



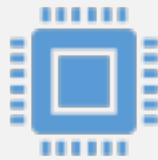
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Module Title: Mental
Disorders and
Psychopathology



Prifysgol Cymru
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What is Mental Health

- It is an emotional, psychological social well being that affects the way we feel and act. Mental health also help determine the way in which we relate to others, make choices and handle stress. (MentalHealth.gov, 2020).
- Mental Health concerns becomes an illness which are depression, anxiety disorders, schizophrenia, eating disorders, addictive behaviours and ADHD. (mayoclinic, 2019).

Factors that contribute to Mental Health condition

- Biological it is the abnormal functioning of nerve cells, this cell communicate within the brain through neurotransmitter. Other factors can be genetics, infections, prenatal damage such as early foetal brain development or loss of oxygen to the brain, substance abuse, poor nutrition and exposure to toxins.
- Psychological can be trauma from childhood that is emotional, physical or sexual abuse, early loss of parents, neglect and poor ability to relate to others.
- Environmental- death, divorce, dysfunctional family life, low self-esteem, substance abuse from individual or their parents, social and cultural expectations.

(Bhandari, 2020).





Ways to identify Mental Health

Inability to relate or interact

Delusions or other signs of detachment to reality

Excessive mood swings

Various sleep problems

(Ketamine Treatment, 2020).

What is Attention Deficit Hyperactivity Disorder (ADHD)?

- Is a condition that affects people's behavior (nhs, 2018).
- It is the most common mental health issues in childhood to adulthood which can cause a child not to focus, un-controlling behavior and over activity (NIH, 2017).

(nhs, 2018)





ICD 10 definition

Are clinical classifications standard. It is used to classify diseases and other health conditions (digitalnhs, 2021).

International Classification of Diseases (ICD) is designed to promote international comparability in the collection processing, classification and presentation of mortality statistics, which includes providing format for reporting cause of death (CDC, 2020).



The ICD-10 code for ADHD

Classification of Mental and Behavioural Disorders
diagnose criteria are as follow;

F90 – Kinetic Disorder

F90.0 - Disturbance of activity and attention

F90.1 – Hyperkinetic conduct disorder

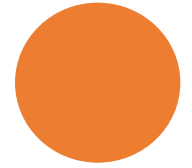
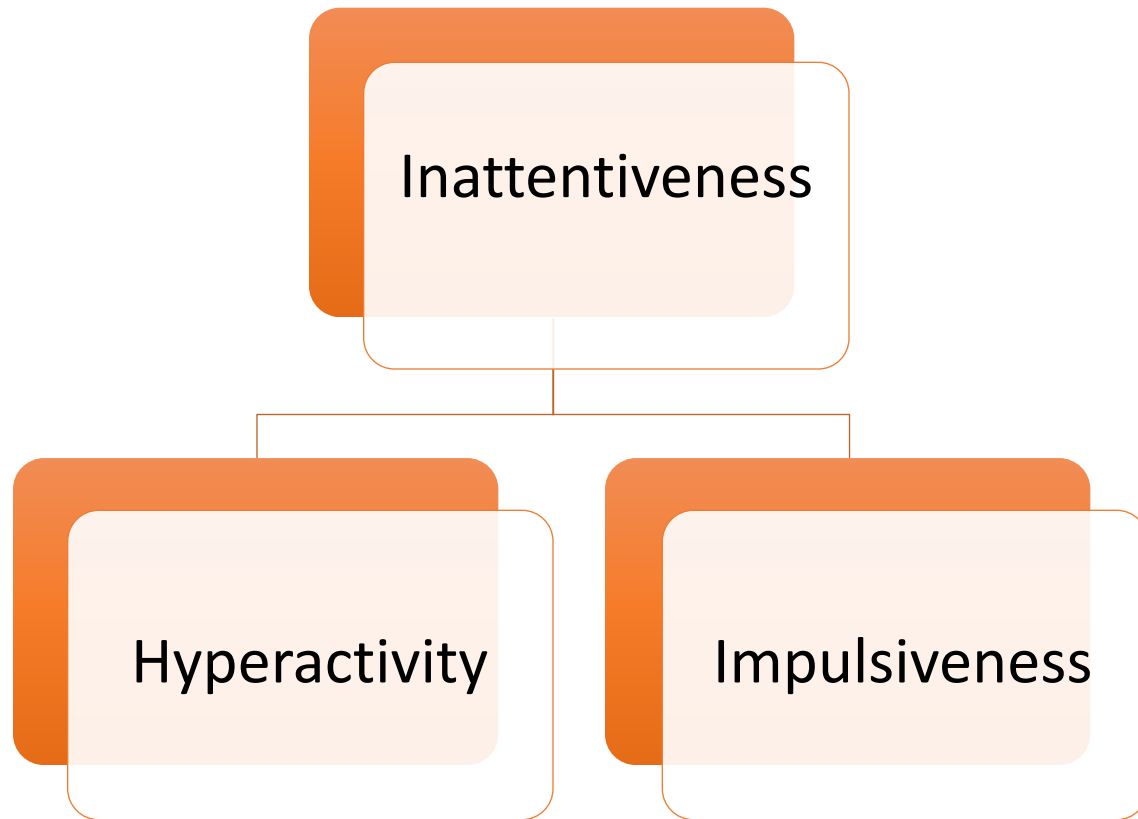
F90.8 – Other hyperkinetic disorder

