

CHAPTER 19: MENTAL HEALTH

***Building a Medical Terminology Foundation 2e* by Kimberlee Carter; Marie Rutherford; and Connie Stevens**

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19.1 - Introduction to Mental Health

Learning Objectives

- Define mental health and mental illness
- Analyze, translate, and define medical terms and common abbreviations used with mental health
- Practice the spelling and pronunciation of mental health terminology
- Identify the medical specialties associated with the mental health and explore common diseases, disorders, pharmacology, diagnostic tests and procedures

Introduction to Mental Health

The World Health Organization (WHO) defines **mental health** as a state of well-being in which an individual realizes their abilities can cope with everyday stresses of ones' life, work productively, and contribute to their community (WHO, 2022), whereas a mental illness/disorder/condition impacts the inability to cope with the everyday stressors.

A **mental disorder** is an abnormal condition of the brain or the mind that affects how a person feels, behaves, or relates to others or their surroundings. In most cases, the exact cause of a mental condition is unknown. There are various possible contributing factors, including genetics, environmental and chemical changes in the brain, use of certain drugs and psychological, social, and cultural conditions. Our role in mental health is to be nonjudgmental, not to judge the patient, but to seek to understand what is happening with the patient. Their behaviours may be out of control and require medical attention or treatment.

The ICD, the international classification of disease, and the DSM, the diagnostic and statistical manual of mental disorders, work together to look at socially accepted conditions and treatment options for conditions. A newer ailment added is gaming addiction. Manuals will change based on what is socially acceptable and what is happening culturally at that time, which impacts a person's ability to function with their activities of daily living (ADL) (Grant & Chamberlain, 2016).

Watch Emotion, Stress, and Health: Crash Course Psychology #26 (10 min) on YouTube
(<https://youtu.be/4KbSRXP0wik?si=PM1uIoRCilg33f6D>)

Psychology is the study of human behaviour and thought processes of the mind; it studies understanding how humans interact with their physical environment and each other. A **psychologist** is a person who specializes in the study of the mind (WHO, 2022).

Psychiatry deals with the diagnosis, treatment and prevention of mental disorders. A **psychiatrist** is one who specializes in the treatment of the mind.

Watch Intro to Psychology: Crash Course Psychology #1 (10 min) on YouTube (<https://youtu.be/vo4pMVb0R6M>)

Mental Health Word Parts

Prefix

- **acro-** (heights, extremes, extremities)
- **an-** (no, not, without)
- **bi-** (two)
- **dis-** (apart)
- **dys-** (bad, difficult, painful, abnormal)
- **eu-** (good)
- **ex-** (outward)
- **para-** (near, beside, abnormal)

Combining Form

- **affect-** (emotional reaction)
- **agor/a-** (marketplace)
- **ambul/o-** (to move)
- **amnes/o-** (forgetful)
- **anxi/o-** (fear, worry)
- **aut/o-** (self)
- **centr/o-** (centre)
- **compuls/o-** (drive, compel)
- **cycl/o-** (cycle)
- **delus/o-** (false belief, to cheat)
- **ech/o-** (sound)
- **fab/o-** (story)
- **hallucinat/o-** (to wander in mind)
- **hedon/o-** (pleasure)

- **iatr/o-** (treatment)
- **klept/o** - (to steal, stealing)
- **ment/o-** (mind , do not confuse with chin)
- **narc/o-** (sleep, stupor)
- **neur/o-** (nerve)
- **obsess/o-** (besieged by thought)
- **path/o-** (disease)
- **phil/o-** (attraction)
- **phor/o-** (carry, bear, state)
- **psych/o, thym/o, phren/o** - (mind)
- **pyr/o-** (fire)
- **schiz/o-** (divide, split)
- **soci/o-** (society)
- **somat/o-** (body)
- **somn/o-** (sleep)

