

Major Classifications of *Mental Health Disorders*



1. Depressive Disorders

Definition: Depressive disorders involve *persistent* and pervasive low mood, feelings of hopelessness or worthlessness, and a lack of interest or pleasure in activities. Symptoms can include fatigue, changes in appetite or sleep, difficulty concentrating, and suicidal thoughts, and they must cause **clinically significant distress or impairment in daily functioning**.

Common Disorders:

- Major Depressive Disorder
- Persistent Depressive Disorder (Dysthymia)
- Disruptive Mood Dysregulation Disorder
- Premenstrual Dysphoric Disorder
- Postpartum Depression
- Seasonal Affective Disorder
- Substance/Medication-Induced Depressive Disorder
- Depressive Disorder Due to Another Medical Condition

2. Anxiety Disorders

Definition: Anxiety disorders are characterized by excessive and persistent fear, anxiety, or worry that is *disproportionate* to the actual threat and leads to clinically significant distress or **impairment in daily activities**, such as work, school, or social interactions.

Common Disorders:

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder
- Agoraphobia
- Specific Phobia
- Separation Anxiety Disorder

3. Bipolar and Related Disorders

Definition: Bipolar and related disorders involve mood disturbances with alternating periods of *mania or hypomania* (elevated mood, increased energy) and *depression* (low mood, fatigue). During manic episodes, individuals may exhibit racing thoughts, risky behaviors, and grandiosity, while depressive episodes involve low energy, sadness, and difficulty functioning.

Common Disorders:

- Bipolar I Disorder
- Bipolar II Disorder
- Cyclothymic Disorder
- Substance/Medication-Induced Bipolar Disorder
- Bipolar Disorder Due to Another Medical Condition

4. Personality Disorders

Definition: Personality disorders involve enduring patterns of behavior, cognition, and emotion that *deviate from cultural norms* and cause significant distress or impairment in social, occupational, or other areas of functioning. These patterns are persistent and difficult to change and typically begin in early adulthood.

Common Disorders:

- Borderline Personality Disorder
- Narcissistic Personality Disorder
- Antisocial Personality Disorder
- Paranoid Personality Disorder
- Obsessive-Compulsive Personality Disorder
- Avoidant Personality Disorder

5. Schizophrenia Spectrum and Other Psychotic Disorders

Definition: These disorders involve abnormalities in thought processes, perceptions, emotions, and behaviors, often resulting in a distorted sense of reality. Common symptoms include *delusions* (firmly held false beliefs), *hallucinations* (perceiving things that are not present), and *disorganized thinking* or speech. Negative symptoms, such as reduced emotional expression or lack of motivation, frequently contribute to overall functional impairment.

Common Disorders:

- Schizophrenia
- Schizoaffective Disorder
- Delusional Disorder
- Brief Psychotic Disorder
- Schizophreniform Disorder

6. Obsessive-Compulsive and Related Disorders

Definition: These disorders involve obsessions (recurrent, intrusive, unwanted thoughts or urges) and/or compulsions (repetitive behaviors or mental acts performed to relieve anxiety). The obsessions and compulsions are time-consuming and cause significant distress or impairment in daily life.

Common Disorders:

- Obsessive-Compulsive Disorder (OCD)
- Body Dysmorphic Disorder
- Hoarding Disorder
- Trichotillomania (Hair-Pulling Disorder)
- Excoriation (Skin-Picking Disorder)

7. Eating Disorders

Definition: Eating disorders are mental health disorders characterized by persistent disturbances in eating or feeding behaviors and related thoughts or feelings that significantly impair physical health, psychological well-being, or daily functioning. These disorders are not solely about food or weight; they are often connected to body image, control, stress, and self-worth, and are not explained by cultural practices or lack of food availability.

Common Disorders:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
- Avoidant/Restrictive Food Intake Disorder (ARFID)

8. Dissociative Disorders

Definition: Dissociative disorders involve disruptions in memory, identity, consciousness, or perception, often as a response to trauma. Individuals may experience amnesia, detachment from reality, or the feeling of having multiple identities, which can interfere with their daily lives and relationships.

Common Disorders:

- Dissociative Identity Disorder
- Dissociative Amnesia
- Depersonalization/Derealization Disorder

9. Trauma and Stressor-Related Disorders

Definition: These disorders develop in response to trauma (e.g., physical or emotional harm)or significant life stress, resulting in intrusive thoughts, avoidance of reminders, emotional numbness, or hypervigilance. Symptoms cause clinically significant distress or impairment in functioning.

Common Disorders:

- Post-Traumatic Stress Disorder (PTSD)
- Acute Stress Disorder
- Adjustment Disorders
- Reactive Attachment Disorder
- Disinhibited Social Engagement Disorder

10. Substance-Related and Addictive Disorders

Definition: These disorders involve a problematic pattern of substance use or engagement in addictive behaviors that leads to clinically significant impairment or distress. Key symptoms include cravings, tolerance (needing more to achieve the same effect), withdrawal symptoms, and *difficulty stopping use, despite negative consequences*.

Common Disorders:

- Alcohol Use Disorder
- Opioid Use Disorder
- Stimulant Use Disorder
- Tobacco Use Disorder
- Gambling Disorder

11. Neurodevelopmental Disorders

Definition: Neurodevelopmental disorders typically emerge early in life and affect brain development, leading to difficulties in learning, behavior, or communication. These disorders often involve impairments in social interaction, communication, and adaptive functioning.

Common Disorders:

- Autism Spectrum Disorder
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Specific Learning Disorder
- Intellectual Disability
- Communication Disorders
- Tourette's Disorder

12. Neurocognitive Disorders

Definition: Neurocognitive disorders involve a noticeable **decline** in cognitive abilities, such as memory, attention, language, and problem-solving, due to damage or *degeneration* in the brain. This decline must be significant enough to interfere with independence and daily functioning.

Common Disorders:

- Alzheimer's Disease
- Major Neurocognitive Disorder
- Mild Neurocognitive Disorder
- Parkinson's Disease
- Huntington's Disease

13. Somatic Symptom and Related Disorders

Definition: These disorders are characterized by excessive focus on physical symptoms that cause significant distress and impairment, often without a medical explanation. Individuals may have intense thoughts, feelings, or behaviors related to their symptoms, which can lead to frequent medical visits and difficulty in daily functioning.

Common Disorders:

- Somatic Symptom Disorder
- Illness Anxiety Disorder
- Conversion Disorder (Functional Neurological Symptom Disorder)
- Factitious Disorder