Types of Mental Illness

http://www.webmd.com/mental-health/mental-health-types-illness

There are many different conditions that are recognized as mental illnesses. The more common types include:

- Anxiety disorders: People with anxiety disorders respond to certain objects
 or situations with fear and dread, as well as with physical signs of anxiety or
 panic, such as a rapid heartbeat and sweating. An anxiety disorder is
 diagnosed if the person's response is not appropriate for the situation, if the
 person cannot control the response, or if the anxiety interferes with normal
 functioning. Anxiety disorders include generalized anxiety disorder, panic
 disorder, social anxiety disorder, and specific phobias.
- Mood disorders: These disorders, also called affective disorders, involve
 persistent feelings of sadness or periods of feeling overly happy, or
 fluctuations from extreme happiness to extreme sadness. The most common
 mood disorders are depression, bipolar disorder, and cyclothymic disorder.
- Psychotic disorders: Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are hallucinations -- the experience of images or sounds that are not real, such as hearing voices -- and delusions, which are false fixed beliefs that the ill person accepts as true, despite evidence to the contrary. Schizophrenia is an example of a psychotic disorder.
- **Eating disorders:** Eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa, and binge eating disorder are the most common eating disorders.
- Impulse control and addiction disorders: People with impulse control disorders are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing), and compulsive gambling are examples of impulse control disorders. Alcohol and drugs are common objects of addictions. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore responsibilities and relationships.
- Personality disorders: People with personality disorders have extreme and
 inflexible personality traits that are distressing to the person and/or cause
 problems in work, school, or social relationships. In addition, the person's
 patterns of thinking and behavior significantly differ from the expectations of
 society and are so rigid that they interfere with the person's normal
 functioning. Examples include antisocial personality disorder, obsessivecompulsive personality disorder, and paranoid personality disorder.
- Obsessive-compulsive disorder (OCD): People with OCD are plagued by constant thoughts or fears that cause them to perform certain rituals or routines. The disturbing thoughts are called obsessions, and the rituals are called compulsions. An example is a person with an unreasonable fear of germs who constantly washes his or her hands.
- Post-traumatic stress disorder (PTSD): PTSD is a condition that can
 develop following a traumatic and/or terrifying event, such as a sexual or
 physical assault, the unexpected death of a loved one, or a natural disaster.
 People with PTSD often have lasting and frightening thoughts and memories
 of the event, and tend to be emotionally numb.

Other, less common types of mental illnesses include:

- Stress response syndromes (formerly called adjustment disorders): Stress response syndromes occur when a person develops emotional or behavioral symptoms in response to a stressful event or situation. The stressors may include natural disasters, such as an earthquake or tornado; events or crises, such as a car accident or the diagnosis of a major illness; or interpersonal problems, such as a divorce, death of a loved one, loss of a job, or a problem with substance abuse. Stress response syndromes usually begin within three months of the event or situation and ends within six months after the stressor stops or is eliminated.
- Dissociative disorders: People with these disorders suffer severe
 disturbances or changes in memory, consciousness, identity, and general
 awareness of themselves and their surroundings. These disorders usually
 are associated with overwhelming stress, which may be the result of
 traumatic events, accidents, or disasters that may be experienced or
 witnessed by the individual. Dissociative identity disorder, formerly called
 multiple personality disorder, or "split personality," and depersonalization
 disorder are examples of dissociative disorders.
- Factitious disorders: Factitious disorders are conditions in which a person knowingly and intentionally creates or complains of physical and/or emotional symptoms in order to place the individual in the role of a patient or a person in need of help.
- Sexual and gender disorders: These include disorders that affect sexual desire, performance, and behavior. Sexual dysfunction, gender identity disorder, and the paraphilias are examples of sexual and gender disorders.
- Somatic symptom disorders: A person with a somatic symptom disorder, formerly known as a psychosomatic disorder or somatoform disorder, experiences physical symptoms of an illness or of pain, even though a doctor can find no medical cause for the symptoms.
- Tic disorders: People with tic disorders make sounds or display body
 movements that are repeated, quick, sudden, and/or uncontrollable. (Sounds
 that are made involuntarily are called vocal tics.) Tourette's syndrome is an
 example of a tic disorder.

Other diseases or conditions, including various sleep-related problems and many forms of dementia, including Alzheimer's disease, are sometimes classified as mental illnesses, because they involve the brain.