

MENTAL DISORDERS



MENTAL DISORDERS

- Acute Stress Disorder
- Agoraphobia
- Anorexia Nervosa
- Antisocial Personality Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Bipolar Disorder
- Body Dysmorphic Disorder
- Borderline Personality Disorder
- Brief Psychotic Disorder
- Bulimia Nervosa
- Conversion Disorder
- Cyclothymia
- Delusional Disorder
- Depersonalisation Disorder
- Dissociative Amnesia

- Dissociative Fugue
- Dissociative Identity Disorder
- Dyspareunia
- Dysthymia
- Exhibitionism
- Female Orgasmic Disorder
- Female Sexual Arousal Disorder
- Fetishism
- Frotteurism
- Generalised Anxiety Disorder
- Gender Identity Disorder
- Hypochondriasis
- Hypoactive Sexual Desire Disorder
- Intermittent Explosive Disorder
- Kleptomania

MENTAL DISORDERS

- Major Depressive Disorder
- Male Erectile Disorder (Impotence)
- Male Orgasmic Disorder
- Narcissistic Personality Disorder
- Narcolepsy
- Obsessive Compulsive Disorder (OCD)
- Pain Disorder
- Panic Disorder
- Pathological Gambling
- Post Traumatic Stress Disorder
- Premature Ejaculation
- Primary Hypersomnia
- Primary Insomnia
- Pyromania
- Schizoaffective Disorder

- Schizophrenia
- Schizophreniform
- Sexual Aversion Disorder
- Sexual Masochism
- Sexual Sadism
- Shared Psychotic Disorder
- Simple Phobias
- Somatisation Disorder
- Substance Abuse
- Substance Dependence
- Transvestic Fetishism
- Trichotillomania
- Vaginismus
- Voyeurism

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ACUTE STRESS DISORDER

Definition: Acute stress disorder is a result of a traumatic event in which the person experienced or witnessed an event that involved threatened or actual serious injury or death and responded with intense fear and helplessness.

Treatment: The disorder may resolve itself with time or may develop into a more severe disorder such as PTSD. Medication can be used for a very short duration (up to four weeks). Therapy can be utilized to assist the person in dealing with the fear and sense of helplessness.

Category: Anxiety Disorders

AGORAPHOBIA

Definition: Agoraphobia is the anxiety about being in places where escape might be difficult or embarrassing or in which help may not be available should a panic attack develop.

Treatment: Treatment may involve anxiety reduction techniques aimed at increasing the control a person feels over his or her anxiety and fears. Other approaches require the individual to work through their anxiety in relation to interpersonal or childhood issues.

Category: Anxiety Disorders

ANOREXIA NERVOSA

Definition: Anorexia nervosa, often referred to simply as anorexia, is an eating disorder, characterized by low weight, food restriction, fear of gaining weight and a strong desire to be thin.

Treatment: Treatment involves, initially, focusing on improving the individual's health. Once this is obtained, therapy can be useful in helping the individual maintain normal eating habits and explore faulty thinking which resulted in the distorted body image and excessive needs for control.

Category: Eating Disorders

ANTISOCIAL PERSONALITY DISORDER

Definition: This disorder was previously known as both psychopathic and Sociopathic personality disorder. The symptoms of antisocial personality disorder include a longstanding pattern (after the age of 15) of disregard for the rights of others. major component of this disorder is the reduced ability to feel empathy for other people.

Treatment: Treatment for this disorder is very rarely sought. There is a limited amount of insight into the symptoms, and the negative consequences are often blamed on society. Some research has found long term insight oriented therapy to be effective, but getting the individual to commit to this treatment is a major obstacle.

Category: Personality Disorders

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Definition: ADHD is a pattern of inattention and/or hyperactivity-impulsivity. This pattern of behaviour interferes with functioning or development — that is, deficits in performance at school, home, and in social relationships

Treatment: Many symptoms of ADHD can be managed with medication and therapy.

Category: Neurodevelopmental Disorders

BIPOLAR DISORDER (MANIC-DEPRESSION)

Definition: Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks.

Treatment: Treatment can help many people, including those with the most severe forms of bipolar disorder. An effective treatment plan usually includes a combination of medication and psychotherapy, also called “talk therapy.”

