

CHAPTER
5

Mental and Emotional Problems

LESSON 2

Mental Disorders

● Before You Read

When you think of mental disorders, what comes to mind? Describe what you know about mental disorders on the lines below. After reading the lesson, tell how your perception of mental disorders might have changed.

● Read to Learn

Understanding Mental Disorders

Each year, one in every four people in the U.S. is affected by some form of mental disorder. A **mental disorder** is an illness of the mind that can affect thoughts, feelings, and behaviors. This illness can prevent a person from leading a happy, healthful, and productive life. Many people do not seek treatment because they worry about the stigma associated with mental disorders. A **stigma** is a mark of shame or disapproval. Many people do not realize that mental disorders are medical conditions. They require treatment just like any other illness or injury. ✓

Types of Mental Disorders

Mental disorders can begin as early as childhood. These problems often require help from health professionals.

What are anxiety disorders?

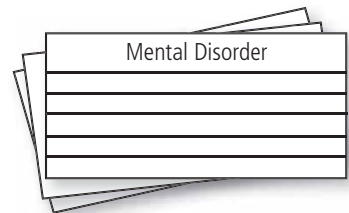
An **anxiety disorder** is a condition in which real or imagined fears are difficult to control. It is one of the most common mental health problems among children and teens. People with anxiety disorders try to avoid situations that make them feel fearful. The table on the next page describes five common anxiety disorders.

BIG Idea

Understanding mental health disorders builds insight and empathy.

Study Coach

Vocabulary Cards Write each new vocabulary term on a separate note card. For each term, write a definition based on your current knowledge. As you read, fill in additional information about each vocabulary term.



READING CHECK

- 1. Explain** Why might some people with mental disorders be reluctant to seek help?



READING CHECK

2. Identify Which anxiety disorder may develop after a traumatic event?

Anxiety Disorders	
Phobia	A strong and irrational fear of something specific, such as heights or social situations.
Obsessive-Compulsive Disorder	Persistent thoughts, fears, or urges (obsessions) leading to uncontrollable, repetitive behaviors (compulsions). For example, the fear of germs leads to constant hand washing.
Panic Disorder	Attacks of sudden, unexplained feelings of terror. "Panic attacks" are accompanied by trembling, increased heart rate, shortness of breath, or dizziness.
Post-Traumatic Stress Disorder (PTSD)	A condition that may develop after exposure to a terrifying event. Symptoms include flashbacks, nightmares, emotional numbness, guilt, sleeplessness, and problems concentrating.
Generalized Anxiety Disorder (GAD)	Exaggerated worry and tension for no reason. People with GAD startle easily and have difficulty concentrating, relaxing, and sleeping. ✓

What are impulse control disorders?

People with impulse control disorders cannot resist the urge to hurt themselves or others. Here are some examples of impulse control disorders:

- **Kleptomania** is the unplanned theft of objects.
- **Cutting** is the repetitive cutting of parts of the body that can be hidden.
- **Pyromania** is setting fires to feel pleasure or release tension.
- **Excessive gambling** is continuing to gamble despite heavy losses.
- **Compulsive shopping** is spending money on items that a person can't afford and does not need.

What are eating disorders?

Eating disorders sometimes occur during the teen years. Changes during puberty can cause some teens to become anxious about their bodies. Media images can also make teens think that they need to lose or gain weight. These teens are at risk for anorexia nervosa, bulimia nervosa, or binge eating disorder. Eating disorders are more common among girls but can affect boys as well. Eating disorders can lead to health problems or even death. You will learn more about eating disorders in Chapter 11.

What are mood disorders?

Everyone experiences good moods and bad moods. A **mood disorder** is an illness that involves mood extremes. These extremes are more severe than normal highs and lows. Depression and bipolar disorder are both mood disorders. *Bipolar disorder* is marked by extreme changes in mood, energy level, and behavior. Bipolar disorder is also known as manic-depressive disorder. ✓

What is conduct disorder?

Children and teens with **conduct disorder** behave in ways that violate basic social rules. They may engage in stealing, cruelty, lying, aggression, violence, arson, or vandalism. Children and teens with conduct disorders need treatment for their illness. Treatment includes learning to deal with the demands of everyday life.

What is schizophrenia?

Schizophrenia (skit-suh-FREE-nee-uh) is a severe mental disorder in which a person loses contact with reality. A person who suffers from this disorder may experience hallucinations or delusions. He or she may also behave in unpredictable ways. Schizophrenia affects about one percent of the population. Professional help and medication is needed to treat this serious illness.

What are personality disorders?

Teens with personality disorders are unable to control their emotions. They may feel distressed in social situations. They may also behave in ways that are distressing to others. The cause of personality disorders is unknown.



Think it Over

- 3. Explain** Why are eating disorders both a mental health problem and a physical health problem?



READING CHECK

- 4. List** What are two examples of mood disorders?