Suffix

- **-ia, -ism** (condition)
- **-iatrist** (one who specializes in the treatment)
- **-lepsy** (seizure)
- **-mania** (condition of madness; frenzy; excessive excitement)
- **-phobia** (condition of fear)
- **-thymia** (condition of the mind)
- **-orexia** (appetite)

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Mental Health Medical Terms

Mental Health Abbreviations

- **ADL** (Activities of Daily living)
- **BD** or **BP** (Bipolar disorder)
- **BDD** (Body dysmorphic disorder)
- **CBT** (Cognitive-behavioural therapy)

- **DSM-5** (Diagnostic and Statistical Manual of Mental Health Disorders)
- **DTs** (Delirium tremens)
- **ECT** (Electroconvulsive therapy)
- **GAD** (generalized anxiety disorder)
- **ICD** (International Classification of Diseases)
- **ID** (intellectual disability)
- **OCD** (obsessive-compulsive disorder)
- **ODD** (oppositional defiant disorder)
- **PD** (panic disorder *also personality disorder)
- **PTSD** (post-traumatic stress disorder)
- **SAD** (seasonal affective disorder)

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19.2 - Mental Health Diagnostic Tests

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the resource used by healthcare professionals in much of the world to diagnose mental disorders. The DSM contains descriptions of the conditions, symptoms, and other criteria for diagnosing mental disorders (DSM 5, 2022).

Psychiatrists rely on two types of patient evaluations: clinical interviews and psychological testing. A mental health professional conducts the interviews and questions to identify the patient's symptoms, thoughts, feelings, and behaviours (MDS 5, 2022).

Some of the main psychological tests include collection and analysis with the use of the following tools (this is an example of the tools, it is not an inclusive list):

1. Patient Health Questionnaire (PHQ-9) – a most common screening tool to identify depression
2. Columbia-Suicide Severity Rating Scale (C-SSRS) – used to assess suicide risk
3. GAD7 – a screening tool to measure symptom severity for the four most common anxiety disorders (generalized anxiety disorder (GAD), panic disorder (PD), social phobia(s), and post-traumatic stress disorder (PTSD) (DSM 5, 2022).

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19.3 - Mental Health Diseases and Disorders

Mental Disorders

A mental disorder is a condition or illness that causes disruptions with mental processes impacting how an individual functions.

Mental Disorders Signs and Symptoms

Mental disorders can affect adults and children. They are often chronic, growing progressively worse if not assessed, managed, or treated. Symptoms may begin in childhood or adolescence, including excessive, irrational fear or dread. Everyone is unique, and individuals' signs and symptoms will interfere with their ability to cope and may impact others. Some of the symptoms that may be included in mental and behavioural health may include the following, which are defined.

Watch Psychological Disorders: Crash Course Psychology #28 (10 min) on YouTube (<https://youtu.be/wuhJ-GkRRQc>)

Common Mental Health Disorders

- **Mood disorders** affect your emotional state, focusing on how you feel, from extreme sadness to extreme happiness.
- **Substance and Addictive disorders:** continued use of substances that affect the person in negative ways and, once addicted, lead to compulsive behaviours.
- **Anxiety disorders** occur when a person responds to something with fear or dread and has a severe stress response that may include various physical reactions, such as trouble focusing, irritability, rapid heart rate, and muscle discomfort.
- **Personality disorders** involve disruptive patterns of thinking, behaviour, and mood related to others.
- **Behavioural disorders** are described as disruptive patterns of conduct. Persistent and repetitive behaviours that impair a person's functioning often cause distress in others around them.
- **Eating disorders** are complex. These conditions can be related to societal expectations, unrealistic role models, a warped image of themselves in the mirror, trauma, or fear of obesity, among other things.
- **Neurodevelopmental disorders** are a group of conditions that have affected how the brain and nervous system develop. The disorder can cause changes in thinking, feeling, language, and physical abilities.
- **Delusional disorders** are conditions where the individual has repetitive false or fixed beliefs that are not factual.

