

Unit 4222-619 Understand mental health problems

Outcome 1

1.1. Describe main types of mental ill health according to the psychiatric classification system

- **Mood disorders**, covers all types of depression. Some people suffer from depression during the winter when the days are shorter. Some of them suffer from bipolar disorder what affects their mood which can extremely change (feeling sadness or overlay happy).
- **Personality disorders/Anxiety disorders**, people who suffer from personality disorders usually have difficulties and problem with identity or sense of self (feeling unease, such a worry or fear). They have difficulty in relating to others and they show patterns of behaviour that most people would find as odd or eccentric, eg. an individual used to think that carer want to poison him when prepare his food. Some of individuals have a problem to control their worries and feelings of anxiety what affect their life.
- **Psychotic disorders**, are mental disorders that cause abnormal thinking and perception. People suffer from these illnesses loss contact with reality, eg. hallucinations, delusions. Delusions are false beliefs that someone is plotting against you or someone is sending a secret message. Hallucinations are false perceptions such as hearing or feeling something that is not there. One of the type of psychotic disorder is schizophrenia.
- **Substance-related disorders**, an individual uses or abuses a substance legal or illegal. These disorders include abuse and dependency on drugs, alcohol, nicotine.
- **Eating disorders**, are psychological disorders characterised by abnormal or disturbed eating habits such as anorexia or bulimia. People who suffer from these disorders are focusing on issues of eating - not enough cause anorexia, too much with vomiting cause bulimia.
- **Cognitive disorders**, individuals who suffer from cognitive disorders have difficulties with correctly understanding some information. These disorders affect learning, memory, perception and problem solving, eg. dementia, amnesia.

1.2. Explain the key strengths and limitations of the psychiatric classification system

Strengths: A major advantage of psychiatric classification is that inappropriate behaviours are arranged, organised and described. It allows to plan and do appropriate treatments and therapies.

Limitations: Psychiatric classification does not explain some the causes of different psychological disorders. It can lead to put individuals into the wrong classification, because they do not clearly follow by description. This can lead to a wrong decision about the treatment, so improper care.

Unit 4222 245 Answers

Guillaume Favre

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