



UNIVERSITY OF WALES
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Assessment 1

Supporting Paper

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Module name: Mental Disorders and Psychopathology

Module code: BMHP6006_LON

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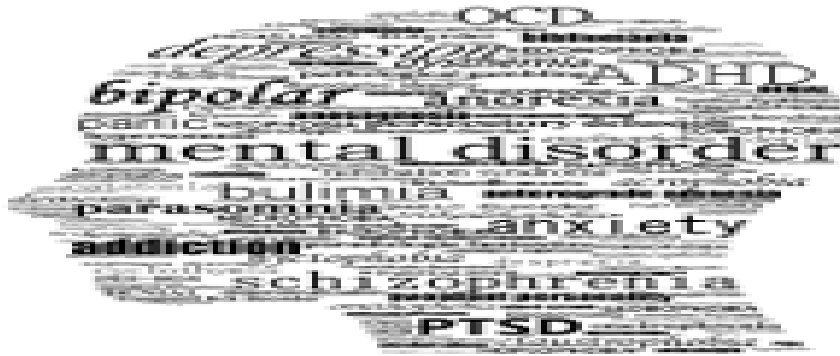
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Introduction

This supporting paper is about the mental disorder it is classified in ICD- 10 the books that classified the mental and behavioural disorders in the group of (F31.9) which distinguished as other mental health disorder (Bipolar Affective Disorder) and with physical illness and motor neurone disease (WHO,2010). A mental disorder is dysfunction of brain which the person affects the emotional regulation, severalise cognition and changing behaviour.

It is also a case study specifically to Stephen Hawking (1942-2018) was an English theoretical physicist, cosmologist, author of the Centre for Theoretical Cosmology at the University of Cambridge. Stephen Hawking which develops motor neuron disease in the age of 21 years. The MND (Motor Neurone Disease) illness which affects the physical functioning in which damages by the neuron in the brain. As he was diagnosed and given 2 years life expectancy, he also suffers with the bipolar disorder. However, as he was genius and the same time, he is suffering he discovered what will make him ease how to communicate to other. (NHS,2021) He worked and collaborated with Intel communication so mostly of his time using the Artificial Intelligence. He still can express what he is feeling and thoughts by the robotically voice (BBC,2018).

As the mental health is one of the main factors which creates a major impact on the way people deal with the stress. In addition to this, there are diverse types of mental disorder such as bipolar, mood disorder, eating disorder, autism spectrum disorder and many others. Anyone of any background, sex, age can get this health disorder and many women at the time of giving birth experience depression, eating disorder and anxiety also. In relation to UK (United Kingdom), the mental health is same as just physical health which must be taken care by all people as good mental health allows to feel good and react in a better manner. According to Carl Baker (2021), about one in six adults are suffering from common mental disorder such as anxiety, depression and many more. As per the survey, common mental disorders comprise of diverse types of issues such as phobias, depression and anxiety, obsessive-compulsive disorder, panic disorder and many others (Harrington, 2019). Moreover, it was also seen that about one in six people reported having symptoms of the common mental disorder (Mental health statistics, 2020).



Disorder within the ICD-10 Manual

There are **four types of bipolar disorder**, which are mentioned below:

Bipolar I disorder: This is the type of bipolar disorder in which the person is facing manic episodes in lasting 7 days or more. Sometimes, if the greater number of manic episodes are coming than it refers as severe mania and requires a hospital treatment and the individual facing many depressive episodes (Lynch, 2022).

Bipolar II disorder: In the II types of bipolar disorder in which the person is suffering from depression and severe condition in manic episodes and leads to many depressive functioning. In the bipolar I, the doctor says it hypo-mania because of the less impact of manic episodes.

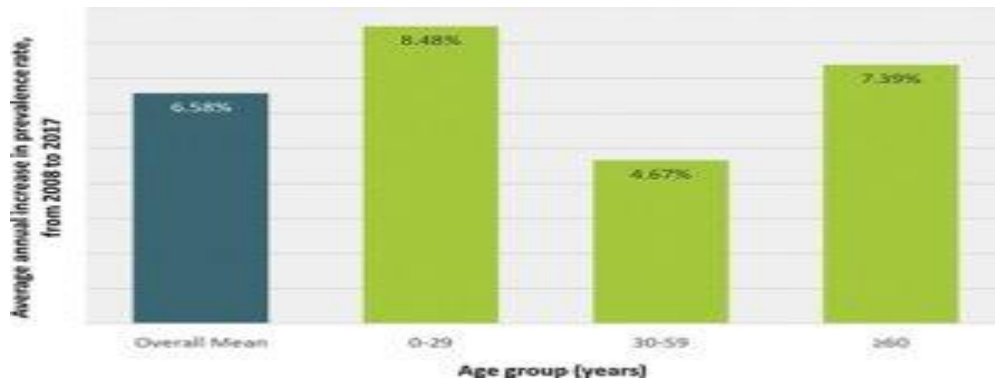
Cyclothymic disorder: This is the combination of manic and depression episodes; this is more see into the age group of 1-10 years children. ("Types of bipolar disorder explained - Medical News Today")