Mood Disorders

Bipolar disorder is a manic-depressive disease that causes extreme shifts in a person's mood and energy and impacts one's ability to carry out activities of daily living (ADL). Bipolar disorder may be characterized by cycling mood changes between mania or hypomania and the severe lows of depression (IBPF, 2022).

Substance and Addictive Disorders

Alcoholism is chronic condition characterized by compulsive and excessive alcohol consumption.

Drug addiction is a condition that affects a person's mood and behaviour, which leads to the inability to control the use of legal or illegal drug usage.

This list highlights terms of reference related to substance and addictive disorders:

- **Intoxication** means the process of putting poison in; the poison may include drugs or alcohol.
- **Delirium Tremens (DT)** are acute, seizure-like episodes that are sometimes even fatal. They are related to stopping excessive alcohol or drug after long periods of intake.
- **Withdrawal** is not as severe as DT, but it is still a state where the person is attempting to come down from having the drug or alcohol over a long time.
- **Tolerance** is when the person becomes accustomed to the drug or the alcohol, therefore, they need a higher amount. We see that with crystal meth, it is an extreme high and an extreme drop, therefore, the patient craves more.

Mania is also known as manic syndrome. It is a mental and behavioural condition characterized by an elevated state of arousal, such as excessive excitement, or frenzy. Associated with this condition are unmanaged impulses. A common impulse is kleptomania, the impulse to steal, or pyromania, the frenzy or impulse to set fires.

Seasonal Affective Disorder (SAD) is a form of depression that appears related to the fluctuations in the client's exposure to natural sunlight. This occurs in countries where there is limited seasonal sunlight.

Suicide is the willful ending of one's own life. There is no clear suicide type, meaning no one can predict who will take their life. Always seek medical attention when considering or discussing suicide.

Depression can be demonstrated in many different forms and extremes. When you look at the word depression, it means the process of feeling down:

- De- means down
- press means thought or emotion
- -ion means the process of
- The word impression would mean bringing forward or to boost the emotion or thought
- The word expression would mean the outward displaying the thought or the emotion
- The word oppression would be to keep others down

Anxiety Disorders

Anxiety is the state of feeling uneasiness, apprehension, worry or dread. It may be an involuntary or a reflexive reaction of the body to stress. Anxiety can be a typical stress reaction and can help a person deal with a tense situation, such as studying harder for an exam (Perotta, 2019).

Generalized anxiety disorder (GAD) is anxiety which is not related to a specific situation; it is an uneasiness, apprehension, worry or dread reaction to various non-specific situations. Signs and symptoms may include nervousness, sweating, lightheadedness, dizziness, and palpitations (Perotta, 2019).

Panic disorder is a type of anxiety disorder, often called panic attacks. It causes feelings of terror that occur suddenly and repeatedly without any warning. Clients with this disorder cannot predict when the attack will occur and may develop intense anxiety between episodes, worrying about when and where the next panic attack will occur. When having a panic attack, the client may feel sweaty, flushed, chilled, faint, weak, or dizzy. Their hands may feel tingly or numb. They may experience nausea, chest pain or a smothering sensation, or fear of impending doom and loss of control. The client may generally believe that they are having a heart attack or losing their mind, or are on the verge of death (Canada, 2022).

Phobias are a condition of irrational fear. The person cannot rationalize the fear away. The client's fear is real, even if it seems irrational to others. The clients can attend cognitive behavioural therapy to help them to manage the phobia.

Acrophobia is the irrational fear of heights:

- acro means height
- phobia means abnormal fear

Agoraphobia is the abnormal fear of the marketplace or leaving home:

- agora means marketplace
- phobia means abnormal fear

Claustrophobia is the abnormal fear of enclosed spaces:

- claustr/o means enclosed spaces
- phobia means the abnormal fear

Anthropophobia is a social phobia, thus an abnormal fear of man:

- anthrop/o means man
- phobia means abnormal fear

Post-traumatic stress disorder (PTSD) occurs after a traumatic event. It is an extended emotional response with flashbacks, nightmares, and often insomnia.

