



Assessment 2

Report on Three Mental Disorders

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Introduction

This assignment report paper is going to critically evaluate, General Anxiety Disorder, Autism, and Schizophrenia. The report investigation is still going to focus on the classification, treatment, and diagnosis of these mental disorders within the ICD-10 classification will be discussed, together with measurements of rehabilitation and principle of care when working with them.

What is General Anxiety Disorder?

According to Anxiety UK (2022), general anxiety disorder (GAD) can be defined as a feeling of being distress with almost anything or everything for no real visible reason, although any person affected by this disease will surely be worried about a lot of things about a variety of subject that include relationships, school, work, health and money (Anxiety UK, 2022). Therefore, general anxiety disorder is a problem that will make someone start stressing over a multitude of things instead of one thing, and they find it difficult to control their stress.

Classification of GAD within icd-10

- ✚ General Anxiety Disorder is being classified within:
- ✚ (F40-F48) "Neurotic, Stress-related and somatoform disorder"
- ✚ (F41.1) GAD Generalized anxiety disorder (WHO, 2010) see figure1 in the appendix.

Prevalence of General Anxiety Disorder in the UK.

NHS (2021) highlighted general anxiety disorder is a popular condition that is estimated to have affected one in twenty people in the United Kingdom population, the finding also emphasizes that Women are most likely to be affected than Men, and more also between 35 to 59 that the condition is more common within this age group (NHS, 2021) see figure2 for diagram.

Figure 3 GAD Statistics, Source: quora.com



Causes of General Anxiety Disorder/Aetiology.

There are a lot of potential risk factors that can contribute to anxiety disorders as described by Maples- Keller and Michopoulos (2022) and in most cases, it might be a combination of multiple risk factors like neurobiological factors, life experience, environment, and genetic markers.

- ✚ Comorbidity: is more popular than not with an anxiety disorder that is, most individuals who suffer important anxiety encounter, several different forms of anxiety, and likewise, both nature and nurture are important.
- ✚ Genetic risk factors: heritability accounted for anxiety disorder starting from 30-67%, small variations in genetic code or single nucleotide polymorphisms (SNPs) have been discovered

that confer heightened risk factors for anxiety are found around the genes that are important to the stress hormones.

- ✚ Suffering from chronic illnesses such as diabetes, menopause, and heart disease or coping with the illness of a loved one or family member condition can also trigger the risk of an anxiety disorder (Maples-Keller and Michopoulos, 2022).

Symptoms and Signs.

Moreover, Smith et al. 2021 subjected that, not everyone who suffers from general anxiety disorder will have the same symptoms but, in most cases, the experiences are both a combination of behavioural, physical, and emotional symptoms that always change continually.

Emotional symptoms include:

- ✚ When continuing worries going through your head about what might happen.
- ✚ Just when you feel that your anxiety is incapable of being controlled.

Physical symptoms include:

- ✚ When you started having body aches or muscle tightness and start feeling nervous.
- ✚ Started having issues with sleeping or staying awake all night because your mind never quit.

Behavioural symptoms include:

- ✚ You may find it difficult to enjoy a quiet time or relax and not be able to be yourself.
- ✚ You may also start finding it difficult in focusing things or to concentrate on something (Smith et al., 2021).

General Anxiety Disorder Diagnosis.

When you start experiencing general anxiety symptoms, and evaluation of yourself might begin with (GAD-7) your doctor asking questions about your psychiatric and medical history see figure3 in the appendix. Although a lab test cannot diagnose anxiety disorder either, some can assist the doctor to look for any illness that might be the reason for the symptoms. The diagnosis will be based on how long-lasting and intense the symptoms are and this will help the doctor to determine if it is a general anxiety disorder or a particular anxiety disorder. And all these symptoms experienced must be interfering with the person's daily life and last for at least six months (Casarella, 2021).

General Anxiety Disorder Treatment and Remedies.

- ✚ Medication: it can help relieve symptoms, also benzodiazepines like alprazolam, chlordiazepoxide, and lorazepam can be prescribed by doctors to treat general anxiety disorder in the short term, moreover they are less often recommended than in the past because of the sedating and addictive, as a side effect and can also interfere with attention and memory.
- ✚ Cognitive-behavioural therapy: (ACT) Acceptance and commitment therapy will assist you to become more flexible in dealing with challenges. This approach is mostly in helping you cope with chronic pain, long-lasting medical issues, and workplace stress. (Casarella, 2021)
- ✚ Home remedies: lifestyle habits can help as well such as Yoga, exercise, a healthy diet, avoiding taking caffeine, alcohol, and other drugs, meditation, and getting enough sleep.

Measurement of Rehabilitation.

