

Dr. Tobia Internship Cheat Sheet

Thank you to the former interns who worked on this:

Jason in Spring 20

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This is the “Cheat Sheet” Project. We have two people working on this project; one person’s job is to cover disorders/syndromes and one person’s job is to cover medications discussed during the Q&A’s, clinical case conferences, other didactics, and further research. For the medications, you can identify the brand name, therapeutic effects, common side effects, and the type. Our hope is that this document is shared with all the interns, so they can quickly look up unfamiliar medical jargon, whether that be medications or disorders, for quick and easy access for clarification.

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Consultation Psychiatry for Dummies

Consultation-Liaison Psychiatry - focuses on the care of patients with comorbid psychiatric and general medical conditions (comfort of prescribing medication)

I. Hospital Terminology

A. Locations:

1. **SBMU:** South Building Medical Unit
2. **MICU:** Medical Intensive Care Unit
3. **RCU:** Respiratory Care Unit
4. **7 Tower:** Tower Buildings, 7th floor (Neuro Stroke Unit)
 - 9 = cardio and trauma

B. Psychopharm

1. **Half-life:**
2. **MMSE: Mini Mental Status Exam**

In normal circumstances

- Speech: is thought process circumstantial
 - (1) Able to go from point a to b in the shortest amount of time
 - (2) Linear thought process = normal
 - (3) Circumstantial thought process = abnormal
- Registration: testing for short-term memory
 - (1) Remember and repeat 3 objects, ask again in 5 minutes
 - (2) Failure corresponds to mild deficit in short term memory
- Mood: how do they feel
 - (1) Affect: the providers' subjective view of the patients mood
- Formal Judgement and Insight

In emergency circumstances

- Follow ABC's (airway, breathing, cardio)
 - (1) Airway includes ABG
 - (2) Cardio includes vital signs
 - (a) BP and P
- Follow ABCD
 - (1) Searching for impact of drugs
 - (2) Two life threatening withdrawal states that can create delirium
 - (a) Sedative hypnotics (benzos)
 - (b) Alcohol

C. General Medical Terms:

1. **Procedures:**

- **Intubation:** inserting a tube, called an endotracheal tube (ET), through the mouth and then into the airway. Assistance with respiration when unconscious or severely ill. Usually post-op
 - **Trach:** surgical procedure to create an opening through the neck into the trachea (windpipe). A tube (tracheostomy/trach tube) is most often placed through this opening to provide an airway and to remove secretions from the lungs.
 - **Physical Restraints**
 - **1 to 1:** have a nurse to watch patient, no phone cords allowed in room
 - **2 to 1:** when 1 to 1 fails, such as SA on 1 to 1
 - **Feeds:** Feeding tube
 - **Taking levels:** taking and comparing medication to literature to avoid toxic effects
 - **CIWA:** Clinical Institute Withdrawal Assessment
2. **Description of State**
- **Impairments:**
 - (1) **Incapacitated:** unable to take care of self (manage affairs and maintain physical well-being)
 - (a) In
 - (2) **Renally impaired:** Kidney problem. Usually lowered dosage due to medication breakdown impairment, stays in system longer
 - (a) **Cirrhosis:** late stage of scarring (fibrosis) of the liver [hepatitis, chronic alcoholism]
 - (3) **Somnolent:** sleepy, drowsy, usually due to sedative
 - (a) **Obtundant:** very difficult to keep awake
 - (4) **Lethargic:** tired, slow moving
 - **Injury**
 - (1) **TBI:** Traumatic Brain Injury
 - **Symptoms:**
 - (1) EPS: Extrapyrmidal symptoms
 - (2) Bradycardia: abnormally low heart rate, generally less than 60bpm
 - **Imminence:** danger to self or others if alone (phone call to PD if sent home)

D. Psychiatric Terms

1. **Waxing and Waning cooperativity**
2. **Disoriented x3 (failed place, time, person)**
3. **SI:** suicidal ideation
4. **HI:** homicidal ideation
5. **SA:** suicidal attempt
6. **HA:** homicidal attempt
7. **VH:** visual hallucination