Other types: People with these disorders have different from the above categories, this type of disorder is adapted from to the consumption of alcohol and drugs and sometimes is initiates from medical conditions (Lynch,2022).

Data about Disorder in the UK

The prevalence of the bipolar disorder in UK, according to the NHS (National Health Services) digital survey says that the 2% of the population of UK are suffering from bipolar. The medication and talk therapy are provides only 40% of the population that are suffering from bipolar, rest of the 60% of people monitoring bipolar and were not received medication at the time of the survey.

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Causes:

The bipolar or mental health disorder is formed by many aetiologies, the major cause of bipolar disorder is chemical imbalance in the brain (Li Hi Shing and Bede, 2022).

There are many chemicals in the brain that can be responsible for the function of the body or brain that are neurotransmitters and including many hormones like noradrenaline, dopamine, serotonin and many more.

It is also developing through the genetic bases, If the bipolar disorder was in the family that might be transferred through heredity in the next generation of the family.

Symptoms/signs:

There are several symptoms that can show into the bipolar disorder, but in the mental health disorder most of the symptoms are common and look like each other. Some of the major symptoms of bipolar disorder are mentioned below:

- lack of interest in everyday activities.
- Self-doubt
- suicidal thought
- lacking energy
- feeling of emptiness and worthlessness
- anti-social behaviour
- feeling sadness and hopelessness
- lack of appetite
- illogically thinking and having hallucination.

Diagnosis

Bipolar disorder is diagnosed through many tests like the doctor takes a physical exam of the bipolar patient, takes an assessment of the patient through asking of the symptoms that can be facing by the patient (Karthik and Sudha, 2020).

Historical view and treatments for Mental disorder

In the earliest time along 1100 B.C. The mental disorder or illness was treated by the acupuncture, Chinese medicines using shrubs, herbs and gives emotional therapy to the mental disorder patients. The history of mental disorder, mental disorder was treated very poorly, and many people believes that mental illness caused by demonic possession and angry God. In this, there is also discussion about the borderline personality disorder (BPD) in which the person has extreme level of mood swings, trouble controlling their emotions and affects relationship with everyone and willing to develops the self-destructive behaviour and have a risk of suicide. The classification of BPD has four domains that is impulse control, cognitive, affectivity and interpersonal functioning (Le Clair,2022). Many of the people believes in the spiritual things to treat mental disorder they were thinking that mental disorder is a sign of negativity or supernatural power. Ancient people used the concept of trephining. In the mid of the 19th century, the **lithium** is used as the psychiatry. It can treat many disorders including bipolar disorder.

Current treatments (NHS)

1 of the 8th individuals is asked for the treatment of bipolar disorder. (Zhang, Yang and Le, 2020). The survey of the bipolar disorder is carried out in every 7 years and provides significant data of the diseases. The age group of 16-24 years people are most having this bipolar disorder. The disorder of mental health is more in women as compared to the men. Some of the people have suffering with bipolar disorder by the pandemic in Covid-19, most of the person having loneliness, isolation and bound in home for couple of year. This can lead the mental disorder or bipolar in the normal population of UK.

Moreover, some of the therapies are also used to treat mental disorder. So, they are more beneficial for the treatment of bipolar disease. In comparison to the past treatments there are few medicines to treat mental disorder and not invented therapies like talk and cognitive, to modern treatment have more tendency and accuracy to treat bipolar disorder.

Advantages of the treatment of bipolar disorder are:

The current treatment is more beneficial for the bipolar patient. The availability of the high number of medicines.

The treatment should be reasonable and have accuracy in it.

Mood stabilizers are available in the current treatment of bipolar disorder these drugs are used to treat mania in the bipolar.

Disadvantages of the treatment of bipolar disorder:

Current treatment includes drugs that are shows Adverse Drug Reaction.