Personality Disorders

Antisocial personality disorder pertains to behaviours that are against legal or social norms:

- anti means against
- socio means society
- -al means pertaining to
- dis means apart

Borderline personality disorder may exhibit impulsive, unpredictable, and inappropriate responses to a situation.

Dissocial personality disorder often looks at going against societal expectations. They disagree with social norms or obligations. They do not have empathy for others. They get frustrated easily. They blame others and will not change their behaviour.

Dissociative identity disorder is a condition where the person has two or more distinct personalities. It was historically and commonly known as the older term split personality disorder. Disassociation is a defence mechanism where normal mental processes separate from consciousness. With dissociative disorder, a severe disturbance or trauma causes changes in the client's memory, consciousness, identity, and awareness of oneself and one's environment (Canada, 2022).

Narcissistic personality disorder is where a person has an abnormal sense of self-importance.

Behavioural Disorders

Attention deficit hyperactivity disorder ADHD is a syndrome where there are impulsive behaviours. A child with ADHD is not able to concentrate, as they have a very short attention span.

Oppositional defiant disorder ODD is a condition in which an individual may appear hostile, disobedient, aggressive, or defiant.

Obsessive-Compulsive disorder (OCD) is a reoccurring preoccupation of an irresistible drive, such as checking locks, curling irons, skin picking, hoarding, or excessive hand washing. OCD often involves persistent, unwelcome thoughts or images or the urgent need to engage in certain rituals that the person cannot control. The rituals are performed to try to prevent or get rid of the compulsions (Canada, 2022).

Nymphomania is a condition of madness where a woman wants to achieve orgasm, whereas for a man, it is called satyriasis: a male's uncontrollable sexual desire.

Philia is a condition of attraction or obsessive love. An example is paraphilia: an abnormal condition of being attracted to abnormal sexual perversions. Another example is pedophilia, where there is an obsessive sexual attraction to children.

Eating Disorders

Anorexia is a condition that is characterized as a relentless drive for thinness. As a medical term, it is translated to mean “without appetite.” This condition tends to be seen to occur more frequently in women.

- an- means without
- -orex means appetite
- -ia means condition.

Bulimia nervosa tends to occur higher in males. It is where a person binges on food and then vomits or uses high doses of laxatives (Udo & Grilo, 2019).

Neurodevelopmental Disorders

Autism spectrum disorder (ASD) is an abnormal social interaction; it may impact a child’s communication. The child may have repetitive behaviours. The disorder varies from child to child.

Asperger’s disorder is a disorder that impacts social interaction without delay in language.

Delusional Disorders

Paranoia is inappropriate or suspicious behaviour in which one believes that somebody is invading their rights or has exaggerated feelings of persecution. The client may have highly exaggerated or unwarranted mistrust or suspiciousness.

Schizophrenia causes the patient to live within a fantasy world, where they have inappropriate thoughts which come out as behaviour. When you break down the word, **schiz/o** means split, and **phrenia** is a condition of the mind, however, that is not entirely true. Often with schizophrenia, the patient may have delusions or illusions. These may be increased within specific social situations. Schizophrenia is not caused by stress, but both conditions impact daily functioning (Valle, 2020).

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19.4 - Mental Health Therapeutic Interventions

Therapeutic Interventions

A therapeutic intervention is an aspect of mental healthcare that aims to address and support various physical, mental, emotional, or behavioral issues in individuals managing a mental health disease or disorder.

Abstinence is the self-governing and a self-enforced restraint from indulging in pleasurable activities, such as addictions.

Addiction/Rehabilitation centres assist with the withdrawal from dependency on substances. The purpose is to enable the patient to confront substance dependence and stop substance misuse.

