence how people interact with the world. Every people have their own weaknesses and strengths as well as autistic person, a person with autism can develop some difficulties where 2 of them are needed to be diagnosed.

Public communication- An autistic person has complications in understanding verbal and nonverbal language, for example signals and vocal sound. Few of them are also not able to talk or have restrictions to speak, while others can have good language talents, however combat to comprehend irony.

Social interaction- People with autism have complications regularly comprehending other people purposes and feelings, as well as displaying their own emotions, it makes difficult to explore the public world.

Repetitive and limited behaviour

For an autistic person the world is completely seen as different and complicated, this make them do the same routine tasks to help them understand what is going to occur, for example, take a breakfast every day, go to school, wear the identical clothes.

The changes of the routine can make them feel anxious including adapting new schools, Christmas occasion or bus diversion.

Classification

According to ICD-10, the mental health Disorder called schizophrenia is classified as Disorders of psychological Development, between the groups (F80-F89)

Data

Questionnaires of government incidence last approached that roughly one of 100 people are autistic. Nevertheless, because these are approximations it is not stated. Other questionnaires and international approaches have reach with various incidence approaches. Many of them recommends autism frequency is greater. According to the National Autistic Society. UK governments must do further research related to autism incidence estimations, to look out for renewed amount. While the research is made, they consider that above than one person, 100 of the, are autistic, this indicates further than 700,000 people in the Uk. (National Autistic Society 2023)

Causes (Aetiology)

There is scientific proof that autism is caused by several factors such as environmental and genetic. However, there is not exactly a cause for Autism it has been still observed, the scientist tried for some years to provide which genes could be a problem in autism, there is not just one gene in Autism but several genes, this is not caused by emotional privation or the method a person has been taken. (National Autistic Society,2023)

Signs /symptoms

The signs when a child is considered to have an autism spectrum are:

- Not getting their parents or extra attention to objects or actions, such as not directing to a toy or anything that is occurring close to them,
- Follow activities in a regular way, including always playing with the same toy or locating the toys in a specific row.
- Refusal to accept and modify the things in another way.
- Developing problems with social communication and social collaboration
- Different behaviour, for example, biting, kicking, use the items and place in the mouth and self-harm action. (National Autistic Society,2023)

Diagnosis

For a child to be diagnosed with autism he needs to be evaluated as developing constant difficulties in communicating socially and interacting with others, a child needs to be limited and have repetitive examples of behaviour. The actions will be exposed from early childhood and restrict their daily life.

In the entirely young period, the children can be detected with autism, normally with the age of 2, however does not happen in everyone early, some can be diagnosed when get adult, particularly if they are not attended learning disabilities.

When diagnosing a child with autism the first thing to do is to speak to your GP or health visitor , arrange an appointment explain the different characteristics and actions that make you think you child may be autistic

In the case of the child being at pre-school age, The GP or health visitor can make you a screening interview named Modified checklist for autism in toddlers (M-CHAT), the interview will not diagnose your child but it is a procedure of identifying if your child could be autistic.

As soon as you GP confirmed your child problem, he will be transferred for a proper assessment, it can take time for you to go for the assessment, while waiting your child can be directed to others groups including speaking and language therapy , professional therapy

, teaching support services, the specialist will help you comprehend more your child wants. (National Autistic Society,2023)

Autism assessment are made by team of autism professionals, They analyse if you and your child are autistic.

They make questions about any problems that you and your child are developing.

Observe how you and your child cooperate with others.

Talk to people who recognize you or your child fully include friends, Family, teacher of your child or GP

In the ending of the questionnaire, you will be handed evidence saying if you and your child have autism. (NHS,2022)

Diagnostics tool used to know if you or your child has autism are called Diagnostic Interview for social and Communication Disorders (DISCO) and Autism Diagnostic Interview (ADI-R)

(National Autistic Society,2023)

Current treatments

The recent treatments for autism spectrum disorder work toward, lower symptoms that affect every day performing and value of life.

Different kinds of treatments are accessible:

Behavioural approaches are the best information to treat symptoms of ASD, focus on modifying actions by comprehending what occur previous and after the actions.

Growing, Developmental techniques is based on developing certain growing skills, including speech skills or physical skills.

Educational is provided in classroom locations.

Community-Relational is about expanding social skills and create emotional links.

Pharmacological, some medications help to control elevated energy levels, incapacity to concentrate or self-hurting action. (Department of Health and Human Services,2022)

measurements of rehabilitation

The measure of rehabilitation used for children with autism is called '*Childhood Autism Rating Scale 2nd Edition (CARS2)*' is aimed as clinical assessment scale for the qualified clinician to assess elements revealing the autism spectrum disorder. (Children's hospital of Philadelphia,2023)

Another measure of rehabilitation is the Autism diagnostic observation schedule (ADOS) is a regular assessment applied to identify autism. (Autism Parenting Magazin,2023)

Recommendations

(NHS England, n.d) recommends to:

lower waiting time for autism diagnostic assessments

Progress the value of autism diagnostic paths such as before and after diagnostic help,

Create and conduct an autism particular health check,

Ensure that health services make the intelligent alterations autistic population require,

working with larger NHS England colleagues to assistance, autistic people who have complicated requests to have entrance to an individual health finance.

Principles of care

When working with adults with autism, relatives, friends, and caretakers the healthcare professional must:

Work in cooperation with autism adults in a proper environment, with their relatives, friends or caretakers

Give support and care in a respect way

Manage time to create a committing, helpful, empathic and non-critical connection as an principal component of care (NICE,2023)

Conclusion

In summary it is important to address the person centre needs, it improves their quality of life by succeeding all their wishes and preferences, taking into attention their right to share and decide. Most of the people that have a long-term mental health disorder it is consider a person with disability, they should be treated with the same respect, dignity, and value, not being judgemental and discriminated by others, it is stated on the Equality Act 2010

According to Human Rights Act 1988 the people with mental disorder have the same human rights, and they must be treated with value, independent of their condition they have the right to live, right to be free from torture, right to be safe and have education.

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