The current treatment is expensive and time consuming.

Medicines and treatments are not included in the health insurance.

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Principles when working with people with mental disorder

The national priorities for health and care are regulated under guidelines and standards on a particular disorder.

Policies and Legislations for the improvement of the person with disorder

The UK Legislation policy for mental health issues is under Mental Health Act 1983 under the section 117 say that have disorder have the support from government.

The Equality Act 2010 is the law that gives that right to challenge discrimination, it should only show that your mental health problem is the disability.

The Health and Social rights. Needs and financial and personal budgets and direct payment carer is right and how to claim your poor care (Mind ,2022)

Conclusion

The national priorities for health and care are regulated under guidelines and standards on a particular disorder. How the government can help the sick people and give better treatment by continuing and progressing the research about mental health. It is also to deal with the mental issues and how to pass the challenges of Stephen Hawking in positive way his mental and physical disorder. The independence advisory committee that can help in the policy providing the help. It also describes the process and methods manual review to the bipolar disorder (Hartmann and et. al., 2019).

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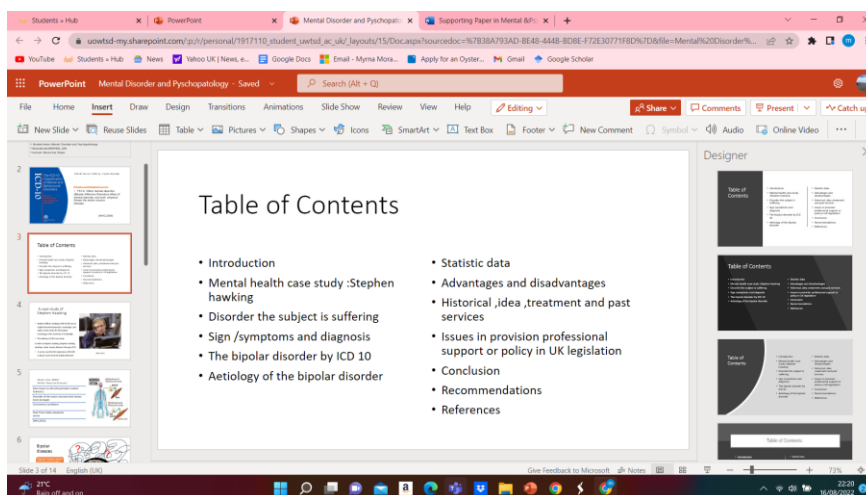
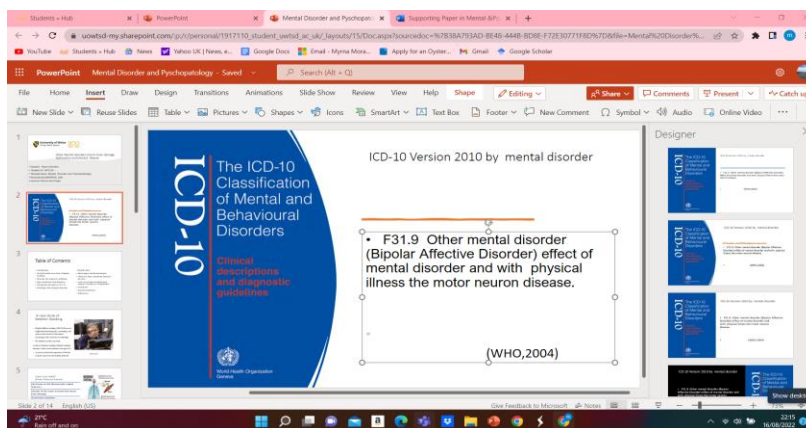
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Appendix: Power Point Presentation



Other Mental disorders due to brain damage
dysfunction and physical disease

- Student: Myrna Morales
- Student Id: 1917110
- Module Name: Mental Disorder and Psychopathology
- ModuleCode:BMHP606_LON
- Lecturer: Bianca San Filippo



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A case study of Stephen Hawking

- Stephen William Hawking (1942-2018) was an English theoretical physicist, cosmologist, and author of the Centre for Theoretical Cosmology at the University of Cambridge.
- The reference of this case study is refers to Stephen Hawking, Stephen Hawking develops motor neuron disease in the age of 20.
- A survey says that the expectancy of the life is about 5 years from the initially detected.