8. **AU:** auditory hallucinations

E. Psychiatric Procedures

1. **Restraints**

- **Physical restraints:** Braces, mittens (prevent grabbing, pulling)
 - (1) Come off before chemical restraints are applied. Prevent physical side effects such as muscle breakdown
 - (2) Need to be reassessed every 15 mins
- **Chemical restraints:** controlling behavior usually due to mental illness
 - (1) SI or HI - danger to self or others
 - (2) Behavior blocks medical care (cleaning, applying medication)

2. **Ignored Suggestions:** if suggestion ignored after 3 days, sign off (4th day suggestion can cause liability issues)

3. **Measuring capacity** (to make and understand decisions)

4. **Psychosis**

- Try other 1A choice, then Olanzapine (+Depakote if possible)
 - (1) 1A are typicals
 - (2) 1B is olanzapine(zyprexa)
- *Steroids can induce mania in psychosis*

5. **“Capping at 4” - limiting to 4 new consults**

6. **Determining Decision-Making Capacity**

- Does the person have the ability to communicate a choice; are they consistent in answering yes or no to a question
- Do they have a factual understanding of situation
- Can they fully grasp the severity and seriousness of the decision and consequences of
- Do they exhibit rational-ness in the decision they come to

7. **Criteria to Commit a Patient**

- Diagnosis of a mental illness
- Lesser restrictive options not sufficient alternatives
- Voluntary on patients' part

II. Psychopharmacology

A. Schedules:

1. **PRN:** medication given as needed
 - **2PRN** = 2mg as needed
 - **3PRN Q6** = 3mg per 6 hours as needed
 - *Order PRN for “what ifs” - if agitated, order will already be placed
*If PRN cannot be tolerated, get equivalent IV or IM dose
2. **Standing:** medication given on a time schedule
 - **2.5mg Standing Q4** = 2.5 mg every 4 hours
*If agitation predicted to continue, or weekend (long period of time), put on standing
3. **B.I.D:** 2 times per day
4. **T.I.D:** 3 times per day
5. **Q.I.D:** 4 times per day
6. **Q6:** Every 6 hours
7. **QHS:** apply before sleep
8. **Titrate:** adjusting dose to maximum benefit without adverse effects, then changing it higher or lower (uptitrate and downtitrate)
9. **Taper:** Gradual weaning of medication to avoid withdrawal symptoms
 - Often used for opiates and steroids
10. **Drip:** continuous application of medication into bloodstream (IV infusion, precedex)
11. **Push:** rapid administration of a small volume of medication, usually through a syringe or injection
12. **Flush:** flushing out IV tubes of medication, usually with saline
13. **Piggybacking:** secondary infusion, medication diluted in small volume of IV solution

B. Routes of administration (ways to give medication):

1. **PO:** Orally
2. **IM:** Intramuscular
 - No QT problems
3. **IV:** Intravenous
 - Faster onset
 - QT problems
 - IV or IM easy when agitated
4. **PR:** Per Rectal
5. **Sub-Q:** Subcutaneous
6. **SL (Sublingual):** Under the tongue

C. Medications:

1. [Anti-anxiety](#)

- **Benzodiazepines (Benzos) *addictive***: primarily used for anxiety disorders and can help alleviate anxiety related to pain. Benzos can also be used for seizures, withdrawal and insomnia, but not if it makes delirium worse.

