SECTION 18 MENTAL HEALTH

This medical specialty, called psychiatry, deals with the diagnosis, treatment, and prevention of mental illness. A psychiatrist is the medical doctor who is trained in the methods and practices of psychotherapy. Forensic psychiatrists deal with legal considerations such as mental competence in criminal cases. A clinical psychologist has a doctorate in psychology and is trained in psychotherapy and psychodiagnostic assessment through various testing measures.

Four broad classifications of psychiatric disorders are: psychoses, neuroses, sexual disorders, and character disorders. Psychoses can be either functional (such as schizophrenia or paranoia) or organic. Neurotic problems are categorized as affective, anxiety, somatoform and hysterical disorders. Sexual disorders are grouped into two categories: paraphilia and sexual dysfunctions.

Word Elements (We will first look at some of the word elements that might be used in this system. Listen as each word element is being pronounced. Practice these word elements several times before going on to the next section.)

aut/o (aw” to) means self

auto

-iatr/o (i a tro) means treatment or physician

iatro

-ist means one who specializes

ist
-mania (ma’ ne a) means obsessive or excessive preoccupation

mania

ment/o (men to) means mind

mento

neur/o (nu ro) means nerve

neuro

o/exia (o rek se a) means appetite

orexia

-osis (o sis) means condition

osis

phobia (fo be a) means fear

phobia

phoria (fo re a) means feeling, carry, mental state

phoria

phren/o (fren o) means mind or diaphragm

phreno
psych/o (si ko) means mind
psycho

schiz/o (skiz’ o) means division or split
schizo

somat/o (so’ ma to) means body
somato

therapy (ther’ a pe) means treatment
therapy

xen/o (zen o) means strange or a foreign material
xeno

Mental Health Words
affect (af” fekt) in psychology is the emotional reactions associated with an experience
affect

amnesia (am ne’ ze a) is a loss of memory
amnesia

anorexia nervosa (an o rek’ se a ner vo’ sa) is a psychosomatic eating disorder
an- means without

-orexia means appetite

derv/o means nerve

anorexia nervosa

antianxiety agents help to lessen anxiety in mild to moderate states of emotional upset

antianxiety agents

antidepressant (an” ti de pres’ sant) helps reverse depressive symptoms and produce feelings of well-being

anti- means against

antidepressant

antipsychotic medications (an” ti si kot’ ik) reduce excitement and control hostile and aggressive behavior in schizophrenic patients

anti- means against

psychotic means pertaining to the mind

antipsychotic medications

anxiety disorders (ang zi’ e te) are a group of psychiatric disorders mainly characterized by anxiety including phobias

anxiety disorders

apathy (ap’ a the) means indifference or lack of emotion
a- means without
-pathy means feeling (it can also mean disease)
apathy

Bender-Gestalt (ges tawlt’) is one of several types of neuropsychological tests. This test helps to detect deficiencies in perception, movement, or coordination.

Bender-Gestalt

bulimia nervosa (bu lim’ e a ner vo’ sa) is a disorder which includes recurrent episodes of binge eating, self-induced vomiting and diarrhea, excessive exercise, strict dieting or fasting, and an exaggerated concern about body shape and weight

bulimia nervosa

character disorders—are one of four broad classifications of psychiatric disorders

character disorders

clinical psychologist (si kol’ o jist) is a person who has a doctorate degree in psychology, is qualified to use many of the same treatments as a psychiatrist, and is trained in psychotherapy and psychodiagnostic assessment through various tests

clinical psychologist

cognitive therapy stresses the importance of the relationship between thoughts, feelings, and behavior

cognitive therapy
déjà vu (da’ zha voo) is the illusion that a new situation is a repetition of a previous experience
déjà vu

dementia (de men’ she a) is a mental deterioration due to organic brain disease
dementia

euphoria (u for’ e a) is an exaggerated feeling of well-being
euphoria

eu- means good, healthy
-phoria means feeling
euphoria

forensic psychiatrist (fo ren’ zik) deals with legal considerations such as determining mental competence in cases of a criminal nature
forensic psychiatrist

functional psychoses (si ko sez) are one of two types of psychoses--of which functional has two divisions: schizophrenia (skiz” o fren’ e a) and paranoia (par” a noy’ a)
functional psychoses

