

Mental Disorder: Symptoms, Diagnosis and Treatment

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DESCRIPTION

Mental illnesses or disorders have an impact on your emotions, thinking, feelings, and behavior. They could be temporary or permanent (chronic). The capacity to interact with people and carry out daily tasks may be impacted. A mental disorder is characterized by a clinically significant disturbance in an individual's cognition, emotional regulation, or behavior. It is usually connected to distress or functional impairment in key areas. Mental diseases come in a wide variety of forms. Mental health issues are another name for mental disorders. The latter is a more general phrase that encompasses mental illnesses, psychosocial impairments, and (other) mental states connected to considerable distress, functional disability, or danger of self-harm.

Many persons who suffer from mental illnesses are afraid to talk them. Therefore, mental illness is not a cause for shame! Like diabetes or heart disease, it is a medical issue. Additionally, mental health issues are treatable. As our knowledge of the human brain's functioning continues to grow, people can successfully manage their mental health disorders with the use of medications.

Symptoms

Depending on the diagnosis, the situation, and other variables, there can be a wide range of signs and symptoms of mental illness. Emotions, beliefs, and behaviors can all be impacted by mental illness symptoms. Mental illness has many causes. Risk factors for developing mental disorder include things like:

- Moody or depressed
- Confused thinking or a diminished capacity to focus
- Excessive worry, anxiety, or thoughts of guilt
- Extreme highs and lows in one's mood
- Leaving friends and activities behind
- Significant exhaustion, lack of energy, or issues
- sleeping
- Delusions, paranoia, or hallucinations that are disconnected from reality
- Inability to manage stress or daily difficulties

- Difficulty comprehending and responding to people and circumstances
- Alcohol or drug abuse issues
- Significant dietary modifications
- Changes in sex
- Excessive hatred, fury, or violence
- Suicidal ideation

Diagnosis

Mental health conditions are treatable and improvement is possible. Many persons who have mental health issues are able to operate normally again. Some mental illnesses can be avoided. Many persons who have mental health issues are able to operate normally again.

Some mental illnesses can be avoided. It is not always clear how a problem with mood or thinking has gotten bad enough to need attention from mental health professionals. When a person loses a loved one, for instance, a depressed state can occasionally be expected. But, if the person's depressive state persists or interferes with daily activities, they may benefit from medical attention. A person may not see changes or issues in themselves, but family or friends may notice them.

Some mental disorders can be connected to or imitate a physical ailment. So a complete evaluation, which usually includes a medical examination, is required for a mental health diagnosis. Blood tests and/or neurological examinations may be part of this.

Treatment

Treatment is not always necessary just because a mental condition has been diagnosed. The degree to which symptoms are distressing and interfere with everyday life, their severity, the risks and advantages of various treatments, and other considerations are taken into account when determining whether therapy is necessary (for example, psychiatric symptoms complicating other illness). An individual's plan for mental health treatment is designed in collaboration with a mental health therapist (and family members if the individual desires). It also involves medicine, other therapies, or talk therapy. Most

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often, a schedule of both therapy and medicine works well. Complementary and alternative therapies are also increasingly being used.

Self-help and support can be very important to an individual's coping, recovery and wellbeing. Good nutrition, regular exercise,

and enough sleep are examples of lifestyle modifications that can assist mental health and rehabilitation. Individual acts that promote healing and well-being may be included in a complete treatment plan, such as dietary adjustments, participation in support groups, or exercise.