Common examples include:

- (1) Lorazepam (Ativan)
 - (a) Check for bp above 180, pulse greater than 110-115
 - (b) IV and IM have severe respiratory effect
 - (c) Assists Haldol w/ agitation
 - (2) Clonazepam (Klonopin)
 - (3) Alprazolam (Xanax)
 - (4) Diazepam (Valium): antianxiety, sedative and treats muscle spasms
- Buspirone: FDA approved for the treatment of Generalized Anxiety Disorder

2. [Antidepressants](#)

- **Selective Serotonin Reuptake Inhibitors (SSRIs)** Common examples include:

- (1) Fluoxetine (Prozac)
- (2) Citalopram (Celexa)
- (3) Sertraline (Zoloft)
- (4) Paroxetine (Paxil)
- (5) Escitalopram (Lexapro)
- (6) Trazodone (Oleptro): sedative

- SNRIs = serotonin and norepinephrine reuptake. Common examples include:

- (1) Venlafaxine (Effexor)
- (2) Duloxetine (Cymbalta): treats depression, anxiety
- (3) Milnacipran (Savella)
- (4) Desvenlafaxine (Pristiq)

- Bupropion (NDRI) = Norepinephrine and Dopamine Reuptake Inhibitor. Common examples include:

3. [Stimulants](#): increase alertness, attention, energy, elevate blood pressure, heart rate, and respiration. Commonly used for ADHD, generally more effective than non-stimulants. Common examples include:

- Methylphenidate (Ritalin, Concerta): Ritalin generally more effective for children with ADHD
- Amphetamine (Adderall)
- Dextroamphetamine (Dexedrine)
- Lisdexamfetamine Dimesylate (Vyvanse)
- **If stimulants do not work, add an alpha antagonist on top of stimulant**

4. [Non-stimulants](#). Common examples include:

- Antihypertensive Drug: treats high blood pressure
 - (1) Clonidine (Catapres): sedative

- Cognition-enhancing: treats ADHD
 - (1) Guanfacine (Intuniv): treats high blood pressure
 - (2) Atomoxetine (Strattera)
- Antihistamine: treats allergy symptoms
 - (1) Hydroxyzine: short term anxiety relief, mild sedative and relaxant before surgery
- Analgesics: painkillers
 - (1) Narcotics: moderate to severe painkiller
 - (a) Oxycontin: highly addictive
 - (b) Methadone: can treat narcotic drug addiction
 - (2) Acetaminophen (Tylenol): minor aches and pains, reduces fever
 - (3) Ibuprofen (Advil, Motrin): Nonsteroidal anti-inflammatory drug. Treats fever and mild to severe pain.
- Sedatives
 - (1) Dexmedetomidine (Precedex): usually used during incubation, very short half life (~7 mins), cardiovascular side effects
 - (2) Zolpidem (Ambien): used to treat insomnia
 - (3) Chlordiazepoxide (Librium)
 - (4) Melatonin: circadian rhythm hormone, synthetically made
- Beta blockers: used to control heart rhythm, treat angina, and reduce high blood pressure. Prevent the stimulation of the adrenergic receptors responsible for increased cardiac action
 - (1) Metoprolol (Lopressor)
 - (2) Propranolol (Inderal, Hemangeol)
- Supplements
 - (1) Vitamins
 - (a) Thiamine: Vitamin B1
- Bronchodilators: treat or prevent bronchospasms (shortness of breath, asthma) by opening breathing passages and relaxing muscles
 - (1) Albuterol (Proair, Ventolin)
- Anticoagulants: blood thinner
 - (1) Heparin: used for heart attacks or unstable angina
- Urinary retention medication: treat problems caused by an enlarged prostate (benign prostatic hyperplasia or BPH)
 - (1) Silodosin (Rapaflo)
- Hormones:
 - (1) Levothyroxine (Tyrosint): treats hypothyroidism
- Alpha-1-agonist: used as a Decongestant, for Hypotension, Bradycardia, Hypothermia
 - (1) Midodrine: low blood pressure support

5. [Antipsychotics:](#)

