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Introduction

In this essay will provide you with critical examination of the classification, diagnosis, treatment and measurements of rehabilitation of tree mental disorders. This tree disorders will be from the ICD-10. (WHO, 2010)

Such as:

- General Anxiety Disorder
- Schizophrenia
- Autism

General Anxiety Disorder (GAD)

What is general anxiety disorder?

Anxiety can be understood by different individuals in different way. “If your experiences meet certain criteria your doctor might diagnose you with a specific anxiety disorder.” (Mind, 2023)

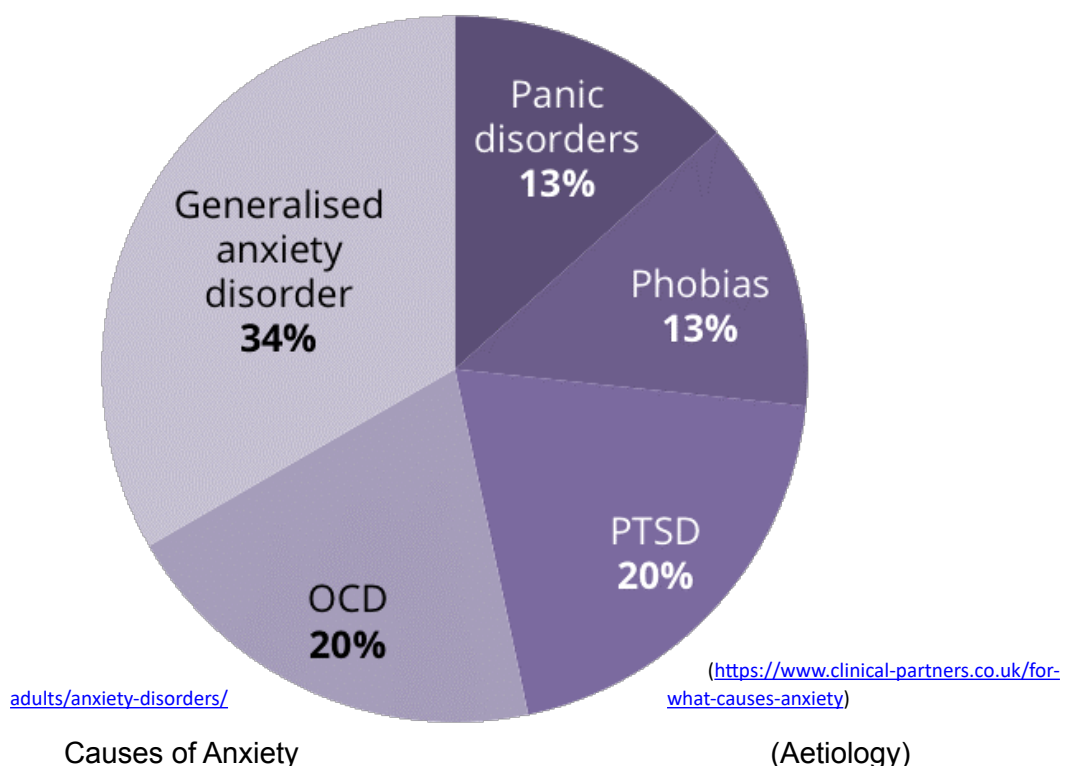
According to Mind (2023), General Anxiety Disorder mean individual with this disorder to have regular or un control worries about something that is happening in your routine days life. However, the possible symptoms of Anxiety can be large large diagnosis. The meaning of that every one can experience different that another with same diagnoses.

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.

Classification of General Anxiety Disorder (GAD) within ICD-10

GAD is classified within 'F40-F48 Neurotic, stress-related and somatoform disorders'. GAD is under F41.1 (WHO, 2010)

General Anxiety Disorder in the UK



The research show that there is no one specific cause of Anxiety. There are many factors that could lead to developing Anxiety, such as:

Genetics - in this cases some people are born more worried that others.

Life Experience - in this case are people who have passed some trauma such as losing a member of the family, or moving a way. Can also be positive example of this can be having a child.

Drugs - in this cases alcohol and caffeine can make person very anxious. Illegal can also be reason.

Circumstances - in this case It could be that you know what is causing you to feel anxious. And when this problem is sort, the anxiety can go a way. (Mental Health UK, n.d.)