Counselling (1:1, group, family) is a collaborative effort between the counsellor and client. Professional counsellors help clients to identify ones' goals and potential options/solutions to problems which have caused emotional turmoil, seeking to improve coping skills and promote behavioural change to achieve optimal mental health (American Counseling Association, 2022).

Electroconvulsive therapy (ECT) is a procedure occasionally used for cases of prolonged severe depression. This controversial treatment/therapy involves the placement of electrodes on one or both sides of a patient's head. The patient receives a muscle relaxant and anaesthesia. A low-level voltage is triggered and creates a convulsive seizure. It remains controversial, as critics of this treatment state that it is not a more effective way to treat severe depression than using drugs (Van Dierman et al., 2020).

Harm reduction philosophy is 'an evidence-based, client-centred approach that helps to reduce the health or social harms associated with addiction or substance use without requiring people who use substances to abstain or stop (CMHA, 2022). For more information, go to Canadian Mental Health Association - Harm Reduction website [New Tab] (<https://ontario.cmha.ca/harm-reduction/>). A **Needle Exchange Program (NEP)** is one method of harm reduction. NEPs, also known as syringe services programs or needle-syringe programs, provide new and sterile syringes to drug users to reduce the risk of spreading communicable diseases. Some programs provide medical treatment for infectious diseases, substance use disorder treatment referrals, and naloxone treatment. For more information, about the American Addictions Centers - Needle Exchange Programs website (<https://americanaddictioncenters.org/harm-reduction/needle-exchange>).

Watch Biomedical Treatments: Crash Course Psychology #36 (11 min) on YouTube (<https://youtu.be/w2efaHgJ93A?si=alMnyF4Ad2jQPY4M>)

Pharmacology

As a therapeutic intervention a psychiatrist may prescribe psychotropic medications to manage a client's symptoms. Psychotropic medications are not a cure, however, they are more effective when combined with

psychotherapy. Medications are often classified based on their action in the body. A psychiatrist may prescribe medications from a several different classifications to treat mental health conditions.

This list provides examples of medication classifications used in psychiatric medicine as well as the activity of the medication.

- neuroleptic to control hallucinations or delusions
- antidepressant: pertaining to stopping depression
- anti-anxiety: against anxiety
- anti-psychotic: pertaining to against psychosis
- stimulants: pertaining to stimulate; help manage unorganized behaviour
- mood-stabilizer help regulate extreme emotions

Psychotherapy

Psychotherapy is a method of treating mental disorders using psychological techniques instead of physical methods. It can involve talking, interpreting, listening, rewarding, and role-playing. It can include different types of psychotherapy, such as cognitive behavioural therapy, family therapy, group therapy, play therapy, art therapy, hypnosis, and psychoanalysis (AMA, 2022).

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Vocabulary & Check Your Knowledge

Mental Health Vocabulary

Addiction

The process of the misuse of medications, alcohol, or illegal substances.

Antisocial personality disorder

Behaviours that are against legal or social norms.

Anxiety

The state of feeling uneasiness, apprehension, worry or dread.

Autism spectrum disorder

An abnormal social interaction that may impact communication.

Bipolar Disorder

A manic-depressive disease that causes extreme shifts in a person's mood and energy.

Dementia

The progressive loss of memory where someone may lose touch with reality, seem confused and develop a personality change.

Delirium

A state of confusion that is an irrational, agitated state.

Diagnostic and Statistical Manual of Mental Disorders (DSM)

The resource used by healthcare professionals in much of the world to diagnose mental disorders. The DSM contains descriptions of the conditions, symptoms, and other criteria for diagnosing mental disorders.

Dissociative identity disorder

A condition where the person has two or more distinct personalities. It was historically and commonly known as the older term split personality disorder.

Generalized anxiety disorder (GAD)

Anxiety which is not related to a specific situation; it is an uneasiness, apprehension, worry or dread reaction to various non-specific situations.