hallucination (ha loo si na’ shun) in psychology is a false perception having no relation to reality and cannot be accounted for by any outside stimuli
hallucination

hypochondria (hi’ po kon’ dre a) is abnormal concern about one’s health with the false belief of suffering from some disease

    hypo- means under, below

    chondria means pertaining to cartilage

hypochondria

hysterical disorders--also called dissociative disorders—are characterized by sudden, but temporary alteration in normally integrative functions of identify, motor behavior, or consciousness

hysterical disorders

id is the part of personality structure that harbors unconscious, instinctive desires and strivings of the individual

id

illusion is a misinterpreted sensory impression

illusion

insomnia (in som’ ne a) is the inability to sleep at a time when the person is expected to sleep

insomnia
intelligence tests are attempts to measure intelligence, such as Wechsler Adult Intelligence Scale and Wechsler Intelligence Scale for Children

Minnesota Multiphasic Personality Inventory--abbreviated MMPI--is the most widely used and researched objective testing instrument for personality assessment

Minnesota Multiphasic Personality Inventory

mutism (mu’ tizm) is the inability to speak

mutism

narcissism (nar’ sis izm) is self-love

narcissism

neuropsychological tests (nu ro si ko loj’ i kal) include Bender-Gestalt, Wechsler Memory Scale, and Luria-Nebraska Neuropsychological Battery, and are often referred to as “tests for brain damage”

neuropsychological tests

obsession is the neurotic mental state of having an uncontrollable desire to dwell on an emotion or idea

obsession
obsessive-compulsive disorders are disorders in which thoughts invade the mind in spite of attempts to eliminate them

obsessive-compulsive disorders

organic psychosis is a psychosis that is caused by brain damage

organic psychosis

paranoia (par” a noy’ a) is a functional psychosis characterized by the belief that one is being plotted against. Extreme jealousy and suspiciousness are symptoms of this disease.

paranoia

paraphilia (par” a fil’ e a) is a disorder in which unusual or bizarre imagery or acts are necessary for sexual excitement

paraphilia

personality tests are tests that quantify and/or describe personality and emotional functions

personality tests

phobic disorders (fo’ bik) involve irrational, exaggerated fears that are triggered by specific stimuli

phobic disorders

psyche (si’ ke) means all that encompasses the mind and its processes

psyche
psychiatrist (si’ a trist) is a physician who specializes in the study and treatment of mental disorders

psych/o means mind

-iatrist means one who studies

psychiatrist

psychoanalysis (si” ko a nal’ i sis) is a therapy that attempts to make a patient aware of past and present mental and emotional experiences to help eliminate the undesirable effects of these experiences

psych/o means mind

psychoanalysis

psychodrama (si” ko dram’ a) is where patients act out real-life or fantasy situations

psych/o means mind

drama means to act

psychodrama

psychomotor (si” ko mo’ tor) is a physical activity associated with mental processes

psych/o means mind

motor means causing motion

psychomotor

psychosis (si ko’ sis) is any major mental disorder of either organic or emotional origin marked by loss of contact with reality, illogical thought process or derangement
psychosis

psychotherapy (si ko ther’ a pe) is the treatment of disease by mental rather than physical methods

psych/o means mind

-therapy means treatment

psychotherapy

repression (re presh’ un) in psychology is the refusal to entertain ideas that are painful or distressing

repression

Rorschach Technique (ror’ shak) is where patients describe inkblots in order to evaluate the personality structure

Rorschach Technique

schizophrenia (skiz’ o fren’ e a) is a condition in which the patient retreats into an “ideal” world which often leads to the inability to distinguish imagination from fact

schiz/o means division

phrenia is a mental disorder

schizophrenia

somatoform disorders (so mat’ o form) is a group of disorders that act as symptoms of a disease, but there is no evidence of a physical disorder to help explain the symptoms
somat/o means body

somatoform disorders

Wechsler Adult Intelligence Scale is an intelligence test that helps to evaluate the intelligence of an adult

Wechsler Adult Intelligence Scale

This ends the section on Mental Health. If you have any questions, please ask your instructor for further clarification or refer to your textbook. You should repeat this section as many times as you feel is necessary to feel comfortable with the meaning and pronunciation of the words presented.