

*Perspective***Classification of mental disorders**

Sazgar Rena*

Department of Internal Medicine IV, Section of Nephrology, Klinikum Wels-Grieskirchen, Wels, Austria.

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DESCRIPTION

A mental disorder is a pattern of behavior or thought that causes significant pain or affects personal functioning. It is also known as mental illness or psychiatric problem. These symptoms can be persistent, relapsing, and remitting, or they can appear infrequently. Many ailments have been identified, with signs and symptoms that differ greatly amongst them. Such illnesses can be diagnosed by a mental health professional, usually a clinical psychologist or psychiatrist. The process of detecting which disease or condition causes a person's symptoms and signs is known as medical diagnosis. The medical context is usually implied when it's referred to as diagnostic. A mental health professional is a health care practitioner or a social and human services provider who provides services to improve or treat an individual's mental health.

There are numerous types of mental disorders, as well as numerous aspects of human behaviour and personality that might become abnormal.

Anxiety disorder

Anxiety or fear that interferes with daily functioning is characterised as an anxiety disorder. Specific phobias, generalised anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, obsessive-compulsive disorder, and post-traumatic stress disorder are some of the more well-known categories. The GAD is a mental and behavioural condition, specifically an anxiety disorder characterised by excessive, uncontrollable, and frequently unreasonable concern about events or activities.

Mood disorder

Other affective (emotion/mood) systems may also be affected. Major depression is a mood condition characterised by extremely strong and long-lasting sadness, melancholia, or despair. Major depressive disorder (MDD), often known as depression, is a mental disease marked by persistently low mood, low self-esteem, and a loss of interest or pleasure in typically pleasurable activities

for at least two weeks.

Psychotic disorder

Psychotic disorders such as schizophrenia and delusional disorder fall into this category. Schizoaffective disorder is a phrase that refers to those who suffer from both schizophrenia and affective disorders. People who display some of the symptoms of schizophrenia but do not meet the cut off criteria are referred to as schizotypy. Schizotypy is a psychological concept that proposes a continuum of personality traits and experiences, ranging from typical dissociative, imaginative states to extreme mental states associated with psychosis, particularly schizophrenia.

Personality disorder

Personality Disorders (PD) are a class of mental disorders characterized by enduring maladaptive patterns of behaviour, cognition, and inner experience, exhibited across many contexts and deviating from those accepted by the individual's culture. These patterns develop early, are inflexible, and are associated with significant distress or disability. The definitions may vary somewhat, according to source, and remain a matter of controversy. Personality is a psychology term that refers to a set of permanent behavioural and mental characteristics that distinguishes individuals. As a result, experiences and behaviours that depart from societal norms and expectations constitute personality disorders. People who have been diagnosed with a personality disorder may have problems with cognition, emotion, interpersonal functioning, and impulse control. Personality disorders are identified in 40%–60% of all psychiatric patients, making them the most common psychiatric diagnosis.

Personality disorders are defined by a long-term set of behavioural patterns that are frequently accompanied with significant personal, social, and vocational disturbance. Personality disorders are also rigid and pervasive in a variety of contexts, owing to the fact that such conduct may be ego-syntonic and hence viewed as proper by that individual. Furthermore, people with personality disorders frequently lack understanding of their disease and thus do not seek treatment.

*Corresponding author. Sazgar Rena, E-mail: renasazgar.au@gmail.com.