



## SOME CHARACTERISTICS OF MENTAL ILLNESS, MENTAL DISORDER PREVENTION AND TREATMENT

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<b>Received:</b> March 11 <sup>th</sup> 2022 <b>Accepted:</b> April 20 <sup>th</sup> 2022 <b>Published:</b> May 30 <sup>th</sup> 2022	This article discusses mental illness, prevention of mental disorders and some of its features, as well as symptoms, cognitive disorders, measures to get rid of this mental illness and treatment.
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Mental disorders are a general concept for various disorders of the psyche and behavior. These include pathological disorders (one in four suffers from it), depression (one in eight). Schizophrenia is diagnosed in one in every hundred people. Each specific mental disorder is accompanied by a damage of the basic function of the psyche and characteristic behaviors, which are primarily felt by relatives and others.

**COGNITIVE DISORDERS:** a significant decrease in memory and other cognitive abilities, such as counting, comprehension, reasoning, concentration, to the point of their partial or complete disappearance. Man forgets names, cannot remember details of the past, but cannot assimilate new information. He loses the ability to think rationally and critically, is unable to plan and understand his actions.

**MOOD DISORDERS** (most characteristic - depression): accompanied by a decrease in mood, loss of interest and extreme fatigue, guilt, lack of motivation, sleep and appetite disorders or, conversely, mania is an overactive or nervous mood with a decrease in the need for sleep and food. The person is very talkative, easily distracted, rash, makes dangerous movements.

Mood disorders also include anxiety, fear, and neuroses. They are characterized by sudden, unexplained (panic) or, conversely, attacks of fear of a certain factor (subway, altitude). At such times, breathing becomes difficult, the heart rate increases, dizziness, loss of control of the situation occurs. There can also be constant and extreme anxiety for a variety of reasons.

**Disorders of consciousness** (most characteristic - delirium): confusion, disorientation, hyperexcitability, hallucinations, delirium. As a rule, in the evening, it gets worse. The most common causes are diseases of the central nervous system,

complications of somatic diseases, alcohol and drug poisoning.

**Disorders of thinking and perception** (most characteristic - schizophrenia): delusions in the form of megalomania or persecution, irrational, very bad thinking, fast, incomprehensible speech and intrusive thoughts such as fear of contamination, pollution, fear of harming oneself or others. Intrusive thoughts are often accompanied by forced actions such as frequent hand washing and tidying up.

**BEHAVIORAL DISORDERS** (most of which first appear in childhood or adolescence): hyperactivity, social isolation, aggression, suicide attempts. Almost all personal disorders, such as dissociative, paranoid, emotionally unstable, are accompanied by a disorder of this or that behavior.

However, sudden mood swings, strange emotional reactions, and physiological appearances do not necessarily speak of a disease. The psyche is structured in such a way that emotions and behaviors are weak under the influence of various factors. They can change as the body adapts to a stressful situation and they can pass when a person manages it or overcome the disease.

Factors that can cause illness from short-term stress include:

**1. Duration of changes.** Each mental disorder has its own duration: symptoms of depression should be observed for at least two weeks, panic disorder and schizophrenia - a month, post-traumatic disorder can be diagnosed in a few days.

**2. The persistence of symptoms** is one of the main criteria. Symptoms should appear daily or at high intervals.

**3. Significant deterioration of opportunity and quality of life.** If the changes interfere with a person's social relations, limit his physical activity,



reduce his standard of living, it causes suffering - of course, a psychiatrist should be examined by a doctor.

**4. A certain set of symptoms** is the most important criterion. Only a psychiatrist can determine this.

Even if they have a clear clinical picture, patients tend to hide their mental problems to avoid burdening others or unpleasant and unnecessary conversations, without realizing or not knowing what is happening to them.

In fact, with mental illness, stable and sometimes irreversible changes occur in the human brain: those responsible for regulating stereotypes of mood, emotions, thinking, perception, and behavior structures and neurochemical systems are disrupted. That is, changes in mood and behavior are biologically determined.

In this sense, any psychiatric disorder is no easier than a physical illness, such as hypertension or diabetes and the assumption that "everything will work out on its own" is, unfortunately, not necessary. The longer the disease lasts, the less care is given to the patient, the more serious and extensive the disorders in his brain. The risk of recurrence of depression after the first depressive episode is 50%, after the second - already 70%, after the third - 90%. In addition, each new episode reduces the chances of recovery.