Signs and Symptoms

“Generalised anxiety disorder (GAD) can affect you both physically and mentally.”

How complicate the symptoms are is person to person, some people can have just a symptom, other can have many more. If the anxiety is causing you big life changes. You should definitely contact your GP.

There are two different types of symptoms of GAD, such as:

• Psychological symptoms of GAD

In here the cause of GAD can change your behaviour the way you think, and the feelings that you have for things causing the symptoms such as:

- restlessness
- a sense of dread or fear
- feeling constantly "on edge"
- difficulty concentrating
- irritability

The symptoms can cause you big change in life that includes. Family friends of being pushed a way to point off feeling stressful of going to work . This signs can make you even more worry for you and can cause low self - respect.

• Physical symptoms of GAD

GAD have large number of physical symptoms such as :

- tiredness
- a noticeably strong, fast or irregular heartbeat (palpitations)
- muscle aches and tension
- trembling or shaking
- dry mouth
- excessive sweating
- shortness of breath
- stomach ache, feeling sick, headache, pins and needles
- difficulty falling or staying asleep (insomnia)
- dizziness (NHS, 2022)

When anxiety can be diagnosed

Anxiety can be diagnosed by GP or mental health specialist. Assess will be done and then they will decide if you suffering from Anxiety disorder. Be having such us disorder people are worried to talk about this. However, to speak with professional is one step from having solution of the way that you feel. (Priory, 2023)

According to NHS (2022), Generalised anxiety disorder (GAD) can be difficult to diagnose.

In some sases can be difficult to be separated from different mental condition such as depression.

You're most likely to be diagnosed with GAD if you have had symptoms for 6 months or more. Thats why is important to talk to GP and explain the symptoms are disturbing your life. With this conditions are hardly to talk about this , but is important the professional to understand you and be able to help with the symptoms.

Blood test will be requirer, to be sure that the diagnosis are correct and its not something different such as:

- anaemia (a deficiency in iron or vitamin B12 and folate)
- an overactive thyroid gland (hyperthyroidism).

Questionnaires can be completed by the patients.

Current treatments. Divide the treatments.

Research show that there is many option that are provided by NHS (2022), for dealing with anxiety. Services have provide cognitive therapies, and applied relaxation. However , on the other had is the medication. Such as: different Antidepressants, Pregablin, Benzodiazepines,

If the medication is not helping or causing sites effects after 2 months GP doctor will prescribe different medication.

Mental health patients are increasing the numbers of visiting A&E for help. Experts evidence are showing that one in four patients are forced to wait longer than 12 weeks o receive treatment.

“The Royal College of Psychiatrists research have found 43% of adults with mental illness say the long waits for treatment have led to their mental health getting worse. Almost a quarter (23%) have to wait more than 12 weeks to start treatment, with many so desperate they turn to A&E or dial 999.” (The Guardian, 2023)

Measurements of Rehabilitation

At the previous paragraph I have mention that have revision off the medication in 2 mounts time. Thats why the measurement is very important in this cases . To be able to see if the treatment are effectiveness or need to be changed with alternative solution.

One of the most common measurement of rehabilitation in GAD is the '**Generalised 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 time.

Recommendations for improvement of anxiety (Complementary therapies)

According to NHS (2022), Mindfulness can help not to notice much. To pay more attention to the things happening now that the past. Mindfulness can help us enjoy life more and understand ourselves better.



(<https://www.mindpower.uk.com/mindfulness-at-work/>)

This picture is showing a positive impact as it will reduce the use of drugs and their side effects.

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

“In summary, Anxiety UK (2022) v supports the changes addressed by NICE; it is welcoming the introduction of a larger spectre of treatment options. The stigma associated with the condition which can often prevent people from getting the help they deserve, and the emphasis on client empowerment – putting people firmly and squarely in the driving seat when it comes to their care.”

