




Almustaqbal University

College of Nursing


Mental Health Issues and Illnesses

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Dr. Kareem Waheed




WHO defined the health as “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”



No group is immune to mental disorders, but the risk is higher among the poor, homeless, the unemployed, persons with low education, victims of violence, children and adolescents, and the neglected elderly.

- **Community mental health:-** A field of practice that seeks to promote the mental health of the community by preventing mental illness and addressing the needs of the mentally ill .
- **Community Mental Health Nursing :-** is the application of knowledge of psychiatric nursing in promoting and maintaining mental health of people, to help in early diagnosis and care and to rehabilitate the clients after mental illness.

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- **Mental health:** “a state of successful mental functioning, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with difficulty”
 - **Mental disorders:** “Health conditions that are characterized by alterations in thinking, mood, and/or behavior that are associated with distress and/or impaired functioning.

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- **Common mental health issues and mental illnesses includes:**



- **Anxiety disorders**

- **Anxiety disorders** is a group of mental health disorders that includes generalized anxiety disorders, social phobias, specific phobias (for example, agoraphobia and claustrophobia), and post-traumatic stress disorder.

- **Agoraphobia** is the anxiety that occurs when one is in a public or crowded place, from which a potential escape is difficult, or help may not be readily available.



- **Claustrophobia:** is the irrational fear of confined spaces.
- People affected by claustrophobia will often go out of their way to avoid confined spaces, **such as** lifts, tunnels, tube trains and public toilets. But avoiding these places may reinforce the fear.





- **Bipolar affective disorder** ‘manic depression’
 - A person with bipolar disorder experiences episodes of mania (elation) and depression. The exact cause is unknown, but a genetic predisposition has been clearly established.
- Environmental stressors can also trigger episodes of this mental illness.



Bipolar Disorder Symptoms

Mania

- talking excessively
- racing thoughts
- hostility
- less sleep
- delusions



Depression

- extreme fatigue
- prolonged sadness
- memory loss
- poor nutrition



BIPOLAR DISORDER SYMPTOMS

• Depression Episodes



• Trouble Concentrating



• Guilt



• No Appetite



• Thoughts Of Death



• Long Sadness



• Retardation



• Insomnia

• Manic Episodes



• Increased Irritability



• Reduced Need For Sleep



• Bouts Of Euphoria



• Increased Activity



• Wastefulness



• Provocative Behavior



• Use of Drugs and Alcohol

Depression

Depression is a mood disorder characterized by lowering of mood, loss of interest and enjoyment, reduced energy, and feeling sad. Symptoms of depression can lead to increased risk of suicidal thoughts or behaviors.





DEPRESSION



INFOGRAPHICS



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SYMPTOMS



SADNESS



NO APPETITE



ISOLATION



NO ENERGY



ANGER



SLEEP PROBLEM

PREVENTION



CREATIVITY



WALKING



HEALTHY FOOD



MUSIC



POSITIVE THOUGHTS



SPORT

TREATMENT



SLEEP ENOUGH



TRAVEL



DOCTOR



VITAMINS



ANTIDEPRESSANTS



COMMUNICATION

- **Post-traumatic stress disorder**
- Post-traumatic stress disorder (PTSD) is a mental health condition that can develop as a response to people who have experienced any traumatic event. This can be a car or other serious accident, physical or sexual assault.



• Paranoia

- **Paranoia** is the irrational and persistent feeling that people are 'out to get you'.
- Treatment for paranoia include medications and psychological support.



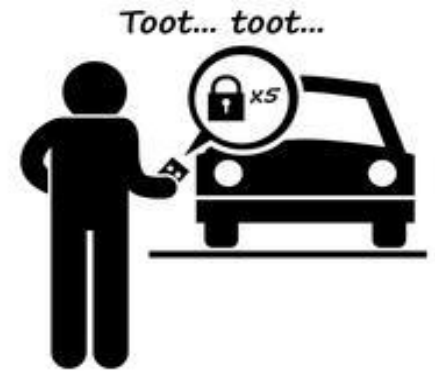
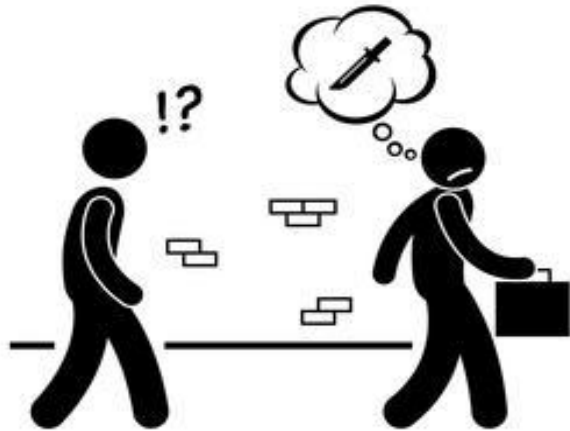
What is paranoia?

Paranoia is defined as the irrational and persistent feeling of being threatened, unsafe, or lied to even if there is no evidence for such claims.

THE DIAMOND

LUXURY REHAB IN THAILAND





Public Health Prevention Theory and Behavioral Health:-

Primary prevention is conducted when no disease is present in the target population, the primary goal being prevention of disease development.

Secondary prevention is conducted when the disease is subclinical with no symptoms or early symptoms present, the goal being early identification and treatment.

Tertiary prevention is conducted when disease is present with symptoms, the goal being to prevent consequences of the disease, such as disability or death.



Lifestyle and Behavior Activities

Life-sustaining activities include proper nutrition and exercise, healthy sleep patterns and adequate rest, healthy coping with stress, and the ability to use family and community supports and resources.



Thank you