

Terms in Psychiatry



Objectives

After studying this chapter, you will be able to:

- **Describe common mental disorders**
- **Define combining forms used in building words that relate to mental disorders**
- **Identify the meaning of related abbreviations**
- **Name the common tests, procedures, and treatments used in treating mental disorders**
- **Recognize common pharmacological agents used in treating psychiatric ailments**

Psychiatric Disorders Terms

Disorders of the mind can have many causes such as:

- **Heredity**
- **Medication**
- **Environmental stress**
- **Damage to the brain**



Most mental disorders must be assessed by a specialist trained in understanding how a group of symptoms equals a mental disorder and how to treat that disorder.

Psychiatric Disorders Terms

Psychiatry is the medical specialty that diagnoses and treats mental disorders, usually those requiring medication.

Non-medical practitioners

- **psychologists**
- **psychotherapists**
- **therapists**
- **social workers**



Psychotherapy, also known as *talk therapy*, is the treatment of mental disorders with verbal and nonverbal communication.

Psychiatric Disorders Terms

Symptoms of Emotional Illnesses

- **Aggressiveness**
-attacking forcefulness
- **Agitation**
-abnormal restlessness
- **Ambivalence**
-feeling of conflicting emotions about the same person or issue
- **Anxiety**
-abnormal worry



- **Catalepsy**
-trancelike state with holding of one pose for a long time
- **Deliriousness**
-mental confusion
- **Delusional**
-having false beliefs
- **Depression**
-condition with feelings of despair and low self-esteem

Psychiatric Disorders Terms

Symptoms of Emotional Illnesses (cont'd)

- **Dementia**
 - disorder, mainly in older adulthood, with multiple cognitive defects
- **Paranoia**
 - abnormal distrust of others
- **Phobia**
 - obsessive fear of something
- **Psychosis**
 - extreme disordered thinking



Psychiatric Disorders Terms

Mental Disorders

Mental disorders are diagnosed and categorized according to the *Diagnostic and Statistical Manual of Mental Disorders*.

Anxiety Disorder and Panic Disorder

- **Anxiety disorder**
 - condition with chronic, unrealistic fear over a period of time
- **Panic disorder**
 - condition with recurring panic attacks, short periods of intense and immobilizing fear

Symptoms

- feelings of shortness of breath
- chest pain which increases fear and anxiety

Psychiatric Disorders Terms

Alcohol/Substance Abuse

- **Condition in which the patient uses alcohol or drugs recurrently**
- **Ability to function at school, home or work is affected**
- **Individuals are referred to as addicts**

Obsessive-compulsive Disorder

- **Condition in which persistent thoughts, ideas and actions lead to repetitive behaviors**
- **Individuals are inflexible and perfectionists**

Psychiatric Disorders Terms

Dissociative Disorders

- **Gradual or sudden loss of the ability to integrate memory and identity with the environment**
- **Patients may have more than one identity or become extremely depersonalized**

Post-traumatic Stress Disorder

- **Condition of extreme stress following a traumatic event or a period of time in an extremely stressful environment**
- **This condition may take years to develop, especially after these traumatic experiences:**
 - **prisoners of war**
 - **victims of torture**
 - **victims of child abuse**

Psychiatric Disorders Terms

Eating Disorders

Anorexia Nervosa

- Patients refuse to eat enough to maintain a normal body weight
- Individuals have a distorted body image
- Patients have an obsessive need to lose weight regardless of how thin they are

Pica

- Patients crave and eat substances that are not nutritious such as clay and paint



Bulimia Nervosa

- Patients eat uncontrollably (**binge**), then force themselves to regurgitate (**purge**)

Psychiatric Disorders Terms

Mood Disorders

Clinical Depression

- **Clinical depression is a disabling disorder with a loss of interests and the individual can become suicidal**

Manic

- **Patients have moods that become dangerously elevated to the point that they cannot work, sleep or concentrate**

Bipolar Disorders

Patients have drastic swings between manic and depressive moods

Psychiatric Disorders Terms

Personality Disorder

Obsessive-Compulsive

- **Characteristics are inflexibility and perfectionism**

Paranoia

- **Extreme unfounded mistrust of others**

Dependency

- **Abnormal submissiveness, especially in adulthood**

Sociopathy

- **Antisocial behavior, having an unusually callous disregard for others**

Psychiatric Disorders Terms

Schizophrenia

Schizophrenia has many degrees of severity.