F90.9 - Hyperkinetic disorder specified

(WHO, undated).

Symptoms

This can be categorised in three different behavioural problems





Signs of the symptoms in Inattentiveness

Short attention span

Easily distracted

Careless mistake

Forgetfulness

Losing things

Unable to stick to tedious task or time consuming

Unable to listen or carry instructions

Constantly changing task or activity

Having difficulty organising

(NHS, 2018).



Signs of the symptoms of Hyperactivity

- Unable to sit still in calm or quiet surroundings
 - Fidgeting
 - Excessive talking
 - Physical movement
 - Can not wait for their turn in general
 - Acting without thinking
 - Interrupting conversations
 - Little or no sense of dangers
- (nhs, 2018).

Signs of the symptoms in Impulsiveness

Hot headed

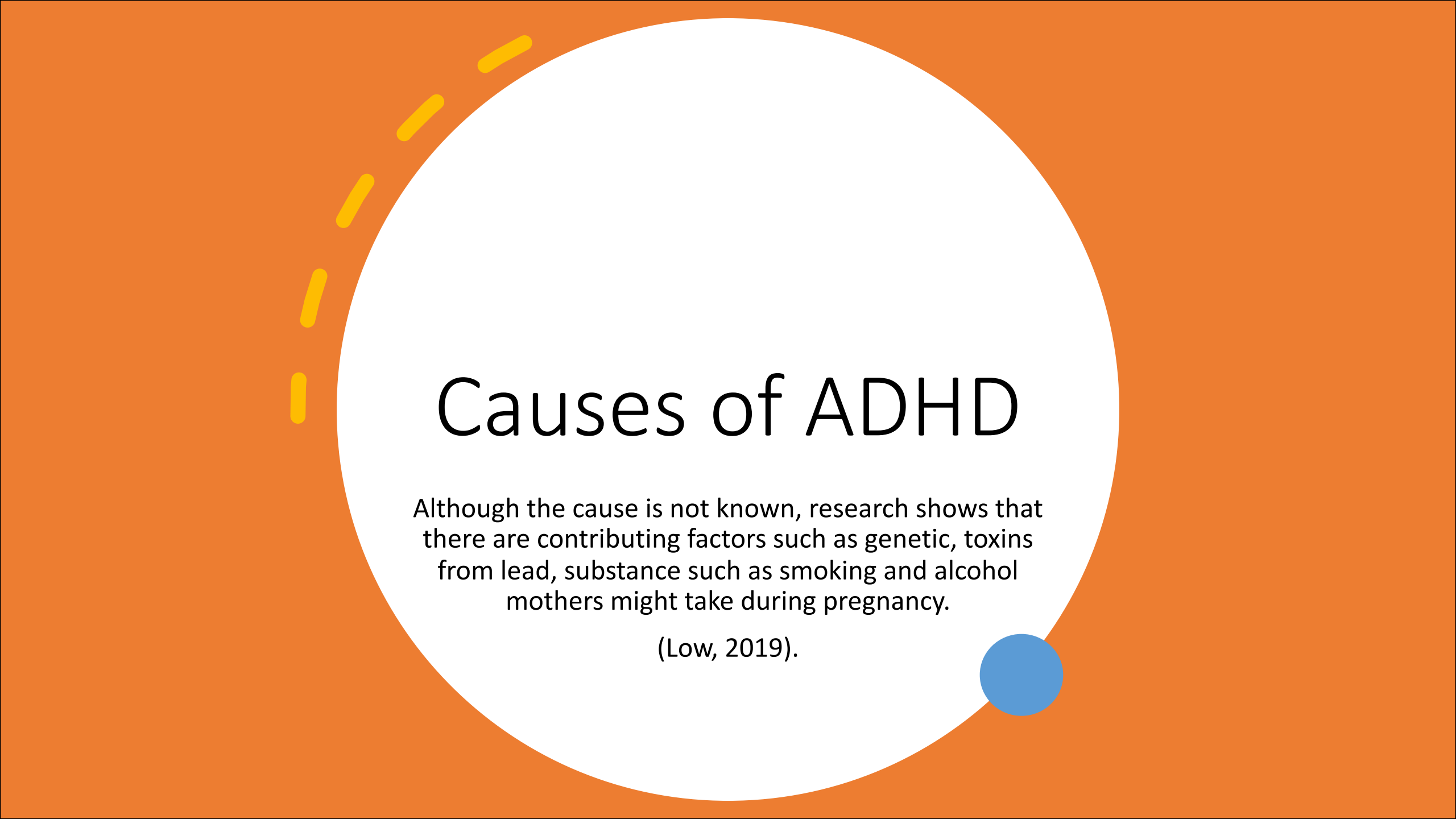
Rash

Unpredictable

Unstable

(Salters-Pedneault, 2020).