Category: Mood Disorders

BODY DYSMORPHIC DISORDER

Definition: Body dysmorphic disorder is a mental health disorder in which you can't stop thinking about one or more perceived defects or flaws in your appearance — a flaw that appears minor or can't be seen by others. But you may feel so embarrassed, ashamed and anxious that you may avoid many social situations.

Treatment: Because the disorder is most often gradual, taking several months or years to develop, intervention is difficult. Therapy is typically refused by individuals with this disorder as well as any suggestions for medication.

Category: Somatoform Disorders

BORDERLINE PERSONALITY DISORDER

Definition: Borderline Personality Disorder (BPD) is a mental health disorder characterised by a pattern of instability in interpersonal relationships, self-image, and emotions. Individuals with BPD often experience intense mood swings, impulsivity, and difficulty with self-identity.

Treatment: Treatment often involves a cognitive-behavioral approach to monitor and reduce negative thoughts and behaviors. A combined approach may be best but demands significant time and effort due to the condition's pervasiveness.

Category: Personality Disorders

BRIEF PSYCHOTIC DISORDER

Definition: Brief psychotic disorder is a sudden, short-term display of psychotic behaviour, such as hallucinations or delusions, which occurs with a stressful event.

Treatment: Supportive therapy or interpersonal relationships and at times medication.

Category: Psychotic Disorders

BULIMIA NERVOSA

Definition: Bulimia Nervosa a serious eating disorder, you eat large amounts of food and then purge to get rid of extra calories.

Treatment: Treatment is similar to Anorexia in that the primary focus is on restoring health and then focusing on normal eating patterns and exploring underlying issues.

Category: Eating Disorders

CONVERSION DISORDER

Definition: Conversion disorder is a mental condition in which a person has blindness, paralysis, or other nervous system (neurologic) symptoms that cannot be explained by medical evaluation.

Treatment: Therapy focusing on increasing coping skills and improving interpersonal and social functioning.

Category: Somatoform Disorders

CYCLOTHYMIA

Definition: Cyclothymia, also known as cyclothymic disorder, is a mental disorder that involves numerous periods of symptoms of depression and periods of symptoms of hypomania.

Treatment: Treatment can include both medication to help stabilize mood and therapy to increase coping skills, build a solid support system, and deal with stressors which are either caused by or exacerbate the illness.

Category: Mood Disorders.

DELUSIONAL DISORDER

Definition: Delusional disorder is a generally rare mental illness in which a person presents delusions, but with no accompanying prominent hallucinations, thought disorder, mood disorder, or significant flattening of affect.

Treatment: Medications can be helpful but are often refused due to the nature of the disorder. Some individuals function quite normally, while others may react to their delusion in ways that can greatly disrupt their life.

Category: Psychotic Disorders

DEPERSONALISATION DISORDER

Definition: Depersonalisation-derealisation disorder occurs when you persistently or repeatedly have the feeling that you're observing yourself from outside your body or you have a sense that things around you aren't real, or both.

Treatment: The disorder will typically dissipate on its own after a period of time. Therapy can be helpful to strengthen coping skills.

Category: Dissociative Disorders

DISSOCIATIVE AMNESIA

Definition: Memory gaps related to traumatic or stressful events which are too extreme to be accounted for by normal forgetting.

Treatment: Memory typically returns (and therefore the disorder dissipates) with time. Therapy can be useful to help with coping skills, but is not always needed unless the individual develops excessive fears or worries, or the memory loss has a drastic effect on their everyday functioning.

Category: Dissociative Disorders

DISSOCIATIVE FUGUE

Definition: Dissociative fugue (formerly called psychogenic fugue) is a psychological state in which a person loses awareness of their identity or other important autobiographical information and also engages in some form of unexpected travel.

Treatment: The disorder typically dissipates on its own and it is extremely rare to last more than one month.

Category: Dissociative Disorders

DISSOCIATIVE IDENTITY DISORDER (DID)

Definition: A disorder involving a disturbance of identity in which two or more separate and distinct personality states (or identities) control the individual's behaviour at different times. When under the control of one identity, the person is usually unable to remember some of the events that occurred while other personality was in control.

Treatment: Treatment for DID consists primarily of psychotherapy with hypnosis. Pharmacological approaches involve balancing therapeutic benefit and risk.

Category: Dissociative Disorders

DYSPAREUNIA

Definition: Dyspareunia is the term for recurring pain in the genital area or within the pelvis during sexual intercourse. The pain can be sharp or intense. It can occur before, during, or after sexual intercourse. Dyspareunia is more common in women than men. It has many possible causes, but it can be treated.

