Common Disorders

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Quick Survey
What is mental illness?

Health Conditions affect a person’s
• Thinking, feeling, mood or behavior
• Example: depression, anxiety, bipolar disorder, or schizophrenia
• Occasional or long-lasting (chronic)
• Affect one’s
  • Daily functioning
  • Ability to relating to others
How common is mental illness?

According to CDC:

- One of most common health conditions in US
- > 50%: diagnosed w/mental disorder in their lifetime
- Any given year: ~20% Americans experience a mental illness
- 1 in 5 children, some point in their life, have had a seriously debilitating mental illness
- 1 in 25 Americans: a serious mental illness, such as schizophrenia, bipolar disorder, major depression
Common Mental Disorders

Children/Young Adults

Adults

Older Adults
Common Mental Disorders

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Children/Young Adult (CDC)

- U.S. & Worldwide youth
- 20% experience a mental, emotional, behavioral D/O (WHO, ‘01; Kieling et al, ‘11)
- Usually begin by 14 y/o
- 75% by age 24 (Kessler, ‘05; IOM, ‘09)

https://www.cdc.gov/ncbddd/adhd/diagnosis.html
Most Common in Children

- ADHD, Autism
- Behavioral d/o
- Anxiety disorders
- Depressive disorders
ADHD

A child with ADHD might:

- Frequently daydream
- Forget/lose things a lot
- Careless mistakes/take unnecessary risks
- Squirm or fidget, talk too much
- Hard time resisting temptation
- Trouble taking turns
- Difficulty getting along with others
ADHD

Predominant Types

• Inattentive
• Hyperactive-Impulsive
• Combined Type (ADD & HD)

Symptoms

• Sx’s & behaviors can change over time
• Diagnosed 3% 1997 – 2006
• Diagnosed increase 5.5% 2003--2007
Causes of ADHD

- ADHD
  - Cause(s)/risk factors unknown
  - genetics plays an big role

- Beyond genetics, risk factors:
  - Brain injury
  - Pregnancy Exposure to environmental (e.g., lead)
  - Alcohol & tobacco during pregnancy
  - Premature delivery, Low birth weight
Autistic Spectrum D/O

ASD: developmental disability
• significant social, communication, behavioral deficits

People with ASD
• often look like other people
• may communicate, interact, behave, and learn differently from most people.
• often have problems with social, emotional, and communication skill
Causes, Risk Factors

• Causes of ASD
  • Not completely known
  • Environmental, biologic and genetic factors.

• Higher risk of ASD
  • Biological/genetic: Children: sibling with ASD
  • genetic or chromosomal conditions: such as fragile X syndrome or tuberous sclerosis
  • Pregnancy Periods
    • Critical: before, during, immediately after birth
    • Exposure to Valproic acid & Thalidomide: higher risk of ASD

• Children from older parents
Prevalence

Prevalence

• ~ 1.7% (1 in 59 children, data from 11 communities in the U.S., 2014)
• Prior est.: 0.66% to 1.5% of children

For Parents: Two important steps

1) Talk to child’s healthcare provider
2) Inquire: local early intervention program/school system for an evaluation of their child
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Adult

1. Clinical Depression

2. General Anxiety Disorder

3. Specific Anxiety Disorder
1. Depression
   • Not just feeling down momentarily
   • Affects one’s daily functioning/relating to others

2. Criteria
   • Persisted > 2 weeks, > 5 Symptoms
   • Depressed, sad/teary, fatigue
   • sleep disturbances, appetite change
   • feeling guilty, focus/memory/concentration
   • Severe case: isolation, suicidal thoughts, self-harm
Adult: General Anxiety Disorder

- Persistent worrying/anxiety: out of proportion
- Perceiving threats: even when they aren't
- Overplan solutions to all possible worst-case outcomes
- Difficulty handling uncertainty
- Indecisive/fear of making wrong decision
- Unable to let go worry, relax, feeling restless
- Difficulty concentrating, or feeling mind "goes blank"
Generalized anxiety disorder