Schizophrenia

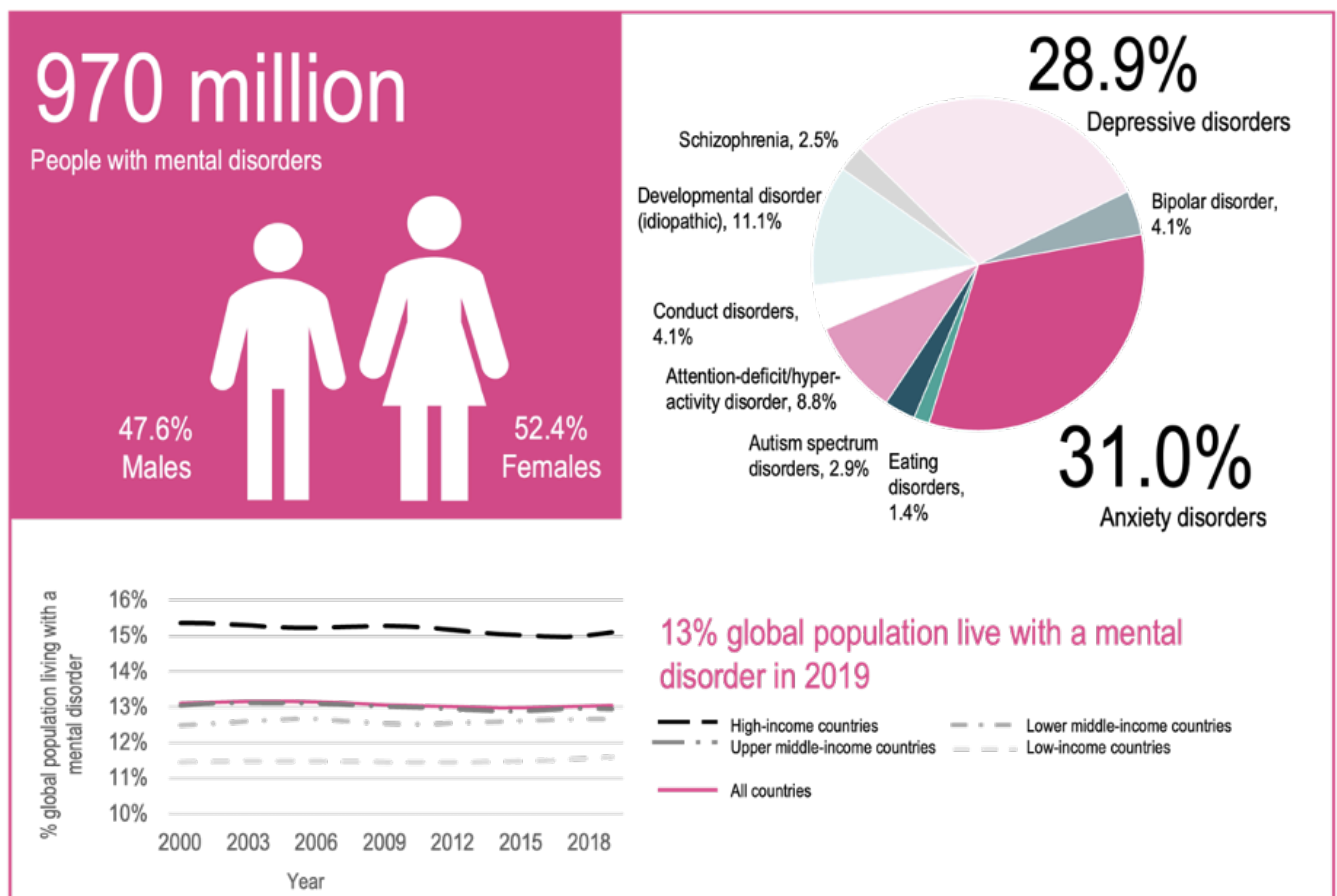
Definition

Schizophrenia is a mental disorder characterised by disruptions in thought processes, perceptions, emotional responsiveness, and social interactions. Schizophrenia can both be severe and disabling. (National Institute of Mental Health, n.d.)

According to NHS (2022), Schizophrenia is long term mental disorder. It causes many different psychological symptoms.

