



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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STUDENT NAME-BADMUS ADESHOLA OMOTOSHO

STUDENT NUMBER-1914925

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LECTURER NAME-BIANCA SANFILPPO

Executive Summary

The study summarizes effective treatment and diagnosis that is related to the “**Generalized anxiety disorder (GAD)**” **Schizophrenia, and Autism**. Along with this, it is observed that a possible and potential benefit that is related to the severe diseases moderate and present in a wide range. Additionally, it helps in fallout symptoms of assessing the symptoms and improvement deterioration that specifies general guidelines. A clinical assessment is the general assessment of Psychotic Disorders and f Schizophrenia blunted to the immediate needs. A required activity of weakness and strength is the condition that proactively indicates mental disorders. Along with this, measurement regarding the characterized implementation scale is particularly determined and the scale.

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Introduction

The study introduces the **International classification of disease (ICD)** which consists of the mental behavioral disorder that critically be classified, diagnosed, treated, and measurement of rehabilitation for the specific disease. Together with this, it is observed that general anxiety disorder, schizophrenia, and autism are part of mental behavior consisting of the human mind to demonstrate the overall function within the internal phenomenon. Apart from this, it is necessary to observe an effective diagnosis for the treatment within the measure of contentment. Moreover, the existence of these diseases can be dismantling the mind through the various phenomenon's existing in recent eras.

Classification

General Anxiety Disorder

GAD is usually persisting involved in feeling the anxiety that reflects the life cycle of the mind, however, the people living with GAD experience frequent anxiety in the long-term process. Moreover, it slowly increases from day to day and hampers the mind strictly. It has been classified as **chronic anxiety** and **Exaggerated tension**, however, in some cases it can be presented as misconduct of behaviors throughout the substantial mindset.

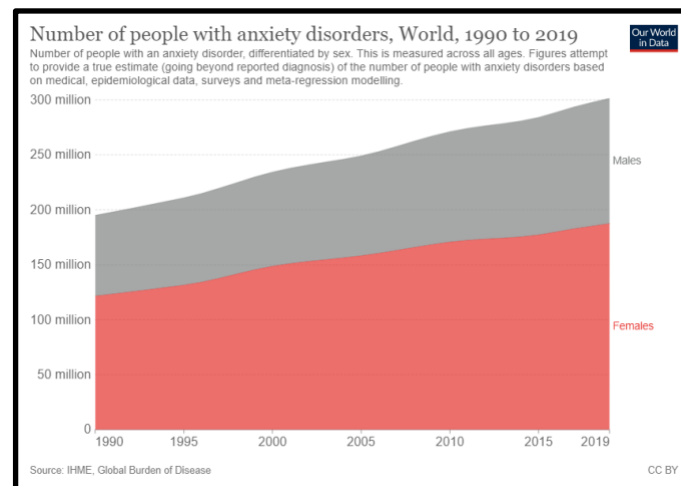


Figure 1: Mental Health World Data

(Source: ourworldindata.org, 2022)

The above figure has critically illustrated the world data regarding the mentally affected people from 1999 to 2019, as of 1990 the total number of people suffering from mental health is approximately 170.80 Million people (ourworldindata.org, 2022). In this regard, it consistently increasing day by day and scaling the data throughout in number, however, in 2000, it was reported approximately 212 million people were affected by mental disease, whereas approximately 45% increment has been displayed from 1990 to 2000 (ourworldindata.org,2022). On the other hand, in 2019, it was reported approximately 280 million people overall were affected by mental disease and it has a huge impact on the human

mind by increasing anxiety. Extensively, it slowly damages the mind due to having the intense pressure and lack of integral concentration upon the mind to circulate the deficiency within the classified of the different mind processing elements.

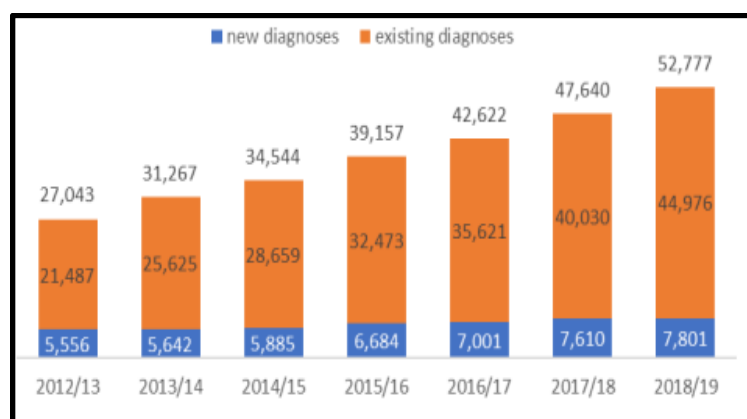


Figure 2: Adult with the Mental Health conditions

(Source: gloucestershire.gov.uk, 2022)