(BBC, 2018)

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What is the MND? (Motor Neurone Disease)

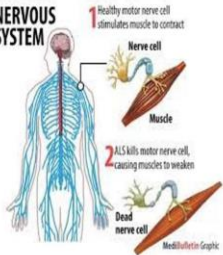
Also known as ALS (Amyotrophic Lateral Sclerosis)

Disorder of the motor neurone that means brain damages

Uncommon conditions

Over time makes weakness worse

(NHS, 2021)



NERVOUS SYSTEM

1 Healthy motor nerve cell stimulates muscle to contract

2 ALS kills motor nerve cell, causing muscles to weaken

Dead nerve cell

Mediobulletin Graphic

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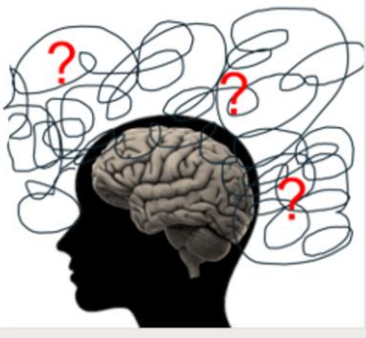
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Bipolar diseases

Diagnosis of Bipolar disease and other mental health (motor neurone disease)

Signs/Symptoms

(Karthik and Sudha,2020)



Designer

Bipolar Diseases

Bipolar diseases

Diagnosis of Bipolar disease and other mental health (motor neurone disease)

Signs/Symptoms

(Karthik and Sudha,2020)

Bipolar diseases

Diagnosis of Bipolar disease and other mental health (motor neurone disease)

Signs/Symptoms

(Karthik and Sudha,2020)

Bipolar diseases

Diagnosis of Bipolar disease and other mental health (motor neurone disease)

Signs/Symptoms

(Karthik and Sudha,2020)

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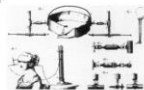
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The difference treatment of other mental disease (Bipolar Disorder)

Historical

- In medieval believes spiritual things
- Believes is a sign of negativity or supernatural power
- 19th century ,lithium is used by psychiatry

Modern Technology

- Starting- the professional will confirm if it confirms
- Mild-Giving medicines & Therapies
- Severe- medication and psychotherapy and electroconvulsiv e therapy




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Aetiology of the Bipolar Disorder

- The bipolar or mental health disorder is forms by many aetiology, the major cause of bipolar disorder is chemical imbalance in the brain (Li Hi Shing and Bede, 2022).
- There are many chemical in brain that can be responsible for the function of the body or brain that is neurotransmitters and including many hormones like noradrenaline, dopamine, serotonin and many more.



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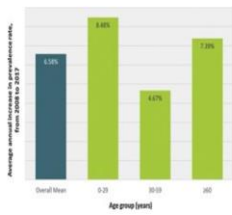
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Statistics data of Bipolar disorder

- The prevalence of the bipolar disorder in UK, according to the NHS digital survey says that the 2% of the population of UK are suffering from bipolar.
- The medication and talk therapy is provides only 40% of the population that are suffering from bipolar, rest of the 60% of people monitoring bipolar and weren't received medication at the time of the survey.
- (Zhang ,Yang and Le,2020)



Age group (years)	Average annual incidence by age group (years) from 2008 to 2017
Overall Mean	1.54%
0-9	0.05%
10-19	0.10%
20-29	0.15%
30-39	0.20%
40-49	0.25%

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Advantages and disadvantages of current Treatment of bipolar disease

Advantages of the treatment are:

- ❖The current treatment is more beneficial for the bipolar patient.
- ❖The availability of the high number of medicines.

The disadvantages of the treatment are:

- ❖Current treatment includes drugs that are shows Adverse Drug Reaction.
- ❖The current treatment is expensive and time consuming

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Conclusion

From the above projection of information it can be evaluated that mental disorder is a dysfunction in brain. However , with the intelligence of he can used Artificial Intelligence

Mental capacity Act 2005 Under which the person or individual get affected with emotional regulation severalize cognition and also lead to change into their activity .

In this presentation demonstrated the principles and along with the case of Stephen Hawking. Various advantages and disadvantages of mental disorder and motor neuron disease was discussed. Which anyone even with the disability is counted as NHS always says everyone is counted . (Mind ,2022)

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Recommendation

- My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit, as well as physically" Stephen Hawking - Interview, New York Times, May 2011
- As for my own understanding that the individual who have the ability to discovered the high sense of meaning of life may have ability to cope mentally health disorder ,no one can help you heal your mind just by your own self .

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Conclusion

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Recommendation

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