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## Abstract

Psychological distress is a general term will not describe unpleasant feelings or emotions that impact your level of functioning. In other words, it's psychological discomfort that interferes together along with your activities of daily living. Psychological distress can cause in negative views of the environment, others, sometimes self. Sadness, anxiety, distraction, and symptoms of mental distress are manifestations of psychological distress. Previous research has described how psychological conditions can lead increased risk of disease which, in turn, may become obesity, raised vital sign eventually to disease. The present study was conducted to describe the extent of psychological distress among liver disease patients.

## Introduction:

Psychological distress is subjective experience. That is, the severity of psychological distress depends upon things and the way we perceive it. We will consider psychological distress as a continuum with 'mental health' and 'mental illness' at opposing ends. As we still experience various things, we travel back and forth on the continuum at different times throughout our lives. Traumatic experiences, like the death of a beloved, are causes of psychological distress. Psychological distress are often thought of as a maladaptive response to a stressful situation. Psychological distress occurs when external events or stressors place demands upon us that we are unable to deal with. For instance, we may struggle to simply accept that a beloved is not any longer with us. As a result, we

become sad and have trouble getting out of bed, we are unable to focus at work, and that we lose interest in social activities.

Major life transitions, i.e. moving to a replacement state or graduating from college, are often a source of psychological stress if you're unable to deal with the stress that these transitions place on you or are having difficulty adjusting to the new situation. Sudden unexpected events, like a loved one's death of an attack or being fired from employment, also can cause psychological distress.

Even everyday stressors, like traffic, have the potential to cause psychological distress. Other sources of psychological distress include:

- Long term medical illness
- Divorce
- Starting a replacement job
- Being a victim of bullying
- Adverse school experiences
- Adverse work experiences

**Symptoms:**

- Weight gain
- Anger management problems
- Obsessive thoughts or compulsions
- Physical symptoms not explained by a medical condition
- Decreased pleasure in sexual activities
- Hallucinations
- Delusions
- Reckless acts, i.e. excessive shopping sprees
- Belief that others can hear your thoughts
- Belief that your thoughts aren't your own

Psychological distress may be a common psychological state problem within the community. PD may be a state of emotional suffering typically characterised by symptoms of depression and anxiety. These symptoms often coexist and collocate with common somatic complaints and a good range of chronic conditions, also like medically unexplained syndromes. Risk factors include stress-related and sociodemographic factors and inadequate inner and external resources.

Our study concluded that disease is predicting psychological wellbeing. We already know that psychological wellbeing predicts physical health but our study also justified that physical health also predicts psychological wellbeing.