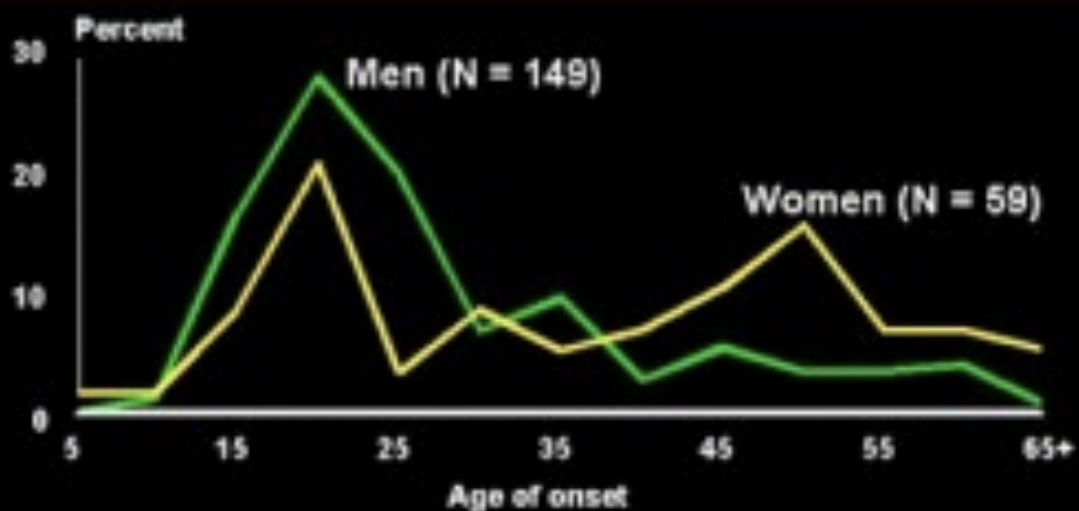
The specialist very often describe it as psychosis. That means the person does not separate the illusion of the reality.

Data of the world gender statistic



(<https://ncdalliance.org/news-events/news/20-things-you-should-know-about-mental-health-today>)

Age of Onset of Schizophrenia by Gender (Age > 45)



Kolmogorov-Smirnov pvalue < .0001

(Lindamer et al., Psychopharm. Bull., 1997)

(<https://livingwithschizophreniauk.org/information-sheets/schizophrenia-and-dangerous-behaviour/>)

Classification of Schizophrenia within ICD-10

Schizophrenia, is classified within (F20-F29) schizotypal and delusional disorders. Under F20. (WHO, 2010)

Causes (Aetiology)

According to NHS (2022), exact cause of schizophrenia are unknown yet. Research show that combination of several factors such as: physical, genetic, psychological and environmental factors. Can lead person to develop this much faster.

Increased risk

Genetics - no single gene are sponsible for the condition. Is more likely that the different combinations between the gene are making the individual more sensitive to this disorder.

Brain development - "people with schizophrenia have shown there are subtle differences in the structure of their brains."

Neurotransmitters - between neurotransmitters and schizophrenia have connection. Because it is a drugs that alter the levels of neurotransmitters in the brain are known that are helping the symptoms of schizophrenia.

Triggers - this things that cause the schizophrenia to develop. Such as: stress, and drug use.

Signs/Symptoms

The symptoms are separated into positive and negative symptoms. Positive are when the individual changes the behaviour, and the negative is when this person cuts themselves off from the world.

Under positive are:

Hallucinations - that is when the person starts to hear voices.

Delusions - that is when the person sees things that are not real.

Confused thoughts (thought disorder) - that is when the person cannot keep one idea and is moving to another without even to notice.

Under negative are

When the person is socially isolated from the world.

Psychosis - that is how doctors describe Schizophrenia. (NHS, 2022)

Diagnosis

Does not exist any text that can describe the schizophrenia. The condition have be diagnosed after assessment by a specialist in mental health.

If any one considered that is having a symptoms should see professional soon as possible. The early the schizophrenia is treated the better is for the patient.

Che will be provided by GP to be sure that the symptoms are not related do some medicine that is used.

“To make a diagnosis, most mental healthcare professionals use a diagnostic checklist.”

To be diagnosed with Schizophrenia have be experience at list few of the following:

- delusions
- hearing voices
- incoherent speech
- hallucination

This symptom can have a serious impact on the daily life routine. (NHS, 2022)

Current treatments

They're still not have cur e for schizophrenia. But with the right treatment and medication the symptoms and episodes can be controlled.

“ 1 in 10 people may have a lasting recovery, and 1 in 5 may have significant improvement of the symptoms. Half of people diagnosed with schizophrenia will continue to manage it as a mention that is long-term illness.”

There is to popular treatments for schizophrenia

Medication - antipsychotic medications to treat schizophrenia.

If few of this medication are not working and the condition of the person are not getting better NICE recommend that can be tried with clozapine.