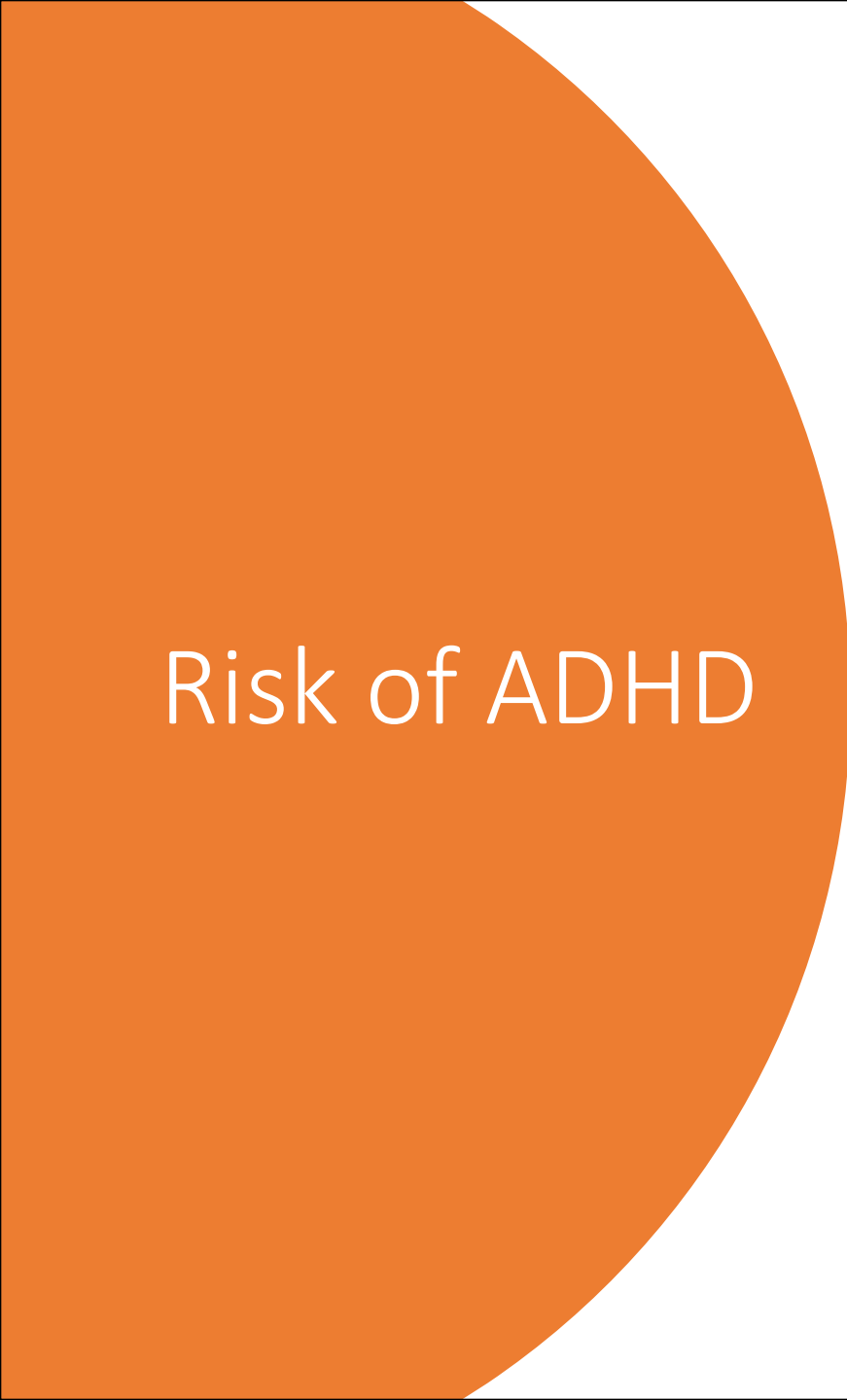




Causes of ADHD

Although the cause is not known, research shows that there are contributing factors such as genetic, toxins from lead, substance such as smoking and alcohol mothers might take during pregnancy.

(Low, 2019).



Risk of ADHD

- Premature babies
- Epilepsy
- Brain damage

(nhs, 2018)



Diagnosis

Before concluding on having any Mental Health conditions, it is advisable to contact Doctors or a professional in Mental Health (KetamineTreatment, 2020). As sometimes we could be going through minor to no symptoms and just need to rest the body.

- Physical examination by General Practitioner or Mental Health professionals
- Lab test that includes thyroid function, screening for alcohol and drugs
- Psychological evaluation- when a doctor or Mental Health professionals talk to the individual about the symptoms, thoughts, feelings and behaviour patterns.

(MentalHealth.gov, 2020).

Treatment

Medicines for ADHD are not to cure permanently but help to concentrate, learn and practice new skills

- Methylphenidate
- Lisdexamfetamine
- Dexamfetamine
- Atomoxetine
- Guanfacine

Therapy

- Cognitive Behavioural Therapy
- Social Skills Training
- Psychotherapy (Dialectical Behaviour Therapy)

(nhs, 2018)

(Salters-Pedneault, 2020).

