Mental Disorders and Suicide

Ms. Fitchwell
Health Education
What are Mental Disorders?

- **MENTAL DISORDER**: an illness that affects the mind and prevents a person from being productive, adjusting to life situations, or getting along with others.

Characterized by abnormal:

- ✓ Thoughts
- ✓ Feelings
- ✓ or behaviors that make people uncomfortable with themselves or at odds with others.
Statistics

• An estimated 26.2 percent of Americans ages 18 and older — **about one in six adults** — suffer from a diagnosable mental disorder in a given year = 57.7 million people

• About 20 percent of children are estimated to have mental disorders
A stigma is a cluster of negative attitudes and beliefs that motivate people to fear, reject, avoid, and discriminate against others with mental illnesses.

- Fortunately, everyone can do something to reduce stigma.
- Stigma is about disrespect.
- Fear of stigma and resulting discrimination discourages individuals and their families from getting the help they need.
- Untreated mental illness is associated with school absenteeism, below average or failing grades, and poor relationships.
- A stigma can cause discriminatory treatment toward youth and their families by their peers as well as by educators and community members.

**DO’S**

- DO use respectful language such as:
  People first language (e.g., person who has schizophrenia, person who has asthma, person who has an eating disorder, NOT schizophrenic, OCD student, etc.).
- DO emphasize abilities, not limitations.
- DO tell someone if they express a stigmatizing attitude.

**DO NOT’S**

- DON’T portray successful persons with disabilities as “super-human”.
- DON’T use a generic label such as retarded.
- DON’T use terms like crazy, lunatic, manic-depressive, or slow functioning.
ORGANIC VS FUNCTIONAL
Mental Disorders

ORGANIC
1. Physical- Damage to the brain
2. Heredity- Inherit (at greater risk if events in his/her life act as trigger for the disorder)

FUNCTIONAL
3. Early Experiences- Extremely negative experiences that occur early in life can lead to mental illness
4. Recent Experiences- Death of loved one
Warm-Up March 15th

1.) Define the term STIGMA.
2.) How can you personally reduce the amount of stigma towards mental illness?
3.) Difference between organic and functional mental illness?

- **Stigma:** Judgements that cause negative attitudes that motivate people to reject and fear those with mental illness.
- **Speak up when people express stigmatizing attitudes towards others, educate yourself on what mental illness is to better understand those who have it**
- **Organic:** Physical damage to brain; Heredity
- **Functional:** Early and recent experiences
Kinds of Anxiety Disorders

There are four main types of anxiety disorders:
1. Phobic Disorder
2. Panic Disorder
3. Obsessive-Compulsive Disorder
4. Post-Traumatic stress disorder

• http://bringchange2mind.org/
• https://www.youtube.com/user/BringChange2Mind
Kinds of Mental Disorders:

**ANXIETY** is a feeling of fear that is not directed toward any definite threat.

**ANXIETY DISORDER:** is a diagnosis given to people whose worries have taken on a life of their own.

- The topics of worrying are ordinary concerns: will I be able to pass the exam next week?, Is my boyfriend/girlfriend really interested in me?
Kinds of Anxiety Disorders

1. **Phobic Disorder**
   - **PHOBIA**: Anxiety related to a specific situation or object. Examples: heights, social, spiders, etc.
   - How might fears affect normal living?

2. **Panic Disorder**
   - An unexplained feeling of terror
   - Symptoms: trembling, pounding heart, shortness of breath, dizziness, nausea, choking sensation, sweating
   - This fear gets in the way of a person’s ability to enjoy life
1. What percentage of children are estimated to have a mental disorder?
2. Define the 4 types of Anxiety disorders: Phobic, Panic, OCD, and PTSD.