Treatment: Resolving underlying sexual and relationship issues can be helpful in many cases.

Category: Sexual Disorders, Sexual Dysfunctions

DYSTHYMIA

Definition: Dysthymia, also known as persistent depressive disorder (PDD), is a mood disorder consisting of the same cognitive and physical problems as depression, but with longer-lasting symptoms.

Treatment: Similar to Major Depression, treatment could include medication and/or therapy. See above for additional information.

Category: Mood Disorders

EXHIBITIONISM

Definition: Exhibitionism is the act of exposing in a public or semi-public context those parts of one's body that are not normally exposed – for example, the breasts, genitals or buttocks.

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behaviour. Medications can at times be helpful to assist the client in resisting urges, but are typically not utilized in treatment.

Category: Sexual Disorders, Paraphilias

FEMALE ORGASMIC DISORDER

Definition: Orgasmic dysfunction is a condition that occurs when someone has difficulty reaching orgasm. This difficulty occurs even when they're sexually aroused and there's sufficient sexual stimulation. When this condition occurs in women, it's known as female orgasmic dysfunction.

Treatment: Typical treatment would involve discovering and resolving underlying conflict or life difficulties.

Category: Sexual Disorders, Sexual Dysfunctions

FEMALE SEXUAL AROUSAL DISORDER

Definition: Female sexual arousal disorder (FSAD) is a disorder characterised by a persistent or recurrent inability to attain sexual arousal or to maintain arousal until the completion of a sexual activity.

Treatment: Typical treatment would involve discovering and resolving underlying conflict or life difficulties.

Category: Sexual Disorders, Sexual Dysfunctions

FETISHISM

Definition: Fetishistic disorder occurs when recurrent, intense sexual arousal from using an inanimate object or focusing on a Non genital body part (such as a foot) causes significant distress, substantially interferes with daily functioning, or harms or may harm another person.

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behaviour.

Category: Sexual Disorders, Paraphilias

FROTTEURISM

Definition: Frotteurism is a problem where the focus of the person's sexual urges is related to touching or rubbing his genitals against the body of a non-consenting, unfamiliar person. In most cases of frotteurism, a male rubs his genital area against a female, often in a crowded public location

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behavior.

Category: Sexual Disorders, Paraphilias

GENERALISED ANXIETY DISORDER (GAD)

Definition: Generalised anxiety disorder (or GAD) is marked by excessive, exaggerated anxiety and worry about everyday life events for no obvious reason.

Treatment: Medication and/or psychotherapy have been found to be helpful, especially therapy aimed at teaching the client how to gain control over the symptoms.

Category: Anxiety Disorders

GENDER IDENTITY DISORDER

Definition: The gender identity disorders (GID) are defined as disorders in which an individual exhibits marked and persistent identification with the opposite sex and persistent discomfort (dysphoria) with his or her own sex or sense of inappropriateness in the gender role of that sex.

Treatment: Other disorders may be present with this one, including depression, anxiety, relationship difficulties, and personality disorders, and homosexuality is present in a majority of the cases. Treatment is likely to be long-term with small gains made on underlying issues as treatment progresses.

Category: Sexual Disorders, Gender Identity Disorder

HYPOCHONDRIASIS

Definition: Hypochondriasis is an overwhelming fear that you have a serious disease or life-threatening illness even though health care providers confirm to you that you have only mild symptoms or no symptoms at all.

Treatment: Therapy is difficult with individuals with this disorder due to their strong belief that the symptoms are not psychological. Sometimes reframing therapy as 'stress-reduction training' can assist in the acceptance of help.

Category: Somatoform Disorders

HYPOACTIVE SEXUAL DESIRE DISORDER

Definition: Hypoactive sexual desire disorder (HSDD), hyposexuality or inhibited sexual desire (ISD) is considered a sexual dysfunction and is characterised as a lack or absence of sexual fantasies and desire for sexual activity, as judged by a clinician.

Treatment: Typical treatment would involve discovering and resolving underlying conflict or life difficulties.

Category: Sexual Disorders, Sexual Dysfunctions

INTERMITTENT EXPLOSIVE DISORDER

Definition: Intermittent explosive disorder involves repeated, sudden episodes of impulsive, aggressive, violent behaviour or angry verbal outbursts in which you react grossly out of proportion to the situation.