The other method is therapy such as:

- Cognitive therapy
- Art therapy
- Family intervention
- Self care

Measurements of Rehabilitation

Condition like schizophrenia is hard to measure the condition. That is why only the quality of care and treatment are measured in this case. How effectively is controlling the complications with schizophrenia.

This condition is treated with combination of medication and therapy.

According to NHS (2022), schizophrenia is treated by community mental health teams (CMHTs).

The achievement that (CMHTs) is that to provide day to day care for those who are having this mental disorder.

Access provided from CMHT are:

- social workers
- community mental health nurses – who have specialist training in mental health conditions
- occupational therapists
- pharmacists
- counsellors and psychotherapists
- psychologists and psychiatrists.

We can measure the quality of life with the indicators that are used for long-term mental disorders.

'Quality Indicator for Rehabilitative Care(QuIRC-SA)' (SEE APPENDIX B). This tool includes specific indicators that show that quality of care and effective are provided to manage the condition (see appendix b). <https://quirc.eu/quirc-sa/>. Schizophrenia is a long-term condition and in this case it is important to support the service users to have a good quality of life. We can measure this by using indicators for rehabilitative care which apply to all long-term mental health conditions.

Guidance and principle of care NICE

His guideline covers recognising and managing psychosis and schizophrenia in adults. Is to achieve faster recognition and treatment, and long term recovery. More recommendation is to check for coexisting health problems. No less important is the support the this people can have from their families and the cares that are supporting them. (NICE, 2023).

Recommendations for improvement of Schizophrenia

Progressive Muscle Relaxation (PMR) for Schizophrenia

This is a type of exercise for the body. It helping to reduce the stress and the anxiety from the body. By gentle tense to relax the mussels.

In 2019 review of 5 studies and 200 people been involved at researches of how the progressive muscle relaxation are reflecting on their health. The outcome was that the therapy is helping and relieve anxiety and improve well-being and social functioning.

However , the study focus on the number of the sessions only so it is not sure how much is needed to help. (Cassarela, 2022)

Autism

Definition

“Autism is a condition that affects the development of the **brain**. Its name comes from a Greek word that means “self.” People with autism often seem withdrawn into themselves.”

Autism belongs to a group of conditions called autism spectrum disorders (ASDs).

One more syndrome which is less severe than autism is Asperger syndrome. Around 1 in 100 of children in US AND UK had been diagnosed with ASD.

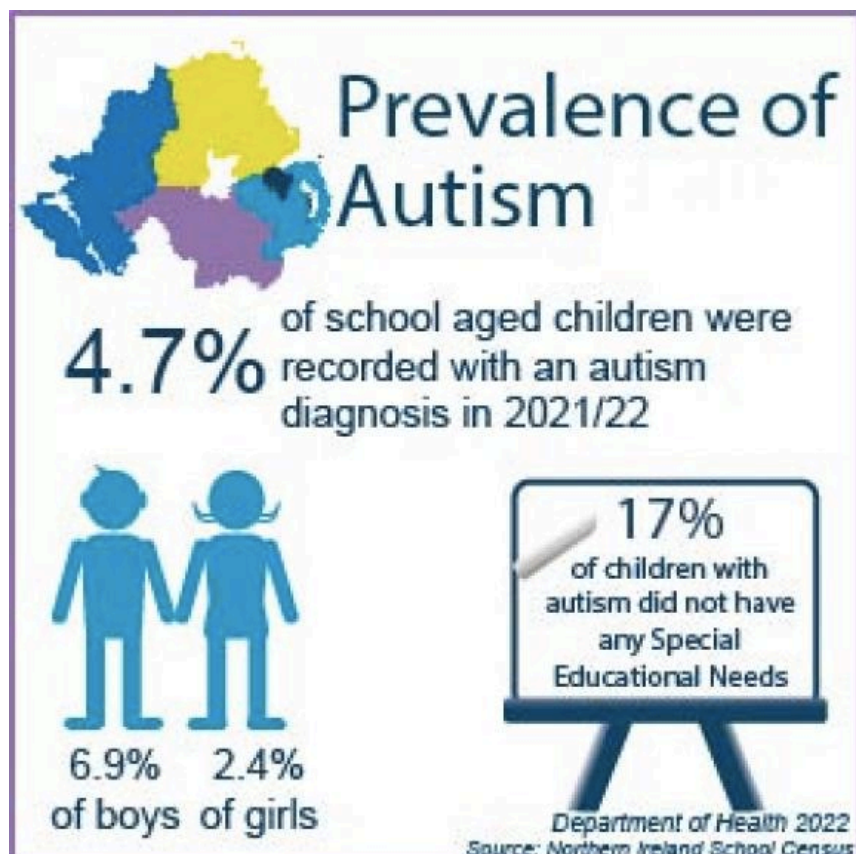
Research shows that boys are more likely to have autism than girls. (Britannica, 2023)