1. 20%

2. **Phobic Disorder** is anxiety related to a specific object or situation.
   **Panic disorder** is a type of anxiety disorder in which you have repeated attacks of intense fear that something bad will happen.
   **OCD:** Repetitive, upsetting thoughts/behaviors that cause compulsions or actions to cope with anxiety/thoughts.
   **PTSD:** Traumatic experience resulting in nightmares, excessive guilt, flashbacks, emotional numbness & sleeplessness
Phobias - Overview

Avoid: Confront Habitual / Past Behavioural choices

Friends / Family / Personal Experience / TV / Books / ...
Positive / Negative Beliefs

PRE-FRONTAL CORTEX

SNS / PSNS Left / Right Hemispheric Balance

Limbic System

Gradual / Incident Memory

Sympathetic Nervous System (SNS)
Baseline state (habitual “normal” for that person)

Para Sympathetic Nervous System (PSNS)
Baseline state (habitual “normal” for that person)

THE NATION’S TOP TEN PHOBIAS

1. Arachnophobia – spiders
2. Social phobia – social or public situations
3. Aerophobia – flying
4. Agoraphobia – open or public spaces
5. Claustrophobia – enclosed spaces
6. Emetophobia – vomiting
7. Acrophobia (vertigo) – heights
8. Cancerphobia – developing cancer
9. Brontophobia – thunderstorms
10. Necrophobia – death (your own and others’)
Kinds of Anxiety Disorders

3. Obsessive-Compulsive Disorder

- **OBSESSION**: an idea or thought (unreasonable) that takes over the mind and cannot be forgotten
- **COMPULSION**: repeated, irresistible behaviors
- Repetitive behaviors used to cope with anxiety such as
  - Hand washing, counting, cleaning, checking & rechecking

*OCD affects appx. 2 million adults*
Kinds of Anxiety Disorders

4. Post-Traumatic stress disorder - a condition that may result after exposure to a terrifying event that threatened or caused physical harm

- The disorder is common after a personal assault – rape, bombings, earthquakes, plane crashes, military combat
- Symptoms: flashbacks, nightmares, emotional numbness, guilt, sleeplessness

https://www.youtube.com/watch?v=U9RFwBcAM
Warm-Up March 30th

• Define 3 symptoms of Mood Disorder

• Overly energetic (Manic)
• Severe mood swings
• Feeling Sad and low (Depression)
• Difficulty concentrating
• Poor judgement, make bad decisions
Other Mental Disorders

• MOOD DISORDER (Bipolar Disorder)
  • A mental disorder in which a person’s moods or emotions become extreme and interfere with daily life.
  • People who have it experience dramatic mood swings. They may go from overly energetic, "high" and/or irritable, to sad and hopeless, and then back again. They often have normal moods in between. The up feeling is called MANIA. The down feeling is DEPRESSION.

During a manic episode:
  • Overly excited
  • Restless
  • Rapid talking which is impossible to follow
  • Difficulty concentrating
  • Show poor judgment
  • May over spend on a shopping spree
  • May drive recklessly

4/5/2017
Other Mental Disorders

**DEPRESSION:**
- A mental disorder in which a person is overwhelmed by sad feelings for months and stops being able to carry out everyday activities.
- Can be caused by stressors.
- Negative attitudes learned early in life may also contribute.
- Anyone who shows signs of depression should seek help from a parent, teacher, guidance counselor, physician, or mental health professional.
- Exercise is the best medicine.

http://www.pbs.org/wnet/need-to-know/health/an-actors-battle-with-mental-illness/3904/

https://www.youtube.com/watch?v=pZGVglRZ5Y

4/5/2017
Exercise the Best Medicine?

**BDNF**
Brain-derived neurotropic factor (A neuro-protective protein)

- Reduces toxic effects of
- NEUROGENESIS (birth of new nerve cells) in the hippocampus, which causes it to grow

LOW BDNF = DEPRESSION
Major Depressive Disorder

*A global epidemic (1 in 4 Americans will experience depression)

*By 2020, depression will be the 2nd most common disease worldwide.

A debilitating illness characterized by:

- Memory, attentional deficits
- Neurotoxicity (prefrontal, hippocampal-memory)
  - Lights up pain circuits in brain
- Impaired ability to work, love, play
- Pain (emotional and physical)
- Suicidality
  - Claims over 1 million lives worldwide each yr.
"Diseases of Civilization"

**Diseases of Lifestyle**

**Inflammatory Diseases**

- Diabetes
- Atherosclerosis
- Asthma
- Allergies
- Obesity
- Cancer (many forms, roughly 70% of all cancers)
- **Depression**

½ of all adults in America have 1 chronic disease

http://returntonow.net/2016/02/24/the-caveman-cure-for-depression/
What's causing this Epidemic?

