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# 5 PSYCHOLOGICAL DISORDERS

↘ Symptoms | Causes | Treatment



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# WHAT IS A PSYCHOLOGICAL DISORDER?

→ A psychological disorder is a condition in which patterns of thoughts, feelings, or behaviors cause significant distress or impair a person's ability to function in daily life.

These disorders can affect emotional, cognitive, and behavioral functioning, influencing relationships, work, and overall quality of life.



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# ANXIETY DISORDERS



Anxiety disorders involve excessive fear or worry that interferes with everyday life. Common types include Generalized Anxiety Disorder (GAD), Panic Disorder, and Social Anxiety Disorder.

## ↘ Symptoms:

Rapid heartbeat, sweating, dizziness, restlessness, and persistent worry.

## ↘ Causes:

Genetic predisposition and family history

Environmental stressors

Imbalances in brain chemistry

## ↘ Treatment:

Medications such as SSRIs (Selective Serotonin Reuptake Inhibitors)

Cognitive-behavioral therapy (CBT)

Relaxation techniques and mindfulness practices

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# DEPRESSION



Depression is characterized by persistent sadness, low energy, and loss of interest in previously enjoyable activities. Major Depressive Disorder (MDD) is one of the most common depressive disorders.

## ↘ Symptoms:

Changes in sleep, appetite, concentration, and feelings of hopelessness.

## ↘ Causes:

Neurotransmitter imbalances (e.g., serotonin)

Genetic vulnerability

Stressful life events or trauma

## ↘ Treatment:

Lifestyle changes such as exercise and improved sleep habits

Cognitive-behavioral therapy (CBT)

Antidepressant medications

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# BIPOLAR DISORDER



Bipolar disorder involves significant mood shifts between manic or hypomanic episodes and depressive episodes. Manic episodes include high energy, impulsivity, and elevated mood, while depressive episodes involve sadness, fatigue, and loss of interest.

## ↘ Causes:

Genetic predisposition

Neurochemical imbalances

Environmental stressors

## ↘ Treatment:

Antidepressants used cautiously, often with mood stabilizers

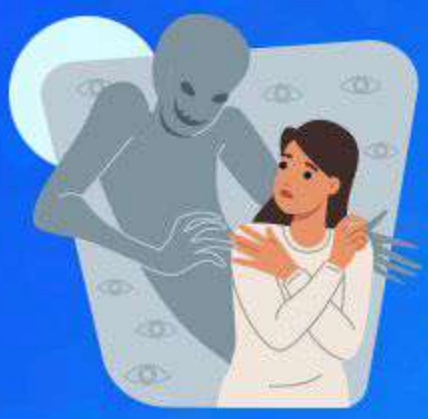
Mood stabilizers (e.g., lithium)

Psychotherapy, including CBT and interpersonal therapy

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# SCHIZOPHRENIA



Schizophrenia is a severe mental disorder that affects thinking, perception, emotions, and behavior.

## ↘ Symptoms:

Hallucinations, delusions, disorganized thinking, and reduced emotional expression.

## ↘ Causes:

Genetic vulnerability

Differences in brain chemistry and structure

Environmental stressors

## ↘ Treatment:

Family therapy and psychosocial support

Antipsychotic medications

Cognitive and social skills therapy

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# OBSESSIVE-COMPULSIVE DISORDER (OCD)



OCD involves intrusive thoughts (obsessions) and repetitive behaviors (compulsions) performed to reduce anxiety.Common obsessions include fears of contamination, while compulsions may involve behaviors such as excessive hand-washing or checking.

## ↘ Causes:

Genetic factors

Differences in brain functioning

Environmental triggers such as stress or trauma

## ↘ Treatment:

Exposure and Response Prevention (ERP) therapy (a specialized form of CBT)

Medications such as SSRIs

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