You should understand that the right diagnosis can only be made by a doctor, a psychiatrist, and it is better to eliminate doubts from a specialist than to start the disease.

Many are still afraid of psychiatric hospitals and dispensaries, and many are afraid to leave in a worse situation. But, in addition to neuropsychiatric dispensaries, there are neurosis rooms where people with anxiety and depressive disorders are more easily treated.

Unfortunately, most people who suffer from psychiatric illnesses face lifelong treatment. Nevertheless, with this in mind, one more thing needs to be understood: the support of loved ones, sensitive attitudes improve their condition, and patients themselves need more effort to learn to live in harmony with themselves than before the illness.

Until recently, most physicians followed the hypothesis that mental pain was only subjective. Modern psychiatrists adhere to the theory that mental pain is a phenomenon completely different from bodily feelings, a type of unconscious suffering for one's "self". However, detailed studies by American neuropsychologists have refuted this assertion. Images obtained using magnetic resonance imaging confirmed the individual during the development of mental pain

and physiological pain. In both cases, activation of neurons in the limbic system of the brain is observed when a person is experiencing mental anguish and physical pain.

Despite this, it has also been found that mental anguish can be manifested on a physiological level, especially when perceived as psychogenic pain. This type of pain syndrome is not associated with somatic pathologies and has no clear localization. Often mental as well as psychogenic pain is an integral partner of depression, hysteria, hypochondria, anxiety and other psycho-emotional disorders.

As a rule, humanity is accustomed to shifting all responsibility for the occurrence of moral suffering only to external factors and circumstances. However, this unpleasant experience of a psychosomatic nature can occur due to prolonged physical and mental stress, for example: a constant irrational feeling, a feeling of anger suppressed for a long time. Regardless of the specific physiological nature of such reactions: certain chemicals - a lack of neurotransmitters, an overproduction of anxiety hormones, a person interprets his feelings only as an inner feeling, muscle spasms, tension headaches and other somatic diseases.

Often, a person develops mental pain on their own, which is directly related to painful sensations caused by an event in the past. Such a conscious attachment to the negative aspects of personal history leads to a chronic mental "concussion" linking any, even insignificant event, to the suffering you have experienced in the past.

To overcome mental pain, you need to give yourself time to go through a difficult period, do not rush. The natural rate of healing of the body depends on a number of factors: the age of the person, his psychological characteristics, the condition of the central nervous system, the importance of the events experienced for the person.

Unfortunately, many of our contemporaries who are prone to heart disease do not have enough knowledge or skills to deal with mental illness.

Most people quickly begin to struggle with a pathological condition without realizing if the problem really exists. Doctors say that 99% of all difficulties are performed by humans independently, more precisely, by the brain. The resulting mental pain is not evidence of an insurmountable threat, but rather of a person's confusion in interpreting events, as he lacks knowledge and skills.

In this case, mental pain is a precious gift of nature, which directs a person to study his personality, to think about the meaning of life, to think about his reality. Understanding this allows a person to dive



deeper than their difficulties, allowing a person to gain wisdom, change for the better, do only useful actions, and not waste energy.

To overcome the disease, you need to believe in healing and fight for it. Believing in your own strength, purpose, and motivation will help you get out of a difficult situation. Everyone has a noble dream, which is always postponed. Man does not miss the opportunity to realize his dream because of his laziness, imaginary excuses for inaction, imaginary fear and insecurity.

To get rid of the disease, you should take the time to study your condition and try to determine the real cause of your feelings. To do this, you need to show on a sheet of paper your activities of the past week down to the smallest detail and try to describe your current feelings. For more than half of the people, heartache stems from regretting the time spent improperly on absolutely useless things.

Important actions to be taken every day to avoid the abyss and overcome mental pain:

- eating,
- sleeping,
- movement.

It is necessary to have a healthy body to get rid of mental illness, because the stability of the emotional sphere is directly related to the physical condition. It is necessary to "use" the body's resources through exercise to overcome the disease condition quickly. Physical activity is not only an opportunity to be in great shape and maintain somatic health, but also an opportunity to achieve harmony in the inner world, to enjoy spirituality, to enter the path of real life, and to find peace.

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