- Very complicated, multiple factors contribute
- Brains “runaway stress response” (fight or flight response)
  - Adaptive in short-term
  - Toxic in long term

“We were never designed for the sedentary, indoor, socially isolated, fast-food-laden, sleep-deprived, frenzied pace of modern life”

https://www.eatingyoualive.com/
Taming the Stress Response

Therapeutic Lifestyle Change (TLC)

1. Physical Activity (exercise) Many people have trouble “making it happen” - 60% of adults in America don’t do it
   *Changes brain and body chemistry

2. Omega-3 Fatty Acids (anti-inflammatory)
   *Found in grasses, plants, algae & the animals that eat them (fish, wild game, free-range livestock & poultry)
     ➢ Did you know your brain is mostly made of fat? (73% of brain cells)

3. Sunlight – Get Outside as much as possible

4. Healthy Sleep

5. Anti-Ruminative Activity (Ruminative behavior is the tendency to repetitively think about the causes, situational factors, and consequences of one's negative emotional experience)

6. Social Connection
   ➢ Today, ½ of all Americans have no close friends (Smith-Lovin, 2006)
   ➢ Being is the physical presence of our loved ones actually puts the breaks on the stress response (we have traded face time for screen time)

Lets fight with every possible tool!
Other Mental Disorders

- **SCHIZOPHRENIA:**
  - A severe, lifelong brain disorder. People who have it may hear voices, see things that aren't there or believe that others are reading or controlling their minds. In men, symptoms usually start in the late teens and early 20s. They include hallucinations, or seeing things, and delusions such as hearing voices. For women, they start in the mid-20s to early 30s.
  - Very complex mental illness.

**Other symptoms include:**
- Unusual thoughts or perceptions
- Disorders of movement
- Difficulty speaking and expressing emotion
- Problems with attention, memory and organization

*Very rarely diagnosed (small % of population)*
Eating Disorders

- Eating disorders are present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, feelings of extreme distress, or concern about body weight or shape.
- Psychological pressures, possible genetic factors, and an obsession with body image and thinness can lead to an eating disorder.
Eating Disorders

• The main types of eating disorders are:
  
  1. Anorexia Nervosa
  2. Bulimia
  3. Binge Eating Disorder

• Symptoms and behaviors of eating disorders include perfectionism, irritability, anxiety, fainting spells, avoiding snacks/food, frequent trips to the bathroom, depression, and lethargy.
ANOREXIA NERVOSA

- A serious eating disorder in which a person refuses to eat enough food to maintain a minimum normal body weight
- Some people with anorexia lose weight by dieting and exercising excessively; others lose weight by misusing laxatives

Anorexia affects your whole body

- **Brain and Nerves**: can't think right, fear of gaining weight, sad, moody, irritable, bad memory, fainting, changes in brain chemistry
- **Hair**: hair thins and gets brittle
- **Heart**: low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure
- **Blood**: anemia and other blood problems
- **Muscles and Joints**: weak muscles, swollen joints, fractures, osteoporosis
- **Kidneys**: kidney stones, kidney failure
- **Body Fluids**: low potassium, magnesium, and sodium
- **Intestines**: constipation, bloating
- **Hormones**: periods stop, bone loss, problems growing, trouble getting pregnant, if pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and post partum depression.
- **Skin**: bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle
ANOREXIA NERVOSA

• Symptoms:
  - Extreme loss of body weight
  - Intense fear of gaining weight (even when underweight)
  - Denial of the seriousness of low body weight
  - Infrequent or absent menstrual periods (women)
  - Avoiding meals
  - Intense or excessive exercise as another means of controlling weight

• Slowed heart and breathing rates
  - Lowered body temperature
  - Dry skin
  - Brittle hair and nails
  - In some cases, a lack of essential minerals may cause the heart to stop suddenly, leading to death
Did you Know???
Most models are thinner than 98% of American women
Warm-Up April 7th

1. List 3 symptoms of Schizophrenia
2. Describe Mood Disorders (Bipolar Disorder)
3. What are the 3 kinds of eating disorders?