Autism is classified within 'F80-F89 Disorders of psychological development, you can find under F84.0. (ICD, 2010)

Data related to percentage of children/people with autism in the world and UK....

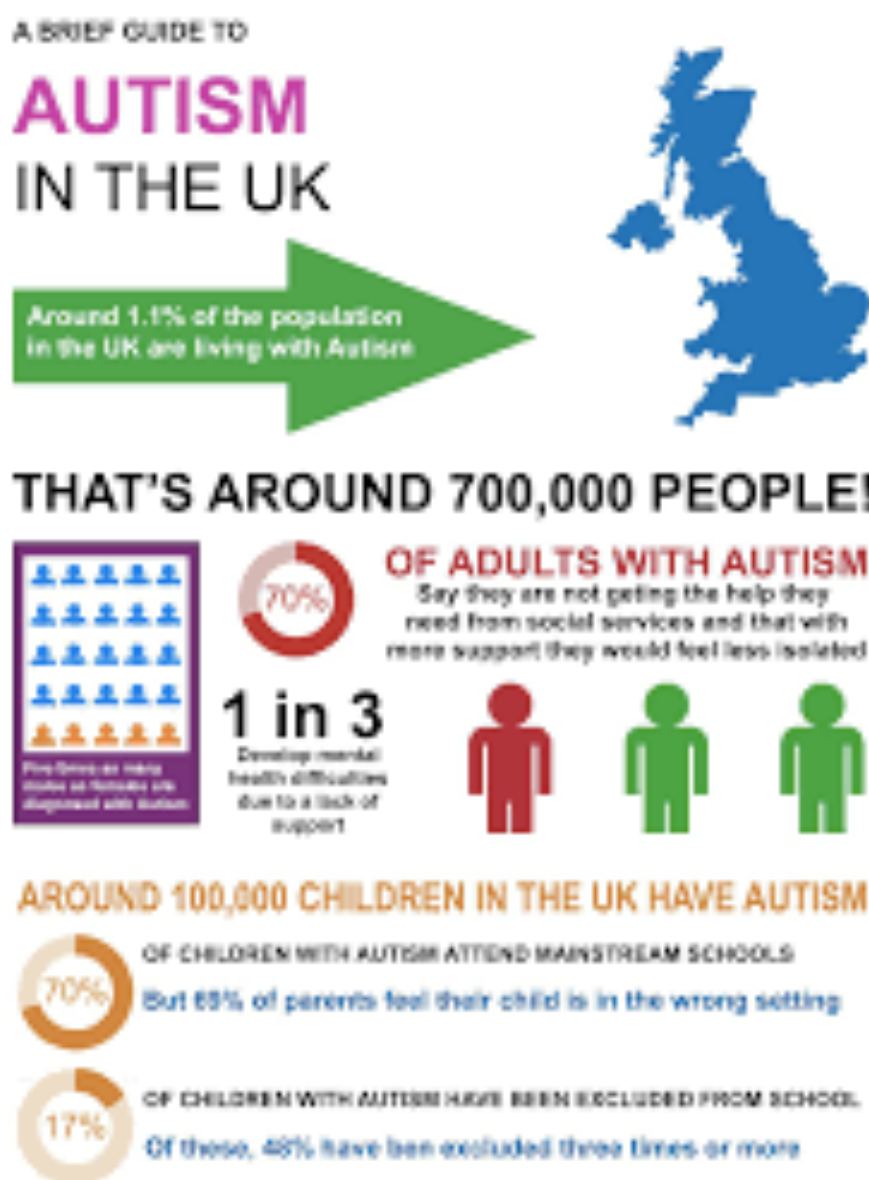
One in 100 children may have autism, but that does not mean if one of your children has the other will have to.