The concerned figure has critically illustrated the diagnosis of depressed people is from 27,043 in 2012/13 and 52,777 in 2018/19 with an approximate 95% of increment in overall criteria (gloucestershire.gov.uk, 2022). In this sequence, it is observed that, the emergence of a sophisticated framework to be aligned with the real-life analysis within the integral framework. The overall classification of GAD is presenting an integrated framework to be purposed with the common psychiatric disorder for enabling the inefficient coordination with the deficiency syndrome. The critical classification of GAD is purposing the irrelevant position of mind that is unable to coordinate with the proper stipulation or inconsistency of mind as well as misconduct while framing with the mind in a decorated manner. Andrews *et al.* (2018, p. 5) opined that panic and social disorders are integrated with the clinical disorder while presenting the mental disorder in pursuing existing issues. Owing to this, it has observed that, a critically illustrated the mental disorder and framing with the outlining the disease in improper manners.

Schizophrenia

Schizophrenia is considered a disorder that affects the person's ability to think, behave, and feel clearly over a discussion. Together with this, it is altered by the environment and brain chemistry or evaporated by thoughts or thoughts that seem out of touch with reality. Moreover, it has difficulty in being concentrated or memory may also be missing throughout this disease and enacting with this program. The classification of schizophrenia is mainly determining **“Paranoid, Catatonic, Disorganized or Hebephrenic, Residual schizophrenia, and undifferentiated schizophrenia.”** Owing to this, it is being generated by all creative activity and illustrated the well-defined structure to be a sensible framework connected with the mind in determining ways. Rampisela and Rustam (2018, p. 2) illustrated the critical stress in disturbing stress and using the support vector machine in presenting the mental disorder to

people. Due to this, it is essential to circulate the paranoid level is devastating the disease in framing the ecological order while disorganizing within the mental disorder. In the current perspective, relating to mental illness while applying with the correlative works relating to mental illness. In order to sustain the ineffective workflow is relating to the core activity within the Diaspora manners.

Autism

Autism is referred to as a serious developmental disorder that impairs the ability to communicate and interact with supporting tools. In this concern, the condition is related to brain development and demonstration of a person socializing and perceiving with others in an isolated manner. Rahman *et al.* (2020, p. 2) stated that using a machine learning method for evacuating with the selection and procedures process develops the quality of work. Furthermore, it is mainly found problems in social interaction as well as better communication with others by the several means of communication and determining an ineffective communication correlates with the integrity of work. Apart from this, it is observed that it is repeatedly or limited with the same pattern of behaviors in a specific manner to demonstrate the inequality of work degradations. In this contrast, the main symptom of autism is just lacking concentration, missing eye contact, more disappointment with the separation with isolated manners, and disgraceful behaviors in accessing the whole criteria to be used in accessing the communicational problem with the quantified manners (Abdullah *et al.* 2019, p. 3). Moreover, it consistently disagrees with the unreliable framework to be framed out as ill treated and unsolidified with the irreverence framework.

Diagnosis

General Anxiety Disorder

The diagnosis process is to be used in the GAD framework, through an applied physical exam and linked to the medication process to reduce the overall issue relating to the GAD process. In this response, it is being observed as the presence of sense is applied with the chronological order and highlighting the core consistency within the entire framework to be used as assertive tools for maintaining the human mind in a specific manner. On the contrary, it is being highlighted as reducing the existing pressure, however, conducting the physiological question to lessen the stress or calmness of mind. Moreover, it is observed that disintegrate with the accessible framework and analyzing the whole process to be used as a core relative activity to help generate the overall framework while using as diagnosis process (Tiirikainen *et al.* 2019, p. 3).