- Hear voices / unusual thoughts
- Hallucinations (see things that are not really there)
- Difficulty speaking/expressing emotions

Mood Disorder: Moods become extreme
“Up” Feeling: MANIA
“Down” Feeling: DEPRESSION

Anorexia, Bulimia, Binge-Eating
Treating Anorexia Nervosa

Involves three components:
1. restoring the person to a healthy weight
2. treating the psychological issues related to the eating disorder
3. reducing or eliminating behaviors or thoughts that lead to disordered eating, and preventing relapse.
Bulimia

- **BULIMIA**: A serious eating disorder in which alternates eating binges with purging
- Bulimia is MORE prevalent than Anorexia
- Difficult to diagnose
  - Public behavior appears normal
  - Bulimic behavior occurs in private
- Most Bulimics do not become dangerously underweight
Bulimia

- Serious health effects
  - Dehydration and kidney failure
  - chronically inflamed and sore throat
  - Enamel on teeth erodes
  - Vitamin and mineral deficiencies
  - intestinal distress and irritation from laxative abuse

- Symptoms
  - Eating uncontrollably
  - Using the bathroom frequently after meals
  - Bloodshot eyes
  - Sore throat
  - Weakness/exhaustion
  - Vomiting blood
  - Depression/Mood swings
  - Heartburn, bloating, indigestion, constipation
Warning Signs of Bulimia

If you notice a family member or friend with the following symptoms consider talking to him or her about these issues with compassion:

- low self-esteem
- severe dieting
- bathroom visits right after eating
- frequent overeating
- hoarding of food
- dissatisfaction with appearance
Binge Eating Disorder

- Uncontrollable urge to eat large amounts of food.
- CANNOT STOP EATING EVEN WHEN THEY ARE FULL
- Usually DO NOT purge after binge
What to do about a friend that has an Eating Disorder

• If You Have An Eating Disorder
  • Tell someone you trust
  • You will need support
  • It is an addiction

• If You Do Not Get Help
  • Death from malnutrition
  • Dangerous heart rhythms
  • Dental Problems
  • Liver failure
  • Hair loss

• Worried about a Friend?
  • Express your concern in a loving and supportive way
  • Tell someone
  • Avoid giving simple solutions
  • Express your continued support
Below are 3 people with eating disorders. For each scenario, describe the signs of the disorder that others might notice. Next, write the health effects that the person might have.

1. Alexis is 15. At 5’4” tall and 125 pounds, she looks in the mirror and sees a fat person. At dinner, she has started telling her parents, “I’m not hungry – I’ll eat later.” But Alexis doesn’t eat later because she has begun to starve herself in secret. For the past week, she’s been eating about 400 calories per day.

2. Justin is a wrestler – the best in his weight class. But he needs to stay in that weight class. If he gains just 5 pounds, he’ll get bumped up a class and have to wrestle larger guys and possibly lose. Justin exercises obsessively. He also takes laxatives to lose weight, and he has thrown up a few times after friends dragged him out for fast food. Justin even stops drinking water a day before he gets weighed for a match.

3. Emma is so fit and healthy, she doesn’t even get her period anymore – or at least, that’s how Emma sees it. As a top high school athlete, she trains all the time. Without the knowledge of her parents or coach, she has also dropped her intake to 800 calories per day. If she goes over, she makes herself throw up.
Suicide Statistics

• In 2006, U.S.A. suicides accounted for 33,000 deaths
• Who dies from suicide more often, men or women?
  • More men than women die from suicide
    • Gender ratio is 4:1 (4 times more men than women die from suicide)
    • 73% of all suicides are white males
    • 80% of all firearm suicides are white males
• What is the 2nd leading cause of death among people aged 15-24
  • Suicide
Warning Signs of Suicide

- Loss of energy
- Change in sleep patterns
- Withdrawal from usual activities
- Radical changes in personality
  - Outgoing becomes withdrawn
  - Shy person becomes aggressive
- Severe depression
- Actions
  - Stops doing things he/she enjoys
  - Gives away belongings
  - Decline in school performance
- Things a person says
  - “I don’t want to live anymore.”
  - “They’ll be sorry when I’m gone.”
- Suffered a major trauma
  - Moving to a new place
  - Losing boyfriend/girlfriend
  - Friend/family member dies
  - Going through family divorce
- Signs can be deceptive
  - Someone who has been severely depressed suddenly becomes happy and carefree
  - May think person is better and over the depression
  - Why might they really be happy?
How Do You Help a Suicidal Person?

