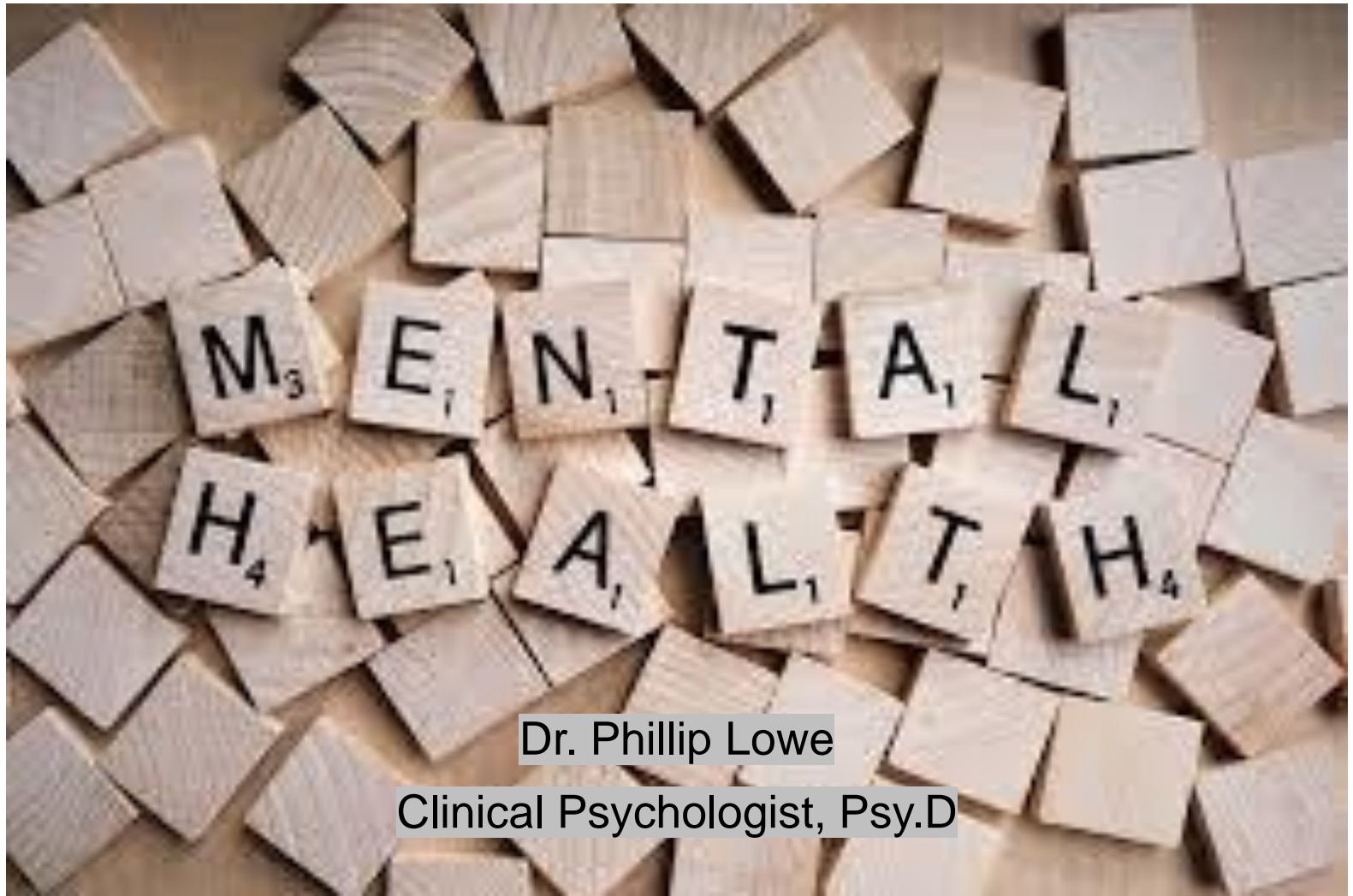


Common Disorders



Dr. Phillip Lowe

Clinical Psychologist, Psy.D

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

Children/Young Adults

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Older Adults

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 role¹
- 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

Common Mental Disorders

Children/Young Adults

Adults

Older Adults

Adult

1. Clinical Depression
2. General Anxiety Disorder
3. Specific Anxiety Disorder

Adult

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

Adult

1. Depression
2. General Anxiety Disorder
3. Specific Anxiety
 - Panic Attack
 - Obsessive-Compulsive D/O
 - Social Anxiety
 - Specific phobia

Common Mental Disorders

Children/Young Adults

Adults

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

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



Aging: Conclusion #1

Aging vs. Longevity

Now: 90+ is common

Future: 100+ is likely

Longevity is not quality

Inadequate preparation: misery/issues

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



Author: Dr. Susan Lue, 2006

Aging Gracefully



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)