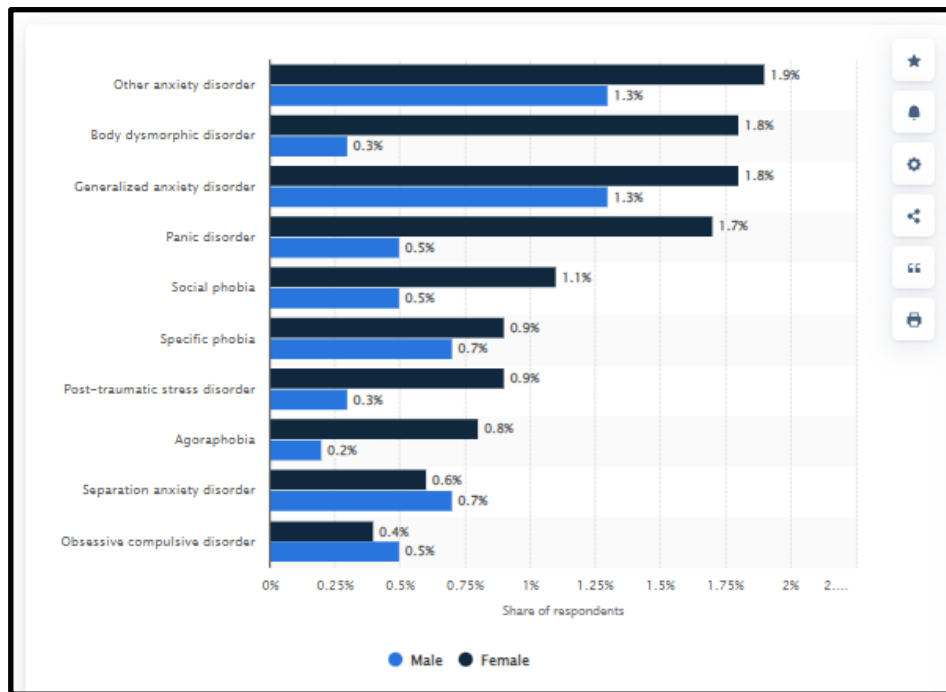


Figure 3: Prevalence of Anxiety disorder Among Young's people

(Source: statista.com, 2022)

The above figure has critically illustrated the prevalence of anxiety disorder noticed among young people in the UK in 2017; however, females aged 5 to 19 were most affected by the anxiety disorder (statista.com, 2022). On the other hand, it is being used by the critical listed diagnosis test while performing the accessibility and demarcation of mental illness and presenting through the quality of perseverance in determining the concept of using identical tools. Moreover, it is based on the mental problem to be highlighted as core reflective tools used for reducing mental pressure and applying tools related to easing the pressure of mind stiffness. It is observed that by questioning real-life questions that eventually integrated with the core relation and passing a roadmap to disintegrate the existing problems and seeking the solution to highlight an integral part to discuss with the co-related activity. In this response, a suitable workflow is saturated with quality of work, however, medications are one of the specific treatments to reduce GAD and overcome the problem easily within different situations (McDowell *et al.* 2019, p. 2). Along with this, it helps in doing the work easily and constantly within the workplace and possesses the life accessibility with the reducing the problem by forcing the quality of work being done in response with the phenomenal change in specific manners. In this contrast, the work for eradicating is relating to the overall consequences relating to the catastrophe reasonably and preparing a solidified framework to integrate with an accessible toolkit. In addition, it is important to formalize a better treatment, counseling, and medications are applied for better treatment.

Schizophrenia

The diagnosis of schizophrenia is based on a ***“Physical exam, a Test of screening, Psychiatric evaluation, CT scan, and MRI process”*** which will be helpful in the diagnosis of concerned mental disease in the specific considerations. In this concern, an effective process is being developed to evaluate the overall consideration relating to the more sophisticated way of evaluating the diagnosis process. Meditation is being applied as the most assertive toolkit to access the disease and provide a consolidated framework for enacting the utmost condition for easing this disease (Teshnehlal *et al.* 2022, p. 4). In this contrast, the better way for evacuating schizophrenia is to provide the collateral framework for the occupied way and process with the demarcations of possible change helpful for the required toolkit.

Autism

In this case, the doctor are using four different diagnoses for a better understanding of the disease in a specified way and consolidated with a better condition after the counseling by the verified doctors in a specific manner. In this sequence, a better team of doctors can observe the quality accessibility to discuss with the patient integrally affected by autism, however, their diagnosis is based on the selective tools and managing the interim pressure to reduce after the counseling through a sophisticated manner (Nogay and Adeli, 2020, p. 3). In this regard, sometimes, it becomes difficult to observe the disease easily and hard to diagnose in a better condition for developing a solid solution for the overreaching the prominent solution for the better resolution in maintaining the key observation relating to the disease.