Treatment: Treatment could involve medication or therapy, with the best prognosis utilizing a combination of the two.

Category: Impulse-Control Disorders

KLEPTOMANIA

Definition: Kleptomania is the recurrent inability to resist urges to steal items that you generally don't really need and that usually have little value. Kleptomania is a rare but serious mental health disorder that can cause much emotional pain to you and your loved ones if not treated.

Treatment: Treatment typically involves behaviour modification. Other treatment approaches involve seeing the theft as an unconscious process and analyzing it as such may assist in gaining insight and eventually extinguishing the behaviour.

Category: Impulse-Control Disorders

MAJOR DEPRESSIVE DISORDER (UNIPOLAR DEPRESSION)

Definition: Major depression, also known as unipolar or major depressive disorder (MDD), is characterized by a persistent feeling of sadness or a lack of interest in outside stimuli.

Treatment: Treatment can either combine both pharmacotherapy and psychotherapy or utilize one or the other individually.

Category: Mood Disorders

MALE ERECTILE DISORDER (IMPOTENCE)

Definition: Erectile dysfunction (impotence) is the inability to get and keep an erection firm enough for sex.

Treatment: The most commonly applied treatment for non-medical related impotence is 'Sensate Focus,' which involves a progression of sexual intimacy, typically over the course of several weeks, and eventually leading to penetration and orgasm.

Category: Sexual Disorders, Sexual Dysfunctions

MALE ORGASMIC DISORDER

Definition: Male orgasmic disorder is an inability to reach orgasm (climax) with a partner; or the inability to achieve orgasm without lengthy sexual contact; or the inability to have an orgasm during intercourse. In some cases, orgasm can be achieved only through masturbation or oral sex.

Treatment: Typically once a medical cause is ruled out, working through the underlying issues is very helpful. Some therapists also use behavioural techniques such as sensate focus which is a more direct approach if underlying issues are not significant.

Category: Sexual Disorders, Sexual Dysfunctions

NARCISSISTIC PERSONALITY DISORDER

Definition: Narcissistic Personality Disorder (NPD) is a mental health condition characterised by a pervasive pattern of grandiosity, a constant need for admiration, and a lack of empathy for others. Individuals with NPD often have an inflated sense of their own importance and may exaggerate their achievements and talents.

Treatment: Effective therapy, like long-term insight-oriented therapy, can help, but motivating individuals to commit to treatment is a major challenge.

Category: Personality Disorders

NARCOLEPSY

Definition: Narcolepsy is a neurological sleep disorder characterised by excessive daytime sleepiness and sudden, uncontrollable episodes of falling asleep during the day.

Treatment: Narcolepsy treatment includes lifestyle adjustments (like regular sleep schedules and avoiding stimulants), behavioral therapy, and vital emotional support to effectively manage the condition.

Category: Sleep Disorders

OBSESSIVE-COMPULSIVE DISORDER (OCD)

Definition: Obsessive–compulsive disorder is a mental disorder in which a person has certain thoughts repeatedly (called "obsessions") or feels the need to perform certain routines repeatedly (called "compulsions") to an extent which generates distress or impairs general functioning.

Treatment: Medication is often prescribed for individuals with OCD. Psychotherapy can be helpful in learning ways to feel more in control, cope better with stressors, and explore the underlying issues associated with the obsessive thoughts.

Category: Personality Disorders

PAIN DISORDER

Definition: Pain disorder is chronic pain experienced by a patient in one or more areas, and is thought to be caused by psychological stress. The pain is often so severe that it disables the patient from proper functioning.

Treatment: Pain symptoms may decrease with therapy and improvements in social and interpersonal functioning.

Category: Somatoform Disorders

PANIC DISORDER

Definition: Panic disorder is characterised by persistent fear of having another panic attack after you have experienced at least one month (or more) of persistent concern or worry about additional panic attacks (or their consequences) recurring.

Treatment: Although medication can be useful, psychotherapy (especially behavioural and cognitive/behavioural approaches have proved quite successful). The key to treatment is accepting the panic attacks as psychological rather than physical (once these causes have been ruled out by a physician), practicing relaxation exercises, and working through the underlying issues.

Category: Anxiety Disorders

PATHOLOGICAL GAMBLING

Definition: Pathological gambling, also known as compulsive gambling or disordered gambling, is a recognised mental disorder characterised by a pattern of continued gambling despite negative physical, psychological, and social consequences.