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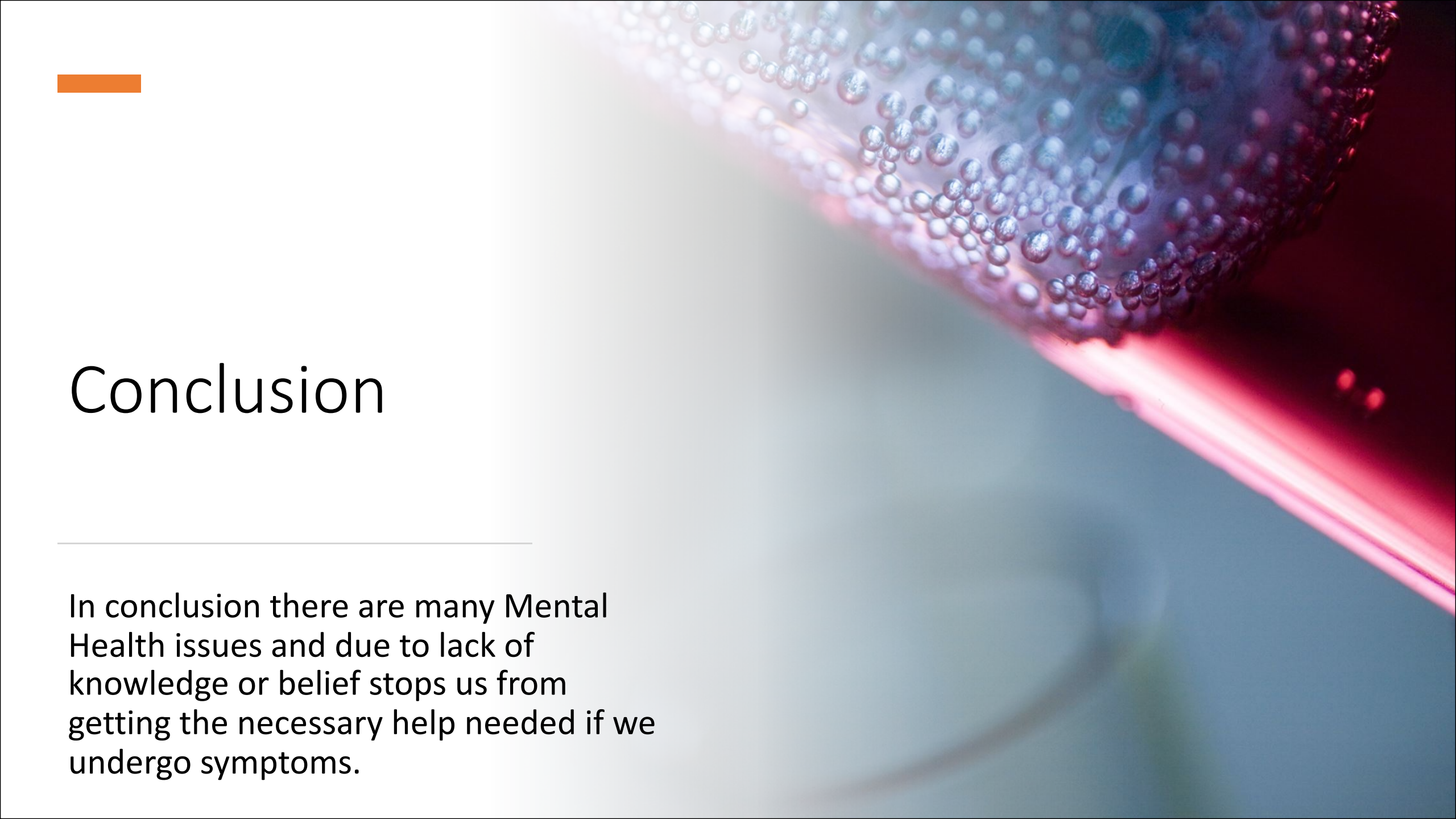
Other
possible
treatments

Balanced diet

Supplements
(omega-3 and
omega-6 fatty acids)

Legislation

- The 1995 Disability Discrimination Act (DDA) protects at work and in education for those who have Mental or physical impairment (Steer, 2014).
- Equality Act 2010 protects from discrimination, harassment and victimisation (Equality and Human Rights Commission, 2020).



Conclusion

In conclusion there are many Mental Health issues and due to lack of knowledge or belief stops us from getting the necessary help needed if we undergo symptoms.

Recommendations

- Service organization and training
- Recognition, identification and referral
- Information and support
- Dietary advice
- Medication
- Maintenance and monitoring
- Adherence to treatment
- Review of medication and discontinuation

We should access all help and information available to us in order to help deal with the conditions if diagnosed.

- (NICE, 2018)

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