- Typical. Do not improve negative symptoms. Side effect profile: frequent EPS but not STOMAS
 - (1) Haloperidol (Haldol): an antipsychotic and is used in the treatment of schizophrenia, mania in bipolar disorder, delirium, agitation, acute psychosis, and hallucinations in alcohol withdrawal
 - (a) K coefficient is 2 (tight)
 - (2) Chlorpromazine (Thorazine)
 - (a) Neurontin can allow lower dose of Chlorpromazine
 - (3) Perphenazine (Trilafon)
 - (4) Fluphenazine (Prolixin)
 - (5) Benefits include improvement of “positive symptoms”
 - (a) Positive symptoms due to excess of dopamine in mesolimbic system
- Atypical. Improve negative symptoms. Side effect profile: STOMAS but not EPS
 - (1) Clozapine (Clozaril)
 - (2) Olanzapine (Zyprexa)
 - (a) 24 hr half life
 - (b) IM substitute for Haldol
 - (c) Prolongs the least, often reserved for later use due to weight gain side effect
 - (3) Quetiapine (Seroquel): mood stabilizer and sedative
 - (a) Not as potent as Abilify
 - (b) 6 hr half life
 - (4) Ziprasidone (Geodon)
 - (5) Risperidone (Risperdal)
 - (6) Aripiprazole (Abilify): used for PTSD
 - (a) Prolongs the least, weight neutral
 - (7) Paliperidone (Invega)
 - (8) Lurasidone (Latuda)
 - (9) Benefits include improvement of “positive and negative symptoms”
- **STOMAS:**
 - Sedation
 - Torsades
 - Orthostatic hypertension (sudden increase in BP when standing up)
 - Metabolic abnormalities
 - Anticholinergic effects (dry mouth, overheating)
 - Seizures
- **EPS:**
 - Dystonia (muscle cramps)
 - Akathasia (motor restlessness)
 - P-tremor

- Risk lowered by seroquel (practical standpoint) and clozaril (pharm standpoint)
- Tardive dyskinesia
 - Repetitive muscle movements

6. [Mood Stabilizers](#)

- Anticonvulsants. Common examples include:
 - (1) Valproic acid (Depakote)
 - (a) Banned for women of reproductive age
 - (b) Takes 4 days for steady screen
 - (2) Carbamazepine (Tegretol)
 - (3) Lamotrigine (Lamictal)
 - (4) Oxcarbazepine (Trileptal)
 - (5) Gabapentin (Neurontin)
 - (6) Topamax (topiramate)
- Lithium carbonate (Eskalith, Lithobid)
 - (1) Takes 5 days to screen
 - (a) Things that lower lithium levels (**COULD**)
 - C:** caffeine
 - OU:** osmotic uriary agents
 - L:** Lasix
 - D:** Diamox
 - (b) Things that increase lithium levels (**CANT**)
 - C:** calcium channel blockers (antagonist)
 - A:** angiotensin-converting enzyme inhibitors
 - N:** NSAIDS; non-inflammatory steroidal drugs
 - T:** thiazides

7. [Hallucinogens](#)

- Three subtypes
 - (1) Psychedelics
 - (a) LSD
 - (i) LSD intoxication symptoms overlap with panic attack symptoms
 - (ii) Even if abruptly stopped, there is no clinical physiological withdrawal state
 - (2) Dissociatives
 - (a) Ketamine
 - (b) PCP
 - (3) Deliriant

Psychopharm Procedures

D. Finding ideal dose

1. Start low and go slow

- Start at a low dose, slowly climb up
- Con: takes time, will not have an initial effect

2. Oversedate and wean to dose

- Puts to sleep
- Con: No patient contact

(1) Better if patient is waiting for a procedure anyway

E. Delirium: Most common reason for consult. Due to imbalance of dopamine and acetylcholine ()

1. DO NO HARM - Withdraw first, then add. No anticholinergics or antihistamines

- Discontinue or withdraw ALL nonessential medications
- Apply behavioral mechanism (being lost, unfamiliar noise, lights)

2. Haldol PRN: Use typical to bring dopamine back to baseline

- Let symptoms go on (be flexible and observe)
- If continually administered and playing catch up, **change to Standing**
- Measure daily EKG and daily electrolytes (magic # is 20% increase over baseline)

(1) Most common abnormalities

(2) Mg kept above 2

(a) Hypomagnesemia only seen when stores are depleted

(days of hypomagnesemia before it's seen)