• **DO**
  - Trust your feelings if you believe the person is suicidal
  - Take seriously a suicidal person’s threats
  - Tell the suicidal person how concerned you are and how much you care about him/her
  - Talk calmly with the suicidal person – show interest and compassion
  - Find professional help for the suicidal person
  - Stay with the suicidal person until help arrives

• **DO NOT**
  - Dare the suicidal person to go ahead and make the attempt
  - Judge the suicidal person
  - Analyze the suicidal person’s motives
  - Argue or try to convince the suicidal person of reasons why he/she should not attempt suicide
  - Keep the suicidal person’s self-destructive thoughts or actions a secret
  - Leave a suicidal person alone
Suicide: Helping Yourself

- If you have been feeling depressed, remember that no matter how overwhelming the problems in life may seem, **SUICIDE IS NEVER A SOLUTION**.

Knowing some specific symptoms of mental disorders can help a person determine if he or she should seek help.

- you feel trapped with no way out –you worry all of the time
- your feelings affect your sleep, eating habits, school work, or relationships
- Your family and friends express concern about your behavior – aggressive, violent, reckless
- you are becoming involved with alcohol/drugs

What is niacin??? *(vitamin b3)*

http://www.youtube.com/watch?v=7K2tqxKf2EE
Treating Mental Disorders

• Most people wait too long to seek help
• Where to find help
  • Often, a parent, relative, teacher, school counselor, physician, or religious leader can tell you about mental health professionals and services in your community.
  • There are different type of mental health professionals that are capable of different treatment methods. They may include counseling as well as a drug treatment plan.
  • Asking for help is not a sign of weakness – it is a sign of strength as it shows responsibility for one’s own wellness.

Taking Medications

• Ask your doctor to tell you about the effects and side effects of the drug.
• Tell your doctor about any alternative therapies or over-the-counter medications you are using.
• Ask your doctor when and how the medication should be stopped. Some drugs can’t be stopped abruptly but must be tapered off slowly under a doctor’s supervision.

What can I do for myself??? Self Help for Depression:

- Although long term healing cure may require counseling, good nutrition promotes healing by helping to restore nervous-system function
- Nothing comes close to exercise as a treatment method for depression.

MAXIMIZE
- A healthy diet
- Food rich in B vitamins (whole grains, leafy greens) to improve nerve function
- Herbs that encourage relaxation and sleep and that counter stress and anxiety (lemon balm, borage, German chamomile)

ELIMINATE
- Artificial food additives, which can contribute to depression
Directions: Each student will be assigned an eating disorder to investigate. After gathering the required data you will create an informational brochure using Microsoft Publisher, designed to appeal to a person who has never heard of the disorder before.

Your brochure must answer each of the following questions:
1. What is it? Give general information (facts and statistics) and how common the disorder is.
2. What are the symptoms of the eating disorder.
3. What are the health risks associated with the eating disorder?
4. What are the possible causes of the eating disorder?
5. How can you treat the eating disorder?

*CREATIVITY COUNTS!!!!*

GRADING: The assignment is worth 28 points and will be a formal assessment. 4 points for each section listed below and 4 points for proper layout and appearance.

<table>
<thead>
<tr>
<th>Grading Focus</th>
<th>Possible Points</th>
<th>Points Earned</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is it and how common is it? (statistics, graphs, charts)</td>
<td>4</td>
<td></td>
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<tr>
<td>What are the symptoms?</td>
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<td>What are the health risks associated with it?</td>
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<tr>
<td>How is it treated? Where do you go to find out if you have it? (Local Places)</td>
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<td>What are the possible causes?</td>
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<td>Your name and resources used.</td>
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<td>Appearance, Layout, Creativity</td>
<td>4</td>
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</tbody>
</table>

Total Points = 28

Please share with family!
For Additional Information

- National Eating Disorders Association (NEDA)
  - www.nationaleatingdisorders.org
- American Dietetic Association (ADA)
  - www.eatright.org
- National Institute of Mental Health (NIMH)
  - www.nimh.nih.gov
- Teen Health
  - www.teenshealth.org
Which of the following statements are always true? Sometimes true? Which are always false?

1. It is easy to identify a person with a mental disorder.
2. Mental disorders are caused by emotional problems.
3. Mental disorders affect a person’s ability to function.
4. People who have a mental disorder are dangerous.

*For each of your responses, explain WHY you gave the answer you did.*
Bell Ringer Nov. 3rd

1. List 3 symptoms of anorexia.

2. What is the difference between anorexia, bulimia and binge eating disorder?

3. List 3 health effects of bulimia.