Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class period: \_\_\_\_\_\_\_\_\_

Understanding Mental Disorders

**Instructions**: Go to the following website: <https://www.nami.org/Learn-More/Mental-Health-Conditions>. Click on the mental disorders on the left side of the web page to bring up information about each. Fill in the missing information on the chart below in order to become familiar with these common disorders. Please do not copy information word-for-word. Summarize the information in your own words to show understanding. Make note or highlight any areas of confusion.

|  |  |  |  |
| --- | --- | --- | --- |
| Mental Disorder | Description | Symptoms | Treatment |
| ADHD | A disorder characterized by inattention, hyperactivity, and impulsivity. |  |  |
| Anxiety Disorders |  | Feelings of apprehension, dread, or irritability, racing heart, shortness of breath, upset stomach, sweating, headaches, and fatigue. |  |
| Autism |  |  | Different types of therapy and/or medications |
| Bipolar Disorder | Dramatic shifts in a person’s mood, energy, and ability to think clearly. They experience high and low moods known as mania and depression. |  |  |
| Depression |  | Changes in sleep and appetite, lack of concentration and interest, loss of energy, hopelessness, and low self-esteem. |  |
| Eating Disorders |  |  | Psychotherapy, cognitive behavioral therapy, and wellness and nutrition counseling |
| Obsessive Compulsive Disorder | Repetitive, unwanted obsessions along with irrational urges to do certain things. Their thoughts and behaviors don’t necessarily make sense, but they can not control them. |  |  |
| Schizophrenia |  | Change in friends, drop in grades, sleep problems and irritability, withdrawing from others, an increase in unusual thoughts and suspicions, hallucinations, delusions, and disordered thinking. |  |