



# *The Catcher in the Rye*

Investigating Mental Illness



# Mental Illness...A Definition

- A condition that impacts a person's thinking, feeling or mood, and may affect his or her ability to relate to others and function on a daily basis.



# Mental Illness...Too Many To Name

- Agoraphobia, Antisocial Personality Disorder, Avoidant Personality Disorder, Bibliomania, Borderline Personality Disorder, Depersonalization Disorder, Dissociative Fugue, Encopresis, Echolalia, Echopraxia, Folie a Deux, Ganser Syndrome, General Adaptation Syndrome, Primary Hypersomnia, Munchausen By Proxy, Narcolepsy...

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# Mental Illness...Focus on a Few

- Attention Deficit / Hyperactivity Disorder
- Bipolar Disorder
- Depression
- Obsessive-Compulsive Disorder
- Anxiety Disorder / Panic Attack
- Post-Traumatic Stress Disorder
- Schizophrenia

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## ADHD...Definition

- A disorder in which a person is unable to control behavior due to difficulty in processing neural stimuli, accompanied by an extremely high level of motor activity.

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# ADHD...Symptoms

- ▶ Hyperactivity
- ▶ Forgetfulness
- ▶ Poor impulse control
- ▶ Distractibility
- ▶ Excessive talking
- ▶ Impatience

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# Bipolar Disorder...Definition

- A mental condition that brings on periods of extreme and severe high and low moods and changes in sleep, energy, thinking, and behavior.



# Bipolar Disorder...Symptoms

- Symptoms of mania (highs)
  - Excessive happiness and excitement
  - Impulsivity
  - Making grand and unrealistic plans
  - Increased energy and less need for sleep
  - Sudden transition to anger and hostility



# Bipolar Disorder...Symptoms

- Symptoms of depressive periods (lows)
  - Sadness
  - Loss of energy
  - Hopelessness
  - Irritability
  - Insomnia



# Clinical Depression...Definition

- A state of intense sadness, melancholy, or despair that has advanced to the point of being disruptive to an individual's functioning and / or activities of daily living.



# Clinical Depression...Symptoms

- Fatigue and decreased energy
- Feelings of guilt, worthlessness, hopelessness, helplessness, and / or restlessness
- Loss of motivation to engage in once-pleasurable activities
- Persistent sad, anxious, or empty feelings

# Obsessive-Compulsive Disorder...Def.

- Obsessive-compulsive disorder (OCD) is characterized by unreasonable thoughts and fears (obsessions) that lead one to perform repetitive behaviors (compulsions). Thus, obsessions reside in the mind, and compulsions are physical activities.

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# OCD...Symptoms

- Obsessive thoughts
  - Fear of germ contamination
  - Fear of causing harm to oneself or others
  - Excessive focus on religious ideals and morals
  - Sexually explicit or violent images in the mind
  - Order and symmetry...all must be "just right"



# OCD...Symptoms

- Compulsive behaviors
  - Excessive double-checking
  - Counting, tapping, repeating words, etc. to reduce anxiety
  - Extreme organizing and arranging
  - Excessive washing and cleaning
  - Accumulating "things"

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# Anxiety / Panic Attack...Definition

- A period of intense, often temporarily debilitating, sense of extreme fear or psychological distress, typically of abrupt onset.

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# Anxiety / Panic Attack...Symptoms

- ▶ Trembling
- ▶ Shortness of breath
- ▶ Heart palpitations
- ▶ Chest pain / tightness
- ▶ Sweating
- ▶ Nausea
- ▶ Dizziness



## PTSD...Definition

- ▶ A mental condition triggered by either experiencing and / or witnessing a terrifying event, such as major stress, sexual assault, terrorism, or other threats on a person's life.



# PTSD...Symptoms

- Recurrent, unwanted memories of the event
- Reliving the event (flashbacks)
- Nightmares
- Avoidance behaviors
- Negative feelings and emotional numbness
- Self-destructive behavior
- Trouble concentrating or sleeping



# Schizophrenia...Definition

- A severe brain disorder in which people interpret reality abnormally.



# Schizophrenia...Symptoms

- Delusions
- Hallucinations
- Disorganized thinking / speech
- Extremely disorganized or abnormal motor behavior
- Loss of motivation
- Insomnia
- Paranoia