

Common Behavioral Health Disorders



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Behavioral health, also known as mental health, is just as important as physical health. In fact, did you know mental illnesses can actually cause or worsen serious medical illnesses? It's true. Many behavioral health problems are medical problems just like cancer or heart disease. They can be treated. Below are a few of the most common disorders. Even if you are diagnosed with one of these, some of your symptoms may be different than our list. Every person is different. So, you need a treatment plan just for you that meets your needs. Be sure to talk to your provider. Work on your plan together. There are many famous people who have these disorders. We have named a few.

ATTENTION-DEFICIT/ HYPERACTIVITY DISORDER (ADHD)

This typically appears during preschool and school years, but may be discovered or addressed later in life. This can impact a person's work and social functioning as an adult.

Symptoms that may be present in ADHD

- Difficulty completing tasks start to finish
- Extra energy; restless
- Hard to concentrate and/or follow directions
- Hard to keep track of work
- Hard to wait your turn
- Impulsivity
- Inattention

Treatment for ADHD

- Behavior Therapy
- Medicine
- Social Skills Training

Famous People with ADHD

- Abraham Lincoln, Former US President
- Albert Einstein, Scientist
- Pablo Picasso, Artist

SCHIZOPHRENIA

Schizophrenia is a mental illness. It affects a person's thoughts and behaviors. A person with this condition will have at least two of the symptoms below. They will last at least one month.

Symptoms that may be present in Schizophrenia

- Anger outbursts
- Catatonic behavior
- Confused speech
- Delusions
- Emotions that don't match the situation
- Hallucinations
- Isolation
- Paranoia

Treatment for Schizophrenia

- Individual and family therapy
- Medicine
- Social and vocational rehabilitation

Famous People with Schizophrenia

- Lionel Aldridge, NFL Player
- Syd Barrett, Musician and Member of Pink Floyd
- John Nash, Mathematician & Nobel Prize Winner
- Peter Green, Musician of Fleetwood Mac
- Mary Todd Lincoln, Wife of Abraham Lincoln
- Vaclav Nijinsky, Famous Russian Dancer
- Jack Kerouac, Author

ANXIETY DISORDER

Constant feelings of anxiety, worry and fear. These feelings happen when faced with everyday situations. There are several types of anxiety disorders. These include Post Traumatic Stress Disorder, Generalized Anxiety Disorder and Obsessive Compulsive Disorder. This can also include Panic Disorder and Social Phobia.

Symptoms that may be present in Anxiety Disorders

- Fear of being in social situations
- Fear of dying
- Feeling of dread and fear
- Obsessive thoughts
- Racing heart
- Ritualistic behavior (repeatedly checking locks or washing hands)
- Worry that something bad is going to happen

Treatment for Anxiety Disorders

- Cognitive Behavioral Therapy
- Individual therapy
- Medicine (antidepressant medications and anti-anxiety medications)

Famous People with Anxiety Disorder

- Earl Campbell, NFL Player
- Kim Basinger, Actress
- Sigmund Freud, Psychiatrist
- Nikola Tesla, Inventor
- John Steinbeck, Writer

DEPRESSION

Depression is a mental illness. It affects a person's moods and thoughts, and actions. Symptoms must be present every day for two weeks to be true depression. Symptoms are not caused by physical illness. They are not caused by a medical condition.

Symptoms that may be present in Depression

- Crying spells
- Feeling worthless
- Frequent thoughts of death or suicide
- Hard to concentrate
- Hard to remember to do routine tasks
- Large weight loss or weight gain
- Looking and feeling sad
- Looking and feeling tired
- No interest in favorite activities
- Too much sleep or too little sleep

Treatment for Depression

- ECT (Electroconvulsive Therapy)
- Individual and family therapy
- Medicine

Famous People with Clinical Depression

- John Quincy Adams, Former US President
- Buzz Aldrin, Astronaut
- Drew Barrymore, Actress & Director
- Jose Canseco, Major League Baseball Player
- Drew Carey, Comedian & Actor
- Jim Carrey, Comedian & Actor
- Ray Charles, Musician & Singer
- Kurt Cobain, Lead Singer of Nirvana
- Sheryl Crow, Singer & Musician

EATING DISORDERS

Eating disorders have two types. These are Anorexia Nervosa and Bulimia Nervosa. Eating disorders affect a person's total health.

Symptoms that may be present in Anorexia Nervosa

- Abnormal blood levels
- Constant thoughts about food
- Constant thoughts about weight or body image
- Fear of gaining weight
- Food refusal
- No menstrual cycle (females)
- Thin or underweight
- Too much exercising

Treatment for Anorexia Nervosa

- Family therapy
- Individual therapy
- May be hospitalized due to malnutrition
- Medicine
- Nutritional counseling
- Support groups

Famous People with Anorexia Nervosa

- Karen Carpenter, Singer
- Tracey Gold, Actress
- Mary-Kate Olsen, Actress
- Jessica Alba, Actress

Symptoms that may be present in Bulimia Nervosa

- Dehydration
- Going to the restroom right after eating
- No menstrual cycle (females)
- Poor body image
- Sores on hands, knuckles, mouth, and throat
- Too much dieting
- Too much exercise
- Too much laxative use

Treatment for Bulimia Nervosa

- Family therapy
- Individual therapy
- May be hospitalized due to malnutrition
- Medicine
- Nutritional counseling
- Support groups

Famous People with Bulimia Nervosa

- Paula Abdul, Singer
- Princess Diana, Princess of Wales
- Joan Rivers, TV Personality
- Jane Fonda, Actress & Activist

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