Treatment: The most effective treatment has developed through adaptation of the Alcoholics Anonymous model to treat alcohol and drug addictions.

Category: Impulse-Control Disorders

POST-TRAUMATIC STRESS DISORDER (PTSD)

Definition: Post-traumatic stress disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

Treatment: Psychological treatment is considered the most effective means to recovery from PTSD, although some medications (such as antianxiety meds) can help alleviate some symptoms during the treatment process.

Category: Anxiety Disorders

PREMATURE EJACULATION

Definition: Premature ejaculation (PE) is when you have an orgasm before intercourse or less than a minute after you start.

Treatment: Relaxation training, education, and working through underlying issues are treatment options. If the relationship is new, often the difficulties will resolve as the relationship matures.

Category: Sexual Disorders, Sexual Dysfunctions

PRIMARY HYPERSOMNIA

Definition: Primary Hypersomnia, also known as idiopathic hypersomnia, is a neurological sleep disorder characterised by excessive daytime sleepiness (EDS) that persists despite getting enough sleep at night.

Treatment: Treatment involves medication, exercise, dietary changes, or addressing associated conditions like depression, which can improve primary hypersomnia symptoms.

Category: Sleep Disorders

PRIMARY INSOMNIA

Definition: Primary Insomnia, also known as insomnia disorder, is a common sleep disorder characterised by persistent difficulties in falling asleep, staying asleep, or experiencing non-restorative sleep, despite having the opportunity and environment for a full night's rest.

Treatment: Treatment typically includes a structured sleep schedule with relaxation techniques, avoiding daytime sleep, and incorporating exercise and healthy eating.

Category: Sleep Disorders

PYROMANIA

Definition: Pyromania is characterised by intentionally and repetitively setting fires — and doing so compulsively.

Treatment: Treatment typically involves behaviour modification. Other treatment approaches involve seeing the action as an unconscious process and analyzing it as such may assist in gaining insight and eventually extinguishing the behaviour.

Category: Impulse-Control Disorders

SCHIZOAFFECTIVE DISORDER

Definition: Schizoaffective disorder is a mental health disorder that is marked by a combination of schizophrenia symptoms, such as hallucinations or delusions, and mood disorder symptoms, such as depression or mania.

Treatment: Treatment typically involves medication to treat both the psychotic and affective symptoms. Therapy can be helpful in terms of increasing interpersonal skills, insight into the illness and need for medication. Assistance with occupational issues can also be beneficial.

Category: Psychotic Disorders

SCHIZOPHRENIA

Definition: Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behaviour that impairs daily functioning, and can be disabling.

Treatment: Medication is the most important part of treatment as it can reduce and sometimes eliminate the psychotic symptoms. Case management is often needed to assist with daily living skills, financial matters, and housing, and therapy can help the individual learn better coping skills and improve social and occupational skills.

Category: Psychotic Disorders

SCHIZOPHRENIFORM

Definition: Schizophreniform disorder is a short-term type of schizophrenia, a serious mental disorder that distorts the way a person: thinks, acts, expresses emotions, perceives reality, relates to others.

Treatment: Medication is the most important part of treatment as it can reduce and sometimes eliminate the psychotic symptoms. Case management is often needed to assist with daily living skills, financial matters, and housing, and therapy can help the individual learn better coping skills and improve social and occupational skills.

Category: Psychotic Disorders

SEXUAL AVERSION DISORDER

Definition: Sexual Aversion Disorder is where a person feels repulsed by sexual contact, and sexual activity is minimized or avoided altogether.

Treatment: Typical treatment would involve discovering and resolving underlying conflict or life difficulties.

Category: Sexual Disorders, Sexual Dysfunctions

SEXUAL MASOCHISM

Definition: Sexual masochism is intentional participation in an activity that involves being humiliated, beaten, bound, or otherwise abused to experience sexual excitement.

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behaviour.

Category: Sexual Disorders, Paraphilias

SEXUAL SADISM

Definition: Sexual sadism is infliction of physical or psychological suffering (e.g., humiliation, terror) on another person to stimulate sexual excitement and orgasm.

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behaviour.

