# Abbreviations – Mental Health

Instructions **Type the abbreviation found in the listing below. Alternatively, the words could also be written out on a plain sheet of paper. Translate the abbreviation and then define the abbreviation in your own words. In the document, be sure to number each abbreviation.**

Example  
**AIDS acquired immunodeficiency syndrome - chronic immune system suppression caused by human immunodeficiency virus (HIV) infection**

## Abbreviation List:

1. **ADL**
2. **BD or BP**
3. **BDD**
4. **CBT**
5. **DSM-5**
6. **DTs**
7. **ECT**
8. **GAD**
9. **ICD**
10. **ID**
11. **OCD**
12. **ODD**
13. **PD**
14. **PTSD**
15. **SAD**