Can lead to/worsen other physical conditions

- Digestive or bowel problems. E.g. irritable bowel syndrome or ulcers
- Headaches and migraines
- Chronic pain and illness
- Sleep problems and insomnia
- Heart-health issues
1. Depression
2. General Anxiety Disorder
3. Specific Anxiety
   • Panic Attack
   • Obsessive-Compulsive D/O
   • Social Anxiety
   • Specific phobia
Common Mental Disorders

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Older Adults
Globally

- World’s population
  - Aging rapidly, 2015-2050: > 60 y/o nearly double
  - 60 y/o nearly double: 12%++ ➔ 22%

- Mental/neurological disorders
  - older adults = 6.6% of the total disability

- Aged 60+
  - ~15% of adults suffer from a mental disorder.
Common Elderly Challenges

1. Mild Cognitive Decline
   輕度記憶/認知功能下降
2. Sleep disorder 睡眠障礙
3. Anxiety/depression 情緒焦慮/憂鬱症
4. Substance Abuse 藥物濫用
5. Dementia 老年癡呆症
6. Psychosomatic issues (軀體並發症)
Older Adult:  65+

- Depression
- Dementia

http://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults
Dementia in older people

- Chronic/progressive: Affects mainly older ppl
- Deterioration:
  - memory, thinking, ability to perform daily activities
  - behavior, recognized loved ones
  - not a part of aging
- Estimates
  - 50 million worldwide w/dementia
  - ~60% low to middle income countries.
  - Projection: 82 million/2030 ➔ 152 million/2050.
Dementia Intervention

• No medication cure currently available

• Intervention Goals
  • Support/improve lives of patients, caregivers & family members

• Intervention
  • Early diagnosis, promote early/optimal management;
  • Optimizing physical + mental health, functional ability and well-being;
  • Identify, treat associated physical illness;
  • Detect, manage challenging behavior
  • Provide education, long-term support to caregiver
Elderly & Depression

- Unipolar depression
  - ~7% of the older population
  - Depression: underdiagnosed + undertreated in primary care settings
- Older people with depressive symptoms
  - Often co-occur w/other problems
  - Poorer functioning: compared to chronic medical conditions, lung disease, hypertension or diabetes.
- Depression
  - increases the perception of poor health, the utilization of health care services and costs.
Treatment & care strategies

- Education & training
  - Health providers and societies for care provision
  - General population about aging & depression

- Preventing and managing
  - age-associated chronic diseases
  - including mental, neurological and substance use disorders;

- Government:
  - Designing sustainable policies
  - Long-term and palliative care; and developing age-friendly services and settings.
Contributing factors

7 Dimensions of Wellness
- Spiritual
- Emotional
- Physical
- Financial
- Academic/Career
- Environmental
- Social/Cultural
Aging: Conclusion #1

Aging vs. Longevity
   Now: 90+ is common
   Future: 100+ is likely

Longevity is not quality
   Inadequate preparation: misery/issuses
   Longevity: more time for challenges
Helpful Summary

1. Recognize Sx of mental disorders across ages

2. Prevalence between men vs. women

3. What are some prevention tips?
   • Healthy lifestyle: exercises, meals, socialization
   • Relapse prevention

4. How to help people with suicidal risks?
Aging: Suggestion #2

e.n.e.r.g.y. SM

eating nutritiously exercising regularly & growing “Y”-isely
A PROGRAM OF QUEENSCARE HEALTH CENTERS

Author: Dr. Susan Lue, 2006
E.N.E.R.G.Y

Eat **Nutritiously**: Healthy Food
- More fiber, more vegetables
- Less meat, less salt, less oil

**Exercises** Regularly
- Consistent: a regular/healthy sleep pattern

Grow **Y**-isely
- **Avoid**: Unhealthy habits
  - Example: before bedtime, no stimulants
References

• American Psychiatric Association. Diagnostic and statistical manual of mental disorders. 5th ed. (DSM-5)
• Mayo Clinic https://www.mayoclinic.org/diseases-conditions
• World Health Organization (WHO)