Category: Sexual Disorders, Paraphilias

SHARED PSYCHOTIC DISORDER

Definition: A mental disorder characterised by a disconnection from reality. Psychosis may occur as a result of a psychiatric illness such as schizophrenia. In other instances, it may be caused by a health condition, medication or drug use. Possible symptoms include delusions, hallucinations, talking incoherently and agitation. The person with the condition usually isn't aware of his or her behaviour.

Treatment: Treatment may include medication and talk therapy.

Category: Psychotic Disorders

SIMPLE PHOBIAS (INCLUDING SOCIAL PHOBIA)

Definition: Phobias are fears sparked by certain situations that can interfere with a person's coping abilities or lead them to stay away altogether.

Treatment: Treatment is often behavioural in nature, with the therapist guiding the client through exercises more closely resembling the feared object or situation. Exploring underlying issues can also be beneficial.

Category: Anxiety Disorders

SOMATISATION DISORDER

Definition: The somatoform disorders are a group of psychological disorders in which a patient experiences physical symptoms that are inconsistent with or cannot be fully explained by any underlying general medical or neurologic condition.

Treatment: Treatment typically includes long term therapy. The involvement of a single physician is important as a history of seeking medical attention and 'doctor shopping' is common.

Category: Somatoform Disorders

SUBSTANCE ABUSE

Definition: Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs.

Treatment: Research suggests that no treatment method is superior, but that social support is very important. An openness to accept the abuse is also paramount in successfully treating the illness.

Category: Substance Related Disorders

SUBSTANCE DEPENDENCE

Definition: Substance dependence, also known as drug dependence, is an adaptive state that develops from repeated drug administration, and which results in withdrawal upon cessation of drug use.

Treatment: Detoxification treatment may need to be administered due to the dangerousness of some withdrawal symptoms. Research suggests that no treatment method is superior, but that social support is very important

Category: Substance Related Disorders

TRANSVESTIC FETISHISM

Definition: Transvestic Fetishism is characterised by sexual arousal by cross-dressing (which can be categorized as a disorder of sexual preference).

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behavior.

Category: Sexual Disorders, Paraphilias

TRICHOTILLOMANIA

Definition: A mental disorder classified under Obsessive-Compulsive and Related Disorders and involves recurrent, irresistible urges to pull hair from the scalp, eyebrows, eyelids, and other areas of the body, despite repeated attempts to stop or decrease hair pulling.

Treatment: Behavior modification may be the treatment of choice, with the possibility of exploring unconscious issues related to the behavior.

Category: Impulse-Control Disorders

VAGINISMUS

Definition: Vaginismus is a condition involving a muscle spasm in the pelvic floor muscles. It can make it painful, difficult, or impossible to have sexual intercourse, to undergo a gynecological exam, and to insert a tampon.

Treatment: Psychological treatment involves working through underlying issues, while other treatments can involve progressively larger dilators and therapy to help relax muscles which prevent intercourse.

Category: Sexual Disorders, Sexual Dysfunctions

VOYEURISM

Definition: This disorder involves achieving sexual arousal by watching an unsuspecting and non-consenting person undress or engage in sexual activity

Treatment: Treatment typically involves psychotherapy aimed at uncovering and working through the underlying cause of the behavior.

Category: Sexual Disorders, Paraphilias

CATEGORIES OF THE DISORDERS

- Adjustment Disorders
- Anxiety Disorders
- Dissociative Disorders
- Eating Disorders
- Impulse Control Disorders
- Mood Disorders
- Neurodevelopmental Disorders

- Paraphilias
- Personality Disorders
- Psychotic Disorders
(including Schizophrenia)
- Sexual Disorders and Dysfunctions
- Sleep Disorders
- Somatoform Disorders
- Substance Related Disorders

ADJUSTMENT DISORDERS

All of the disorders in this category relate to a significantly more difficult adjustment to a life situation than would normally be expected considering the circumstances. While it is common to need months and perhaps even years to feel normal again after the loss of a long time spouse, for instance, when this adjustment causes significant problems for an abnormal length of time, it may be considered an adjustment disorder.

The disorders in this category can present themselves quite differently. The key to diagnosing is to look at (1) the issue that is causing the adjustment disorder and (2) the primary symptoms associated with the disorder.

