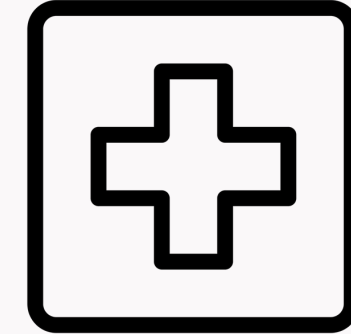
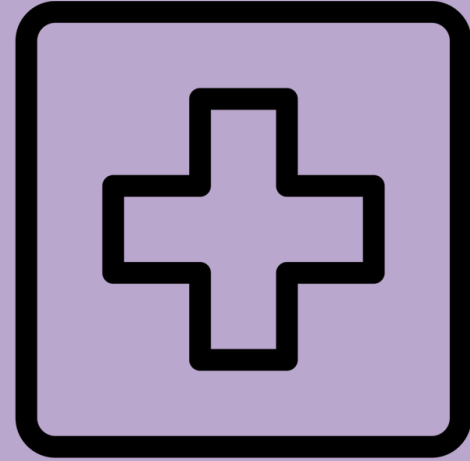




Mental Health Disorders



Lessons in Mental Health



Lessons in Mental Health

- Use this presentation as is, or view the Canva link for a fully modifiable template.
- Link: [Mental Health Disorders Presentation](#)
- Link: [Mental Health Disorders Reference Guide Activity](#)
- PDF: [Mental Health Disorders Reference Guide Activity](#)
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TODAY WE WILL....

- Start our semester-long Mental Health Disorders Project
- Learn how disorders are diagnosed and grouped
- Look at how they affect thoughts, feelings, and behavior
- Review the DSM-5 categories we will use
- Begin building our reference guide

What is a Mental Health Disorder?



Mental Health Disorder

A mental health disorder is a condition that affects how a person thinks, feels, or behaves and causes distress or problems in their daily life.

Mental Health disorders can significantly interfere with an individual's ability to cope with life's demands, maintain relationships, work, and enjoy life.

HOW ARE MENTAL HEALTH DISORDERS DIAGNOSED?



DIAGNOSIS PROCESS

The diagnosis process consists of many different steps:

- Gathering Information
- Assessment of Symptoms
- Using Diagnostic Criteria
- Consideration of History
- Collaboration and Observation
- Formulation of Diagnosis
- Discussion and Treatment Planning
- Regular Review and Monitoring





IMPACT ON DAILY LIFE

During diagnosis, the two key questions are how the disorder is affecting your daily life.

- Is it stopping you from doing things you want to do?
- Is it causing you to act in ways you don't want to?

A CLOSER LOOK

After understanding the person's situation, professionals dive into two important areas to learn more:

- Epidemiology
- Etiology



EPIDEMIOLOGY

Epidemiology is the study of how common different mental health problems occur in different groups of people.

It helps professionals understand which groups might be more likely to experience certain issues, so they can better identify and address those problems.

Example: How does depression affect people living in rural areas compared to those in urban areas?



Four light-colored wooden chess pawns are arranged on a white surface. One pawn is in sharp focus in the lower-left foreground, while the others are blurred in the background. The pawns are simple, cylindrical shapes with rounded heads.

ETIOLOGY

Etiology means looking at why something happens. In mental health, it's about figuring out what might be causing a person's issues.

It could be things like family history, life experiences, or even how their brain works.

Example: What factors contribute to the development of anxiety disorders?

EPIDEMIOLOGY LOOKS AT THE "WHO, WHAT, WHERE, AND HOW MANY" OF DISEASES.

ETIOLOGY SEEKS TO EXPLAIN THE "WHY" OR "WHAT CAUSES" THE DISEASE.

UNIVERSAL PROCESS

When diagnosing and helping people with mental health issues, professionals follow the same specific process.

A key tool used around the world in the diagnosis process is the DSM-5.



DSM-5

Diagnostic and Statistical Manual of Mental Disorders, 5th edition, is a manual published by the American Psychiatric Association (APA) that provides criteria for diagnosing mental disorders.

It is the most widely used diagnostic tool for mental disorders in the United States and many other countries.



DSM-5 CATEGORIES

The DSM-5 categorizes mental health disorders into different categories based on their symptoms, causes, and treatments.

This classification system helps mental health professionals make accurate diagnoses and develop treatment plans.

DSM-5 SECTIONS

Think of it like a library where books are organized by topics. In the case of the DSM, it's like organizing mental health struggles into different sections.

Each section has a list of signs and symptoms that help doctors and psychologists understand what's going on with a person's mental health.





BENEFITS OF THE DSM-5

- Accurate, consistent diagnoses
- Better communication and collaboration
- Tailored treatment plans
- Reduced stigma

DSM-5 Reference Guide Activity

In this project, you will create a reference guide for 10 specific categories outlined in the DSM-5.

Your guide will include the name of each category, a clear definition, and a list of common disorders within each category.

Over the semester, we'll explore various disorders in more detail, and you will add this information to your guide.

This project will last the entire semester.

DSM-5 CLASSIFICATIONS

01 Depressive Disorders

02 Anxiety Disorders

03 Bipolar and Related Disorders

**04 Schizophrenia Spectrum and
Other Psychotic Disorders**

05 Obsessive-Compulsive and Related Disorders

06 Personality Disorders

07 Trauma- and Stressor-Related Disorders

08 Substance-Related and Addictive Disorders

09 Dissociative Disorders

10 Somatic Symptoms and Related Disorders

11 Neurodevelopmental Disorders

12 Neurocognitive Disorders

REFERENCE GUIDE

From Canva, choose a template of your choice.

- Create a Title Page: "Mental Health Disorder Reference Guide"

Create a separate page for each category and include the following:

- Name of the category.
- Formal definition and key terms.
- Bullet list of 3-5 types of disorders that fall into this category. No descriptions are required.
- Graphics/Symbols/Fonts





RESEARCH

- Refer to the comprehensive list of mental health disorders available at Very Well Mind: List of Psychological Disorders.
- Use the following links to find more comprehensive information for the two categories below:
 - Neurodevelopmental
 - Neurocognitive
- Additional reputable sources can be used as well.

Template (Optional)

Click on the icon link below

Scroll down to access and edit the template



Template
Click Here

TURNING IN YOUR REFERENCE GUIDE

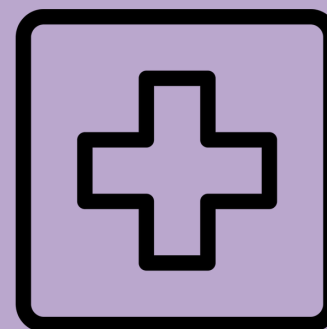
- Use Canva to create your guide.
- Use the links provided for your information.
- Include a citation page at the end of your guide.
- Check your spelling and grammar.
- Download as a PDF and upload online to: Mental Health Disorder Reference Guide.



LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

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