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Mental Health Disorder

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Mental Health Disorder

Human bodies are susceptible to infections of a different kind, and thus, actions are needed to keep people healthy. Mental health is among the essential dimensions of a healthy human, but people ignore this critical aspect in most cases. According to Spornova et al. (2019), mental illnesses affect a person beyond distinguishing fantasy from reality and the general conduction of affairs due to psychosis. Mental health issues might be caused by stress, abuse, and traumatization. The rate of mental health infections in the current era is alarming as at least one in every five adults has a mental health infection at any time of year. Mental diseases are not only common in adulthood but also among children and adolescents. The selected mental health disorder in the paper is ⁴ Post-Traumatic Stress Disorder (PTSD). To better understand ⁵ Post-Traumatic Stress Disorder symptoms, the description is given on depression by ⁵ the Diagnostic and Statistical Manual of Mental Disorder (DSM 5) and how therapists can use (DSM 5) to advise the patients.

² Symptoms and Causes of Post-Traumatic Stress Disorder.

² Post-Traumatic Stress Disorder (PTSD) is several causes, and the primary ones include stressful experiences. Stress cause PTSD, including the traumatization one, has been through his or her life. The infection can as well be inherited. According to Rasmusson et al. (2017), PTSD is much prevalent within the family lines. There are greater chances that if the parents have the infection, they will give birth to children more susceptible to the disease. A family history of anxiety and depression shows how the condition can be inherited. The manner in which one's brain regulates the chemicals and hormones in response to stress can also result in PTSD (Rasmusson et al., 2017). People's susceptibility to the infection includes experiencing long-lasting trauma, lack of a sound support system from the family and friends, and misusing drugs like alcohol.

The typical clinical manifestations for PTSD include being easily frightened. Patients with this infection are afraid of things that are not worth worrying a person. Besides, the patients are always on guard for danger. Some patients have trouble sleeping. Insomnia can be reduced one's ability to perform quality work; thus, it is an issue of great concern. Other symptoms of PTSD include trouble concentrating, feeling guilty or shame for no good reason, and having aggressive behavior (Rasmusson et al., 2017). The intensity of the symptoms varies from person to person and the primary cause of PTSD.

Treatment of Post-Traumatic Stress Disorder (PTSD)

The PTSD medication is aimed and helping the patients to regain a sense of control in their lives. Psychotherapy is much praised for maintaining the infection levels low. The common psychotherapies include cognitive therapy. The mental treatment involves specified talks to understand ones' ways of thinking (Greene et al., 2018). Exposure therapy is based on behavior and is essential in helping one to face both situations and memories that frighten patients. The current technology allows the clinicians to use virtual reality programs that push the patients to eliminate the trauma and regain self-esteem. Currently, clinicians use eye movement desensitization and reprocessing (EMDR) in collaboration with therapies to process the patient's traumatic memories, thus changing their reaction to the memories (Greene et al., 2018).

More importantly, the patients use antidepressants to help in managing the manifestations of depression and anxiety. Greene et al. (2018) mentioned that patients who used antidepressants could have their sleep problems and concentration addressed. Besides, anti-anxiety medications are essential in relieving the patient's anxiety-related issues. It has been revealed that Minipress is among the medicines for suppressing nightmares in patients with PTSD. However, before any patient is subjected to the Minipress medication, the doctors should first evaluate its effectiveness.

3 Diagnostic and Statistical Manual of Mental Disorders Description of PTSD

The American Psychiatric Association introduced the DSM-5. DSM-5 managed to improve people's response to PTSD, especially children above six years of age and adolescents. The DSM-5 summarises the diagnostic criteria into; Criterion A that deals with the stressor. In this case, the stressor might be serious injury or sexual assault (Wright et al., 2017). Stressors come from traumatization or direct exposure to alarming conditions. Criterion B is specialized in one of the intriguing symptoms, including unwanted nightmares, flashbacks, and experiencing upsetting memories.

Criterion C is based on avoidance of PTSD or trauma-related stimuli. This point aims at helping people to avoid **1** trauma-related feelings and external reminders. Criterion D is on negative alterations in cognitions and mood. This criterion is marked by the inability to remember essential features of trauma and excessive blame on the other people for causing trauma. Criterion E is on alteration in arousal and creativity. This criterion is marked by aggression, difficulties in sleeping, and hyperviolence (Wright et al., 2017). Other measures focus on duration, functional significance, and exclusion if the symptoms are not due to medication.

How Therapists Use the DSM-5 To Assist a Diagnosis for Their Client

Therapists use the DSM-5 to contain descriptions of the patient's infections and help address their special healthcare conditions. Without an adequate description of the situation affecting the patient, it could be hard for the therapists to offer the needed situational evaluation. The symptoms of the exiting mental infection are well described using the DSM-5, which helps the therapists categorize the infection in their clients (Wright et al., 2017). In the DSM-5, communication is much needed, and this establishes consistency and reliable diagnoses useful understanding the client conditions in depth (Wright et al., 2017). The DSM-5 uses a common conceptualized language in the development of medication planning

when addressing complex psychological disorders. In this regard, the patients will receive coordinated care from different therapists as long they have the information about their infection.

The mental health professional is responsible for offering rigor for clinical utility. The clinicians work towards stabling effective intervention necessitated to improving the clinical outcomes. Besides, the therapists give predictions and solutions that can be featured in the future management of mental infections. With DSM-5, the therapists can differentiate disorders from non-disorders hence minimize the chances of inadequate medication. Some patients with mental health illnesses are known substance abusers (Wright et al., 2017). Therapists use the DSM-5 to evaluate the extent to which the signs and symptoms show relation to substances. Generally, the DSM-5 has great significance in the management of mental health issues. Knowledgeable therapists advise the patients on better ways to reduce their susceptibility to mental health infections and manage the existing ones for quality mental health.

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