Hallucination

An unreal sensory perception with no external cause; it is not real. However, the client claims they can see, hear, touch, taste, or talk to this sensation.

Mania

A condition of madness, excessive excitement, or frenzy.

Mental health

A state of well-being in which an individual realizes their abilities, can cope with everyday stresses of ones' life, work productively, and contribute to their community.

Mental disorder

An abnormal condition of the brain or the mind that affects how a person feels, behaves, or relates to others or their surroundings.

Narcissistic personality disorder

When a person has an abnormal sense of self-importance.

Obsessive-Compulsive Disorder (OCD)

A reoccurring preoccupation of an irresistible drive, such as checking locks, curling irons, skin picking, hoarding or excessive hand washing.

Panic disorder

A type of anxiety disorder, often called panic attacks. It causes feelings of terror that occur suddenly and repeatedly without any warning.

Phobias

A condition of irrational fear.

Post-traumatic Stress Disorder (PTSD)

Occurs after a traumatic event. It is an extended emotional response with flashbacks, nightmares, and often insomnia.

Seasonal Affective Disorder (SAD)

A form of depression that appears related to the fluctuations in the client's exposure to natural sunlight.

Psychiatry

Deals with the diagnosis, treatment and prevention of mental disorders.

Psychiatrist

One who specializes in the treatment of the mind.

Psychology

The study of human behaviour and thought processes of the mind; it studies understanding how humans interact with their physical environment and each other.

Psychologist

A person who specializes in the study of the mind.

Psychotherapy

A method of treating mental disorders using psychological techniques instead of physical methods. It can involve talking, interpreting, listening, rewarding, and role-playing.

Psychosis

An abnormal condition of the mind accompanied by hallucinations or delusions.

Schizophrenia

A condition that causes the patient to live within a fantasy world where they have inappropriate thoughts that come out as behaviour. Often with schizophrenia, the patient may have delusions or illusions.

Somnambulism

The condition of sleepwalking.

Suicide

The willful ending of one's own life. There is no clear suicide type, meaning no one can predict who will take their life. Always seek medical attention when considering or discussing suicide.

Tolerance

When a person becomes accustomed to a drug or the alcohol, therefore, they need a higher amount.

Withdrawal

A state where a person is attempting to come down from having a drug or alcohol over a long time.

Mental Health Reinforcement Activity

Mental Health Reinforcement Activity (Text version)

1. Psychology _____[Blank 1].

- a. is a medical specialty focused on childhood diseases.
 - b. is the study of infectious diseases.
 - c. is the study of human behaviour and thought processes of the mind.
 - d. include sebaceous glands and sweat glands
2. The Diagnostic and Statistical Manual of Mental Disorders (DSM) _____[Blank 2].
- a. is the resource used by healthcare professionals in much of the world to diagnose mental disorders.
 - b. is a manual related to nutrition and healthy eating.
 - c. a manual that provides statistical analysis of epidemiology.
 - d. is a guideline for the treatment of childhood cancer.
3. Anxiety is _____[Blank 3].
- a. the state of feeling uneasiness, apprehension, worry or dread.
 - b. a treatment for common forms of skin cancer.
 - c. the feeling that one is going to vomit.
 - d. an infectious disease.
4. Withdrawal is _____[Blank 4].
- a. a diagnostic test for colon cancer.
 - b. an unusual presentation of a skin infection.
 - c. a state where a person is attempting to come down from having a drug or alcohol over a long time.
 - d. a symptom related to an endocrine disorder.

Check your answers: ¹

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Notes

1. 1. c) is the study of human behaviour and thought processes of the mind, 2. a) is the resource used by healthcare professionals in much of the world to diagnose mental disorders, 3. a) the state of feeling uneasiness, apprehension, worry or dread, 4. c) a state where a person is attempting to come down from having a drug or alcohol over a long time.

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