Disorders in this Category

- Adjustment Disorder Unspecified
- Adjustment Disorder with Anxiety
- Adjustment Disorder with Depressed Mood
- Adjustment Disorder with Disturbance of Conduct
- Adjustment Disorder with Mixed Anxiety and Depressed Mood
- Adjustment Disorder with Mixed Disturbance of Emotions and Conduct

ANXIETY DISORDERS

Anxiety Disorders categorize a large number of disorders where the primary feature is abnormal or inappropriate anxiety. Everybody has experienced anxiety. Think about the last time a loud noise frightened you and remember the feelings inside your body. Chances are you experienced an increased heart rate, tensed muscles, and perhaps an acute sense of focus as you tried to determine the source of the noise. These are all symptoms of anxiety. They are also part of a normal process in our bodies called the 'fight or flight' phenomenon. This means that your body is preparing itself to either fight or protect itself or to flee a dangerous situation.

These symptoms become a problem when they occur without any recognizable stimulus or when the stimulus does not warrant such a reaction. In other words, inappropriate anxiety is when a person's heart races, breathing increases, and muscles tense without any reason for them to do so. Once a medical cause is ruled out, an anxiety disorder may be the

Disorders in this Category

- Acute Stress Disorder
- Agoraphobia (with or without a history of Panic Disorder)
- Generalized Anxiety Disorder [GAD]
- Obsessive-Compulsive Disorder [OCD]
- Panic Disorder (with or without Agoraphobia)
- Phobias (including Social Phobia)
- Posttraumatic Stress Disorder [PTSD]

DISSOCIATIVE DISORDERS

The main symptom cluster for dissociative disorders include a disruption in consciousness, memory, identity, or perception. In other words, one of these areas is not working correctly and causing significant distress within the individual.

Disorders in this Category

- Dissociative Amnesia
- Dissociative Fugue
- Dissociative Identity (Multiple Personality) Disorder
- Depersonalization Disorder

EATING DISORDERS

Eating disorders are characterized by disturbances in eating behavior. This can mean eating too much, not eating enough, or eating in an extremely unhealthy manner (such as bingeing or stuffing yourself over and over). Many people argue that simple overeating should be considered a disorder, but at this time it is not in this category.

Disorders in this Category

- Anorexia Nervosa
- Bulimia Nervosa

IMPULSE CONTROL DISORDERS

Disorders in this category include the failure or extreme difficulty in controlling impulses despite the negative consequences. This includes the failure to stop gambling even if you realize that losing would result in significant negative consequences. This failure to control impulses also refers to the impulse to engage in violent behavior (e.g., road rage), sexual behavior, fire starting, stealing, and self-abusive behaviors.

Disorders in this Category

- Intermittent Explosive Disorder
- Kleptomania
- Pathological Gambling
- Pyromania
- Trichotillomania

MOOD DISORDERS

The disorders in this category include those where the primary symptom is a disturbance in mood. In other words, inappropriate, exaggerated, or limited range of feelings. Everybody gets down sometimes, and everybody experiences a sense of excitement and emotional pleasure. To be diagnosed with a mood disorder, your feelings must be to the extreme. In other words, crying, and/or feeling depressed, suicidal frequently. Or, the opposite extreme, having excessive energy where sleep is not needed for days at a time and during this time the decision making process is significantly hindered.

Disorders in this Category

- Bipolar Disorder
- Cyclothymic Disorder
- Dysthymic Disorder
- Major Depressive Disorder

NEURODEVELOPMENTAL DISORDERS

Neurodevelopmental disorders refer to disorders that first occur in childhood. Oftentimes, such disorders can appear even before a child enters school, and impact the child's functioning in a number of areas: social, personal, and academic arenas.

Neurodevelopmental disorders are broken down into a number of broad categories or types. These include intellectual disabilities, communication disorders, autism (which now also includes what used to be known as Asperger's Syndrome), motor disorders, specific learning disorders, and attention deficit hyperactivity disorder (ADHD).

Disorders in this Category

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (includes Asperger's)
- Intellectual Disability
- Language Disorder
- Speech Sound Disorder
- Childhood-Onset Fluency Disorder (Stuttering)
- Social (Pragmatic) Communication Disorder
- Specific Learning Disorder
- Developmental Coordination Disorder
- Stereotypic Movement Disorder
- Tic Disorders

PARAPHILIAS

Paraphilias all have in common distressing and repetitive sexual fantasies, urges, or behaviors. These fantasies, urges, or behaviors must occur for a significant period of time and must interfere with either satisfactory sexual relations or everyday functioning if the diagnosis is to be made. There is also a sense of distress within these individuals. In other words, they typically recognize the symptoms as negatively impacting their life but feel as if they are unable to control them.