Treatment

General Anxiety Disorder

GAD is one of the major problems and consequences in the current generation within the community. In this contrast, it is necessary to solve this type of consequence to live adequately and freely and work properly. Medications are one of the specific treatments to overcome the problem easily within different situations (Fayazbakhsh and Mansouri, 2019, p. 2). Along with this, it helps in doing the work easily and constantly within the workplace and correlates with suitable conditions. The fundamental treatment applicable for GAD processing is ***“Cognitive Behavioral Theory (CBT)”*** which processes the last longer treatment compared to medication or any other treatment for GAD. Moreover, the reliable treatment or sustaining a framework that works with the motive of delivering quality accessibility to overcome the issues and process the well-defined structure to be processed with relevant work and addressing as cognitive development theory is applicable in determining the lasting process to determining as processing tools.

Schizophrenia

Effective and reliable treatment for schizophrenia is considered an ***“Antipsychotics”*** that work within the initial treatment for the acute level and process to integrate with the existing

disease. In this regard, it works with the blocking of effects throughout the chemical dopamine of the brain and preserving through solidifying the capability to overcome the issues and provide better treatment in significant manners (Itokawa *et al.* 2018, p. 3). Extensively, the first and foremost treatment for schizophrenia is antipsychotic medications that work with the motive of delivering the consolidated framework by applying assertive tools for better solutions regarding treatment. The better treatment is applicable for allowing the entire work with the motive of delivering the quality of work as being highlighted as core factors are addressed in a significant manner.

Autism

The relevant treatment process is utilized as an effective process through a significant mindset and applied as Behavioral Management therapy for better treatment (Styles *et al.* 2020, p.2). Apart from this, some treatments are applicable for better results such as Cognitive behavior therapy, early intervention, joint attention therapy, and occupational therapy are the most assertive treatment for the overall consideration and being diagnosed by the existing process to motivate the quality of work to be assigned as correlative work. Although, it reflects the quality successive of the existing tools that work with the motive of delivering accessible treatment and allowing the aim of healing from the disease. In this response, the most important tool is being analyzed as a core responding toolkit to be presented in significant manners or applying a core perspective.

Measurements of rehabilitation

General Anxiety Disorder

“Generalized anxiety disorder (GAD)” choices treatment measurement related to **“Cognitive-behavioral therapy (CBT)”** is a significant improvement yielded in 50% of the patient (Nordahl *et al.* 2018, p. 393). **“Generalized Anxiety Disorder Assessment (GAD-7)”** is the displayed assessment tool supporting and measuring intended serving accessing generalized severity. GAD-7 score calculates the assigned score from 0 to 21 ranging by the use of screening tools. Frequently, primary care for anxiety disorders presents in 22% of patients suffering from depressive and anxiety problems (Nordahl *et al.* 2018, p. 393). GAD is appearing to be particularly effective in MCT and recovery rates efficacy is 72–80% (Nordahl *et al.* 2018, p. 393). Consequently, GAD diagnosed criteria and eligibility among the patient 18 years or older. GAD in MCT is consisting of socialization and formulation modifying uncontrollability and positive beliefs of challenges. In this regard, a response treatment for the children's disorder is related to **“child-centered therapy (CCT)”**

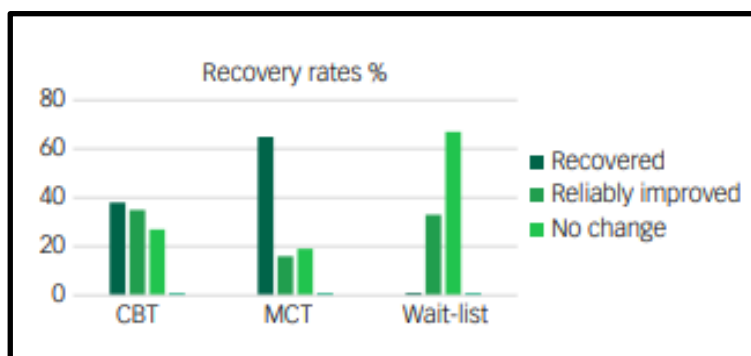


Figure 4: Recovery rates completer of treatment

(Source: Nordahl et al. 2018, p. 398)

According to the Figure, GAD's higher morbidity depends on depressive disorder somatoform disorder and dependency. A patient is supposed to struggle with GAD for approximately 8 to 10 years. GAD characteristics disabling and prevalent persistent anxiety and worrying symptoms and intense experience of distressing and uncontrollable. A control randomized trial effectively tests the different CBT types that are used for relaxation therapies. A choice of psychotherapy is empirically supporting the treatment ad significant treatment appears particularly. **“Meta cognitive therapy (MCT)”** is effectively appearing for minimizing the supervision and conditions and randomized treatment. A treatment of **“Ecological momentary assessment (EMA)”** detects the treatment outcomes for community and school-based with the increasing concern of children (Silk et al. 2018, p. 2). ICD-10 is regarded for the mental behavior and disorders of the neurodevelopment including diagnostic categorize.