The measurement of rehabilitation for general anxiety disorder is highlighted by NICE (2022). Will be for the practitioner once again to consider using the GAD-7 questionnaire screening see figure3 in

the appendix and compare the present scores to the previous one as this will allow the person to make a knowledgeable decision. And, if a medication is showing a positive outcome on the patient, as the relapse of the medication might be high, it will be good for the patient to continue the use of the same treatment for at least 12 months after the measurement (NICE, 2022).

Recommendations for improvement.

However, Anxiety UK (2020) suggested that Alpha-Stim a new technology device can assist improve the relieving of anxiety symptoms in users when worn on the head to release a little electric current see figure4 in the appendix. A recent investigation conducted in 2019 showed that after twelve weeks of using the device, 44.7% of the people who participated in the research have seen improvement in their anxiety condition, while most of the positive impact was seen in the first four weeks of the Alpha-Stim used. This treatment is non-pharmacological or non-invasive therefore can be combined in conjunction with other treatments such as medication and talking therapy for effective outcomes (Anxiety UK, 2020).

Principles of Care When Working with General Anxiety Disorder Patients.

- ✚ Always try to find out what might be the patient's worries, for everyone to understand the effect of the general anxiety disorder.
- ✚ Recognized and transmit the diagnosis of generalized anxiety disorder as quickly as possible to assist everyone to understand the general anxiety disorder and to instigate an effective cure promptly.
- ✚ Appropriate information needs to be provided to the person's capacity of understanding regarding the nature of general anxiety disorder and the variety of treatments available as well.
- ✚ Is always a good practice when the carer and family are included in assisting someone with GAD, try and provide them with current information about family carer support groups, voluntary organization, and contact details that is useful to them (NICE, 2020).

What is Schizophrenia?

Mental Health UK (N/A) describes schizophrenia as a disorder that impacts the way we cope and think with daily activities (Mental Health UK, N/A). The person suffering from schizophrenia might also encounter disorganized thinking, delusions, hallucinations, and a lack of motivation for daily life, see figure5



Figure 5 Image of Schizophrenia,

Source: Focus Medica

Classification of Schizophrenia within icd-10

- ✚ Schizophrenia is classified within:
- ✚ (F20-F29) Disorder of schizotypal, schizophrenia, and delusional

🌈 (F20) Schizophrenia. Fundamental & characteristic distortions of thinking (WHO, 2010) see figure1 in the appendix.

Prevalence of Schizophrenia in the UK.

Living with Schizophrenia (2022) has confirmed that, schizophrenia is a major health issue that makes the National Health Services at a time treating almost 220,000 people in the UK for this illness, and 1% of the population at some time, will experience an episode of schizophrenia and mostly affected people in their early twenties, late teens and slightly more women than men. Again just 13% of people suffering from schizophrenia are working and the cost of treating schizophrenia is six times higher than the cost of treating heart disease patients, by the NHS (Living with Schizophrenia, 2022).

What are the Causes of Schizophrenia?

NHS (2019) emphasizes that the usual cause for schizophrenia is still unknown however, the investigation suggested that a mixture of environmental, psychological, genetic, and physical risk factors can lead to someone more likely to have the illness. An emotional or stressful life as well might trigger a psychotic event for a person that is prone to schizophrenia.

Genetics: Schizophrenia tends to be within a family, moreover no one gene is believed to be responsible. Several combinations of genes likely make someone more vulnerable to the illness nevertheless, there is no proof that because you have the gene for this reason you will develop schizophrenia. This finding still went on to suggest that the evidence that this condition is jointly inherited derives from the research of identical twins that share the same genes. see figure6



Figure 6

Photo of schizophrenia identical twins. Source: blogspot.com

And in the case of identical twins, if one of the twins suffers schizophrenia disorder and even if they are raised separately the chance of the other twin developing schizophrenia is 50%. For non-identical twins, who do not share the same genes and had various genetic make-ups, in the event of one of them develops schizophrenia disorder, there is a one in eight chance for the other twin to suffer the same illness (NHS, 2019).

Alcohol and drug use: Mind (2022) finding reveals that some people after engaging in other recreational drug or cannabis may start having symptoms of schizophrenia although, researchers are still in hesitation whether involvement in recreational drugs directly, trigger schizophrenia or someone who suffers the condition is more likely to involve in recreational drugs. And using recreational drugs when you already have schizophrenia may jeopardize your symptoms and more so, drinking alcohol and smoking can stop treatment from effectively curing your symptoms. (Mind, 2022)

Environment: Research carried out by NIH (2022) suggested that a combination of someone's environmental aspects, life experiences, and genetic factors may play some role in developing

schizophrenia. And the environmental factor for example is, when a person is living in poverty, dangerous or stressful surroundings, the nutritional issue before birth, and exposure to viruses according to the evidence (NIH, 2022).

Symptoms and Signs of Schizophrenia.