Disorders in this Category

- Exhibitionism
- Fetishism
- Frotteurism
- Pedophilia
- Sexual Masochism
- Sexual Sadism
- Transvestic Fetishism
- Voyeurism

PERSONALITY DISORDERS

Personality Disorders are mental illnesses that share several unique qualities. They contain symptoms that are enduring and play a major role in most, if not all, aspects of the person's life. While many disorders vacillate in terms of symptom presence and intensity, personality disorders typically remain relatively constant. To be diagnosed with a disorder in this category, a psychologist will look for the following criteria:

1. Symptoms have been present for an extended period of time, are inflexible and pervasive, and are not a result of alcohol or drugs or another psychiatric disorder. The history of symptoms can be traced back to adolescence or at least early adulthood.
2. The symptoms have caused and continue to cause significant distress or negative consequences in different aspects of the person's life.

Disorders in this Category

- Antisocial Personality Disorder
- Borderline Personality Disorder
- Narcissistic Personality Disorder

PSYCHOTIC DISORDERS

The major symptom of these disorders is psychosis, or delusions and hallucinations. Delusions are false beliefs that significantly hinder a person's ability to function. For example, believing that people are trying to hurt you when there is no evidence of this, or believing that you are somebody else, such as Jesus Christ or Cleopatra. Hallucinations are false perceptions. They can be visual (seeing things that aren't there), auditory (hearing), olfactory (smelling), tactile (feeling sensations on your skin that aren't really there, such as the feeling of bugs crawling on you), or taste.

Disorders in this Category

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

SEXUAL DISORDERS AND DYSFUNCTIONS

The primary characteristic in this category is the impairment in normal sexual functioning. This can refer to an inability to perform or reach an orgasm, painful sexual intercourse, a strong repulsion of sexual activity, or an exaggerated sexual response cycle or sexual interest. A medical cause must be ruled out prior to making any sexual dysfunction diagnosis and the symptoms must be hindering the person's everyday functioning.

Gender Identity Disorder has also been placed in this category, although no outward dysfunction needs to be present for this disorder. Basically, it includes strong feelings of being the wrong gender, or feelings that your outward body is inconsistent with your internal sense of being either male or female.

Disorders in this Category

- Dyspareunia
- Female Orgasmic Disorder
- Female Sexual Arousal Disorder
- Gender Identity Disorder
- Hypoactive Sexual Desire Disorder
- Male Erectile Disorder
- Male Orgasmic Disorder
- Premature Ejaculation
- Sexual Aversion Disorder
- Vaginismus

SLEEP DISORDERS

Primary Sleep disorders are divided into two subcategories: Dyssomnias are those disorders relating to the amount, quality, and timing of sleep. Parasomnias relate to abnormal behavior or physiological events that occur during the process of sleep or sleep-wake transitions. We use the term primary to differentiate these sleep disorders from other sleep disorders that are caused by outside factors, such as another mental disorder, medical disorder, or substance use.

Disorders in this Category

- **Dyssomnias**
 - Primary Insomnia
 - Primary Hypersomnia
 - Narcolepsy
- **Parasomnias**
 - Nightmare Disorder
 - Sleep Terror Disorder
 - Sleepwalking Disorder

SOMATOFORM DISORDERS

Disorders in this category include those where the symptoms suggest a medical condition but where no medical condition can be found by a physician. In other words, a person with a somatoform disorder might experience significant pain without a medical or biological cause, or they may constantly experience minor aches and pains without any reason for these pains to exist.

Disorders in this Category

- Body Dysmorphic Disorder
- Conversion Disorder
- Hypochondriasis Disorder
- Pain Disorder
- Somatization Disorder

SUBSTANCE RELATED DISORDERS

The two disorders in this category refer to either the abuse or dependence on a substance. A substance can be anything that is ingested in order to produce a high, alter one's senses, or otherwise affect functioning. The most common substance thought of in this category is alcohol although other drugs, such as cocaine, marijuana, heroin, ecstasy, special-K, and crack, are also included. Probably the most abused substances, caffeine and nicotine, are also included although rarely thought of in this manner by the layman.

Disorders in this Category

- Substance Abuse
- Substance Dependence

MENTAL DISORDERS

