

# Terms in Psychiatry



# Objectives

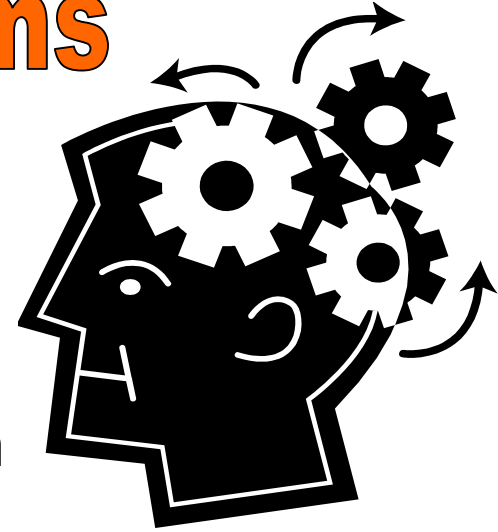
**After studying this chapter, you will be able to:**

- **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

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



# Combining Forms and Abbreviations

## Abbreviation

## Meaning

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

# Combining Forms and Abbreviations

## Abbreviation

## Meaning

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

# 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**