**Health Sciences CHS 232**

**mental Health**

**What is mental Health?**

*the capacity to think rationally and logically, and to cope with the transitions, stresses, traumas, and losses that occur in all lives, in ways that allow emotional stability and growth*

Individuals who have good mental health are well-adjusted to society, are able to relate well to others, and basically feel satisfied with themselves and their role in society.

In general, mentally healthy individuals value themselves, perceive reality as it is, accept its limitations and possibilities, respond to its challenges, carry out their responsibilities, establish and maintain close relationships, deal reasonably with others, pursue work that suits their talent and training, and feel a sense of fulfillment that makes the efforts of daily living worthwhile

Breakdown of mental health is a major problem in Western societies: it has been estimated that at least one in four adults will suffer from some form of mental disorder, such as depression.

Many physicians and psychologists believe that individuals are physical, mental, and spiritual beings and that these aspects are interrelated. Consequently, mental health is not possible without both physical and spiritual health.

**The field of mental health has made many advances** include:

1. an increased understanding of the brain's function through the study of neuroscience
2. the development of effective new medications
3. and the standardization of diagnostic codes for mental illnesses

**Types of Mental Illness**

1. [**Anxiety**](http://www.webmd.com/anxiety-panic/default.htm) **disorders:** People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or nervousness, such as a rapid heartbeat and sweating.

**Anxiety disorders examples** are: **obsessive-compulsive disorder (OCD), panic disorder, and specific** [**phobias**](http://www.webmd.com/anxiety-panic/specific-phobias).

1. **Mood disorders**: These disorders, also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are [**depression**](http://www.webmd.com/depression/default.htm)**,** [**mania**](http://www.webmd.com/bipolar-disorder/guide/hypomania-mania-symptoms).
2. [**Psychotic disorders**](http://www.webmd.com/schizophrenia/guide/mental-health-psychotic-disorders): Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are **hallucinations** -- the experience of images or sounds that are not real, such as hearing voices -- and **delusions** -- false beliefs that the ill person accepts as true, despite evidence to the contrary. [**Schizophrenia**](http://www.webmd.com/schizophrenia/default.htm) is an example of a psychotic disorder.
3. **Eating disorders**: [Anorexia](http://www.webmd.com/mental-health/anorexia-nervosa/default.htm) nervosa, [bulimia](http://www.webmd.com/mental-health/bulimia-nervosa/) nervosa and binge eating disorder are the most common eating disorders.
4. **Impulse control and** [**addiction**](http://www.webmd.com/mental-health/alcohol-abuse/tc/alcohol-and-drug-problems-topic-overview) **disorders**: People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others.

**Alcohol and** [**drugs**](http://www.webmd.com/drugs/index-drugs.aspx) are common objects of addictions.

1. **Personality disorders**: People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. In addition, the person's patterns of thinking and behavior significantly differ from the expectations of society and are so rigid that they interfere with the person's normal functioning. Examples include [**antisocial personality disorder**](http://www.webmd.com/mental-health/antisocial-personality-disorder), **obsessive-compulsive personality disorder**, and **paranoid personality disorder.**
2. **Dissociative disorders**: People with these disorders suffer severe disturbances or changes in memory, consciousness, identity, and general awareness of themselves and their surroundings.

These disorders usually are associated with overwhelming stress, which may be the result of traumatic events, accidents, or disasters that may be experienced or witnessed by the individual.

**Dissociative identity disorder, formerly called multiple personality** disorder, **or "split personality**", is an example of dissociative disorders.

8. Many forms of [dementia](http://www.webmd.com/alzheimers/guide/alzheimers-dementia) (is the loss of mental functions -- such as thinking, memory, and reasoning -- that is severe enough to interfere with a person's daily functioning) , including [Alzheimer's](http://www.webmd.com/alzheimers/default.htm) disease, are sometimes classified as mental illnesses because they involve the brain

**Exercise**:

Although there is no clear cause-and-effect relationship between exercise and mental health, aerobic exercise can improve self-esteem, lessen anxiety, and relieve depression. Exercise can act as a form of meditation, changing the state of consciousness and providing a distraction from stressful situations

Many doctors believe that exercise improves mental health and prescribe exercise to relieve depression and anxiety.

Walking is the most frequently prescribed exercise, followed by swimming, bicycling, strength training, and running.

**Assignment**

**A) Match types of mental illness mentioned in column (A) with the corresponding description in column (B):**

|  |  |
| --- | --- |
| **Column (A)** | **Column (B)** |
| **(…………)Mood disorders****(…………)**[**Psychotic disorders**](http://www.webmd.com/schizophrenia/guide/mental-health-psychotic-disorders)**(…………)Personality disorders** | 1- the person's patterns of thinking and behavior significantly differ from the expectations of society and are so rigid that they interfere with the person's normal functioning2- People with this disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or nervousness, such as a rapid heartbeat and sweating3- These disorders involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness4- This disorder involves distorted awareness and thinking with the presence of **hallucinations** and **delusions** |

**Write the Scientific term in-between brackets:**

*the capacity to think rationally and logically, and to cope with the transitions, stresses, traumas, and losses that occur in all lives, in ways that allow emotional stability and growth* (……………………………………..)

the loss of mental functions -- such as thinking, memory, and reasoning -- that is severe enough to interfere with a person's daily functioning (………………..……………………..)

the experience of images or sounds that are not real, such as hearing voices (…………………………………………)

False beliefs that the ill person accepts as true, despite evidence to the contrary (……………………………………………………………)

**Discuss the possible impact of exercise on mental health**