Common Symptoms

- **Hallucinations**
 - Which may be in the form of imagined inner voices that direct the patient's life
- **Psychosis**
 - Extreme disordered thinking that interferes with the patient's ability to complete activities of daily living

Somatoform Disorder

- Patients are preoccupied with imagined physical defects in their body referred to as **hypochondria**

Combining Forms and Abbreviations

Combining Form

Meaning

hypn(o)

sleep

neur(o)

nerve, nervous system

psych(o)

mind, mental

schiz(o)

split, schizophrenia

Combining Forms and Abbreviations

Suffix

Meaning

-mania



abnormal impulse toward something or someone

-philia



craving for, affinity for

-phobia



abnormal fear of

-phoria



feeling

Combining Forms and Abbreviations

Abbreviation

Meaning

AA	Alcoholics Anonymous
AAMR	American Association on Mental Retardation
APA	American Psychiatric Association
DSM	Diagnostic and Statistical Manual of Mental Disorders
DT	delirium tremens
ECT	electroconvulsive therapy
EQ	emotional “intelligence” quotient

Combining Forms and Abbreviations

Abbreviation

Meaning

EST	→	electroshock therapy
IQ	→	intelligence quotient
MHA	→	Mental Health Association
MMPI	→	Minnesota Multiphasic Personality Inventory
NAMH	→	National Association of Mental Health
NARC	→	National Association for Retarded Children
NIMH	→	National Institute of Mental Health

Combining Forms and Abbreviations

Abbreviation

Meaning

OCD	→	obsessive-compulsive disorder
PTSD	→	post-traumatic stress disorder
TAT	→	Thematic Apperception Test
TDM	→	therapeutic drug monitoring
WAIS	→	Wechsler Adult Intelligence Scale for Children
WISC	→	Wechsler Intelligence Scale for Children
WPPSI	→	Wechsler Preschool and Primary Scale of Intelligence

Psychiatric Treatment Terms

A clear diagnosis must be made before treatment of the patient is started.

Tests Used for Diagnosis

- **Stanford-Binet IQ Test**
 - tests intellectual ability
- **Thematic Apperception Test**
 - tests personality traits
- **Rorschach Test**
 - reveals personality traits through ink blot test
- **Minnesota Multiphasic Personality Inventory**
 - tests of personality traits

Psychiatric Treatment Terms

play therapy

-having a child reveal feelings through play

biofeedback

-method of measuring physical responses to emotional issues

hypnosis

-a state of semiconsciousness in which the patient may reveal hidden thoughts

psychoanalysis

-attempts to have the patient bring unconscious emotions to the surface to be dealt with



Treatments

Psychiatric Treatment Terms

Behavior Therapy

-changing of a destructive pattern of behavior by substituting a more beneficial pattern of behavior

Group Therapy

-involves a small group of people led by a trained psychotherapist

Treatments Cont'd

Electroshock Therapy

-the use of electric current to a specific area of the brain that changes the brain's electrical pattern

Pharmacological Terms

Psychopharmacology is the science that deals with medications that affect emotions.

Pharmacokinetics is the study of the action of drugs on the body.

Drug Class

Purpose

Antianxiety agents → **to relieve anxiety**

Antipsychotic agents → **relieves agitation and some psychoses**

Antidepressant → **relieves clinical depression**

Apply Your Knowledge

Jamie has difficulty making decisions. When asked if she wanted pizza for dinner, she stated “I hate the cheese they put on pizzas, but I love the taste of the sauce”.

Jamie did not answer the question, and her response is an example of which of the following symptoms?

A. ambivalence

B. agitation

C. catalepsy

Answer: A. ambivalence

Apply Your Knowledge

Angela has cleaned her bathroom seven times in the past hour. She never feels that it is clean enough. Which of the following disorders might she have?

- A. dissociative disorder**
- B. post-traumatic stress disorder**
- C. obsessive-compulsive disorder**

Answer: C. obsessive-compulsive disorder

Apply Your Knowledge

Terry, age 18, has been attending therapy sessions for the past year, and her psychotherapist wants to monitor her blood pressure and brain waves as she answers questions about emotions issues.

Which treatment method is the psychotherapist using?

A. hypnosis

B. behavior therapy

C. biofeedback

Answer: C. biofeedback