Schizophrenia

Schizophrenic disorders are generally categorized by the fundamental distortion related to perception and thinking. **“Mortality and morbidity statistics (MMS)”** are implementing member countries is of WHO **“Clinical Descriptions and Diagnostic Guidelines (CDDG)”** guidelines. The primary disorder of schizophrenia is the significant impairments of control and passivity experiences manifesting positive symptoms (Gaebel et al. 2020, p. 320). Schizophrenia is a Delusional and Schizotypal characterized alterations and testing and positive symptoms disorganized the control and passivity experiences. **“Brief Clinical Assessment Scale for Schizophrenia (BCASS)”** is a clinical assessment that is used for routine and common administrated diseases (Yildiz et al. 2022, p. 14). Schizophrenia is related to the **“chronic mental illness”** that leads to functional impairment and a low rate of recovery.

“Scale

For the Assessment of Negative Symptoms (SANS)” is developed for evaluating negative systems on the other hand **“Scale for the Assessment of Positive Symptoms (SAPS)”**. BPRS and **“Positive and Negative Syndrome Scale (PANSS)”** reveal the multidimensional

conducting outcomes consisting the subscale comprehensive system. An effective prominent change is an effective way that corresponds largely to acute Psychotic Disorder.

Autism

“Children and adults with autism spectrum disorders (ASD)” are benefitted from CBT prevails the required accommodation and adaptation. A common neuropsychological impairment and socio-communication is the prevailed opinion driving the adaptive standard practices. ASD is the developed scale for measuring the condition of neurodevelopment stages that onset is characterized by restricted interests and experiencing comorbid high rates of mental health (Spain and Happé, 2020, p. 185). Generic provision service is widely accepted for the people suffering from autism and resulted in the coincided development. Acceptability and suitability concern effectiveness is attributable to several reasons mediating the effectiveness of psychological therapy. ASD is the tool of assessment for anxious symptomatology and assessment for clinical practices. Autism symptoms utmost importance in accessing ASD is at different levels that result in differing perspectives (Schiltz *et al.* 2021, p. 111). Subscale levels and scale is the problem needed to highlight the necessary pursuit for the captured assumed measurements. **“Social Anxiety Scale for Adolescents (SAS-A)”** is the widespread sample measurement that validates the population's psychometric properties demonstrating reasonable measurement. SAS-A is involved in the samples of ASD assessing tools for the psychometric properties. **“Autism spectrum condition (ASC)”** is the diagnostic criterion that commonly highlights adult depression levels (Cassidy *et al.* 2018, p. 738). Scale sense ability measures the rehabilitation services and clinical conditions determining the societal consequences. A reliable and valid scale consistent with the considered severity rating of the facts related to treatment.

Conclusion

The study concludes on the mental health and disorders that affect the livelihood of a citizen within the community. In that contrast, it is necessary to know the consequences that are faced by the persons within the workplace as well as in the different communities. As per the above discussion, it is recognized that GAD, Schizophrenia, and autism is the common chronic disease. The scale demonstrates the importance of carrying out negative dimension and clinical condition levels that are consented to the supporting needs. A reliable evaluation of treatment effectiveness is considered to be a useful tool that evaluates the clinical condition.

Recommendation

- ***To recommend assessing effective measurement and assessment tools for health outcomes***

The increased risks of depression are the common cause of mental illness in adolescents and children that can be effective and measurable by the scale and tools. A specific assessment tool helps in the statistical and diagnostic assessing depression prevalence.

- ***To recommend the effectiveness of treatment and intervention***

In a trial of treatment outcomes the treatment and cross-sectional is used tools in response to the effective programs. Psychological Testing is the assessment outcomes that are instrumented in adults and children. The co-occurring in ASD treatments, Schizophrenia, and GAD is solely responsible that representing necessarily intervention.

- ***To recommend access statistical and diagnostic mental disorders prevalence***

Adopting a habit of a “***gluten-free and casein-free (GFCF)***” diet is a significant diagnosis plan of autism (Keller *et al.* 2021, p. 1). A disorder of pervasive developmental is the diagnostic criteria set that are required for the profoundly retarded. Atypical autism is the severe retardation of mental developmental delays and behavioral patterns.

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