Mayo Clinic 2021 emphasizes that symptoms and signs of schizophrenia in adults are like those in teenagers and children, but the problems may be complex to spot in this age group, and the early symptoms and signs may consist of problems with emotions, conducts, and thinking.

Thinking: started having an issue with reasoning and thinking or bizarre speech, ideas, and confusing dreams.

Behaviour: separation from family and friends, not meeting daily life expectations, such as dressing or bathing and aggressive actions, agitation, and violent.

Emotions: always in a depressed mood, excessive suspicion of others, fear, and strange anxieties.

Later symptoms and signs:

Delusion: When you started having false beliefs thinking you are being harassed or harmed that are not based on reality.

Hallucinations: This is when a person is usually involved in hearing or seeing things that never exist.

Disorganized thinking: This is mean having effective communication can be a problem and answering a question might be completely or partially unrelated to the question (Mayo Clinic, 2020).

Schizophrenia Diagnosis.

To commence the diagnosis process according to NYU Langone Health (2022) a doctor must carry out the person's thorough review of family history, psychiatric, medical, and the doctor will conduct a physical exam on the patient. He may also ask the patient to demonstrate any sorrowful experiences and questions about any concerns as a result of new difficulties with cognition or motivation and the personal safety of the person will be carefully observed.

And as well as shown at least two of the following symptoms, disorganized speech, delusion, hallucinations, reduced ability to function, and catatonic performances, and one of the symptoms must be either hallucinations, delusions, or disorganized speech. And additional tests like MRI Scan and Blood tests can still be requested by the doctor to determine the diagnosis (NYU Langone Health, 2022)

Treatment and Remedies of Schizophrenia.

A finding by Bank's Apothecary 2022, highlighted that the best reliable treatment for schizophrenia disorder is a combination of community or family support, medication, and psychological therapy.

- ✚ Antipsychotics medication: Aripiprazole, Fluphenazine, Haloperidol, Lurasidone, Paliperidone, Quetiapine, Perphenazine, Iloperidone, and Olanzapine.
- ✚ Psychological therapy: Cognitive therapy or psychoeducation for delusion may assist the person to acquire skills for social interaction and daily activities.
- ✚ Family therapy is very important to reduce the stress on the person and relieve the feeling of guilt. (Bank's Apothecary, 2022).

Measurement of Rehabilitation.

Research carried out by Morin, L., and Franck, N. 2017 reviewed the efficacy of psychoeducation and highlighted that psychoeducation therapy can enhance someone's compliance and reduces hospitalization and rate of relapse in the short term (Six Months) compared to standard treatment and likewise, some evidence seems to show that just (8 sessions) of psychoeducation programs

improve medication compliance and reduce relapse. And the finding still went further to investigate the efficacy of cognitive-behavioural therapy to improve social functioning and reduce positive symptoms and the result was long-lasting (12 Months) and has impacted positively, (Morin L, and Franck N., 2017)

Principles of Care When Working with Schizophrenia Patients.

- ✚ NICE (2016) set out the principal guideline as, we should not give antipsychotic medication to change mental states that are not adequate for a scientific determination of schizophrenia, psychosis or to reduce the risk factors of psychosis.
- ✚ Also, when giving psychological interventions to young people and children with schizophrenia or psychosis always put into account their cognitive capacity, emotional maturity, and development level including any hearing or sight issues, delays in language progression, and any learning disabilities
- ✚ Discuss the use of tobacco, alcohol, non-prescription, prescription medication, and illicit drugs with the young person or child and their carer or parents where this has been resolved. Their possibilities interfere with the therapeutic impact of psychological intervention and prescribed medicine and the influence of hard drugs to exacerbate psychotic signs (NICE, 2016).

What is Autism?

Figure 7: Autism image



Source: Focus Medica.

According to The National Autistic Society (2022), it described autism is a lasting developmental disability that affected someone's interaction and communication with the rest of the world, see figure 7. They are almost 700,000 autistic children and adults in the UK, likewise, one percent of the population is on the autism spectrum (National Autistic Society, 2022)

Classification of Autism within icd-10

- ✚ Autism is classified within:
- ✚ (F80-F89) "Disorder of psychological development"
- ✚ (F80) Autism. Developmental disorder of language and speech (WHO, 2010) see figure1 in the appendix.

Autism Causes/Aetiology

The National Institutes of Health 2017 highlighted that is unknown to scientists the usual causes of (ASD) autism spectrum disorder, but they believe because there are no two persons with autism

exactly alike, and the complexity of the disorder, there is no one causes rather than from a combined cause like genes, environment and other biological causes as well.