Children/brothers and sisters are 5% of 20 children that might develop the same disorder. In % that means 75% or 19 out of 20 will not have the symptoms of autism. (Cambridgeshire Community Services NHS Trust, 2022)



(<https://www.health-ni.gov.uk/articles/autism-statistics>)

According to WHO (2022), one in 100 children are having autism in the world.



(<https://norfolkcc.cmis.uk.com/>)

Causes (Aetiology)

According to WHO (2022), there is no specific factor that children are having autism. That included genetic and environmental causes.

Also there is no any data evidence of after vaccines of childhood that can increase the numbers of autism cases.

According to Cambridgeshire Community Services NHS Trust (2022), the causes of the autism are still under investigation. A lot of experts believe that the pattern from which the autism is related are may not have any connection with with single cause.

Signs /symptoms

The most important signs of autism are:

- finding it hard to understand others people thinking or feeling that they have
- getting very anxious when the individual is outside
- hard to make friends
- rude or not interested in others
- not understand sarcasm or phrases
- having the same routine every day and getting very anxious if it changes Same daily routine and if something have change can cause anxiety.

Autism may be different when come to gender separation.

Autistic women can:

- learn how to hide symptoms the front of others, by coping another person.
- hide the emotions
- signs of repetitive behaviours

In this causes is hard to be seen in female autistic people.

Symptoms of autism

- Delayed language skills
- Delayed movement skills
- Delayed cognitive or learning skills.



(www.appliedbehavioranalysisprograms.co)

- Hyperactive, impulsive, and/or inattentive behaviour.
- Epilepsy or seizure disorder
- Unusual eating and sleeping habits
- Gastrointestinal issues
- Unusual mood or emotional reactions. (NHS, 2022)

Diagnosis

If you or any one that you know have signs of autism, the next step that have to be done is talk to someone about it.

You could speak to:

a GP a health visitor (for children under 5)

Any other health professional you or your child see, such as another doctor or therapist special educational needs (SENCO) staff at your child's school. You may ask to refer your child where can be given the information if the child have autistic disorder.

An assessment is done by autism specialists. It's the only way to find out if you or your child are autistic.

Autism assessment

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

An assessment team may:

The team may ask about any problems that you or your child are having. Professional will monitoring the way of you and your child behaviour with others around. (people that you do not know) .

What happens during an autism assessment. The appointments may be 1 or more with larger team with different specialist.

For children

The assessment team may want to visit the child at school to see how is coping at this environment. The way that child play can also be checked. At the end of all assessment that will be done, you will know if our child is autistic. (NHS, 2022)

Current treatments

Is important to mention one more time that this condition is longterm one. The earlier the condition is found the better for the person. Therefore, the early intervention can help to maximise an individual's skills and enable them to achieve their full potential as adults.

“There is no one standard treatment for Autism, however, appropriate specialist education, speech and language therapy, occupational therapy, physiotherapy and behavioural management strategies all play an important role in supporting individuals with Autism.” (ASD Clinic, 2023)

Measurements of Rehabilitation

Recommendations for improvement of AUTISM (you can write about complementary therapies , such as yoga in autism as many studies have demonstrated the effectiveness of yoga in the behaviour of children with autism.

The research I have done and the data collection that professionals have done medication for this disorder does not have. That why the alternative therapies are having big outlook for how the child will life with this long term condition.

Conclusion

For conclusion is will use the Equality Act 2010. I will you this act. We all know how hard is for people with disabilities to life life without discrimination. The tree disorders are showing how much this people are going true and how much they need the support from any direction.

Appendix

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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

Being so restless that it is hard to sit still?	☐ Not at all ☐ Several days ☐ More than half the days ☐ Nearly every day
Becoming easily annoyed or irritable?	☐ Not at all ☐ Several days ☐ More than half the days ☐ Nearly every day
Feeling afraid as if something awful might happen?	☐ Not at all ☐ Several days ☐ More than half the days ☐ Nearly every day
Total= /21	

Appendix B: Indicators for rehabilitative care:

'Quality Indicator for Rehabilitative Care (QulRC-SA)'

The indicators to be considered are the these:

'Living Environment',

'Therapeutic Environment',

Treatments and Interventions,

Self-Management and Autonomy,

Social Interface,

Human Rights

Recovery Based Practice.