Genes and ASD: the same finding still went on to explain that lots of people with autism have various mutations and combined mutations. That not every person suffering from autism has transformed in every gene that researchers have linked to autism but also, scientists have linked some people without autism symptoms or autism rather have some genetic mutations that have been pointed to autism by researchers, the finding indicates that various genetic mutations likely play different roles part in (ASD) for instant combinations of mutations, or some certain mutations might result in increased susceptibility, cause some specific symptom of the disorder and regulate how severe or mild those symptoms are. (NIH, 2017)

Autism Symptoms/Signs

Autism Speaks (2022) describes autism symptoms as challenges in social communication and repetitive, restricted actions that might start in early childhood and may go unnoticed and continue and interfere with daily activities like, under sensitivities to light, sound, taste, touch and connected with a high ratio of some physical and mental health issue.

Social communication challenges: having problems with non-verbal and verbal communication like gestures, eye contact, facial expression, and spoken language or knowing one's own emotions or recognizing intentions and emotions in others.

Restricted and repetitive character: running back and forth, spinning, rocking, spinning wheels, spinning objects and resistance to change (Autism Speaks, 2022).

Autism Diagnosis

CDC (2022) emphasizes that it can be very difficult to diagnose autism in the sense that there is no medical examination like a blood test, to diagnose autism. The doctor checks the child's behavioural and developmental history to make a diagnosis. And it can sometimes be detected at younger than 18 months or just 18 months, but at year 2, and experience professional diagnosis might be considered. A lot of children do not get diagnosis not until there are much older either in their adolescence or adulthood.

Developmental Monitoring: is an active ongoing procedure to see the way a child grows, by encouraging conversation between providers and parents and to observe if the child meets some skill or developmental milestones, which most children get to within a certain age, in learning, playing, behaving, speaking and moving, anyone from parents to caregivers can participate.

Developmental Screening: this is more advance than developmental monitoring, it takes a closer look at the child's development, which is frequently part of some well-child guests, at age 9 months, 18 months, and 30 months even if there is no known concern (CDC, 2022).

Autism Treatment

Cognitive behavioural therapy: Bumin et al., 2015 describe this therapy as something that is used primarily to assist someone suffering from autism and control their feelings, enhance their behaviour and expand impulse control, and the finding moves a little bit and explained that a lot of people with autism struggle with anxiety and fears or even become depressed. This procedure has appeared to be more helpful by making changes in their perception and thoughts that always lead to reducing depression feelings, negative behaviour, and anxiety (Bumin et al., 2015).

Scalp acupuncture: investigation carried out by Yau et al., (2019) suggested that the mechanism of this therapy on autistic children can influence changes in perfusion in various brain surroundings. It

has also been observed as something that can enhance defective brainwaves in brain disorders (Yau et al., 2019).

Autism Measurement of Rehabilitation

(SSIT) Set-shifting improvement tasks: Saniee et al., 2019 study reveals the importance of this computer game that was invented to improve set-shifting capacity for children. The child and mother were given a game task because it is important so that the learned capacity can be extended to their daily activities and in return, it will encourage them to learn and provide predictable and consistent surroundings critical to them (Saniee et al., 2019).

Principle of Care when working with Autism.

Every local autism team should make sure that all young people and children diagnosed with autism has a key worker to coordinate and manage care, treatment, and transition to adult care and a case manager following NICE guidelines on autism in young people and children.

To make sure all necessary information about autism support and management that is suitable for young people and children diagnosed with autism are available always for their needs and improvement, contact national organizations and local that can provide opportunities and help to meet other carers and families with a lot of autism experiences. (NICE, 2021)

Conclusion.

This assignment report has made me realize that the UK government should keep uprisen mental awareness from local to national, so that family members and populaces can spot it early so that quick intervention can commence immediately, and the human rights law is there to protect people suffering from one of these diseases from abuse and neglects.

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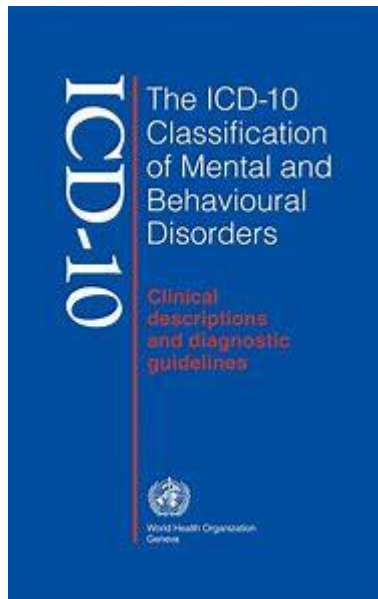
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Appendix



Source: bing.com

Figure1

Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<i>Add the score for each column+</i>		+		+
Total Score (add your column scores) =				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____

Somewhat difficult _____

Very difficult _____

Extremely difficult _____

Figure3

Source: docs.taoconnect.org



Figure4

Alpha-stim

Source: ebay.com