- 500 QTC = cutoff of risk vs. benefit of typicals

3. If switching Haldol: because of QT prolongation (uncomfortable with risk/benefit), _____, or known Parkinson's (bind D2 receptor the loosest)

- Quetiapine (seroquel) for prescribing/medication = 100

(1) Other is for medication

- Aripiprazole (abilify) → Olanzapine (zyprexa)
- Risperidone (Risperdal) → Olanzapine (zyprexa)

Specific Psychopharm Treatments

F. Alcohol Use Disorder Treatment

1. Medications

- Acamprosate
 - (1) Reduces cravings in motivated individuals
- Naltrexone
 - (1) Antagonist for Mu opioid receptors
 - (2) Reduced craving for alcohol and opioids

- Disulfuram
 - (1) Interacts poorly with alcohol (makes individual very ill)
 - (2) *Aversive conditioning*
 - (a) Operant conditioning (positive punishment)
- 2. Replenish B-complex vitamins (thiamin, folic acid, B-12)
- 3. Support system

G. Panic Disorder Treatment Chart

If comorbid with alcohol/drug disorder, the bridge to week 8 (when SSRI's become effective) must be modified

	No alcohol or drug disorder	Present alcohol or drug disorder
Standing - Like antibiotics, taken regardless of current mood	<ol style="list-style-type: none"> 1. Antidepressants (SSRI) 2. Benzo (clonazepam) <ol style="list-style-type: none"> a. long-acting 	<ol style="list-style-type: none"> 1. Antidepressants 2. Anti-epileptic drug (gabapentin) or Atypical antipsychotic (olanzapine)
Standing Long - PRN (as needed)	<ol style="list-style-type: none"> 3. Short acting benzo (xanax) <ul style="list-style-type: none"> • Beta blocker (social anxiety disorder) 	<ul style="list-style-type: none"> • Low dose of atypical antipsychotic • Clonidine, beta blocker, vistaril (antihistamine)

- Both are usually taken simultaneously, patient is then weaned off of the benzo and left on only the AD
- Both are used off label, non-habit forming

III. Intoxication/Poisoning/Withdrawal Signs

A. Inhalants

- Mnemonic: Aladdin
 - **A**ffect is euphoric
 - **L**ethargy
 - **A**pathy and PMR
 - **D**izziness
 - **D**iplopia or blurred vision
 - **N**euromuscular

B. Mercury Poisoning

- Aponia, severe neuropathy, and psychosis triad = mercury poisoning
- Delirium can be brought on by mercury poisoning/toxicity
- Humans now get this through eating too much fish

C. Nicotine

- Withdrawal
 - Weight gain

D. Cannabis

- Withdrawal
 - Weight loss
- Acute intoxication
 - Pneumonic: **THC**
 - T**apacardia
 - H**unger
 - C**onjunctivitis
 - C**otton mouth

E. Alcohol

F. Cocaine

- Acute intoxication
 - Eye dilation
 - Hypercardia
 - Clinically indistinguishable from a panic attack
 - Nasal erosion acute MI

G. LSD

- Intoxication
 - Believe you can fly

H. Opioids

- Intoxication
 - Respiratory depression
 - Pinpoint pupils (Demerol can result in dilated pupils which overrides this effect)

- Withdrawal
 - Clinically indistinguishable from flu
 - Mnemonic: TGI Fridays
 - Three
 - Gi - nausea, vomiting, diarrhea
 - F - fever
 - R - runny nose or watery eyes
 - I - Insomnia
 - D - Dysphoria
 - A -
 - Y - Yawning
 - S -

IV. Psychopathology

A. Delirium (results from an increase in acetylcholine)

- a. **Hyperactive:** a
- b. **Hypoactive:** by definition, danger to others
 - i. PRN antipsychotic
 - ii. Then search for underlying cause

3 C's for Delirium: Course, Cause, Consciousness

Stepwise approach for patients with Delirium:

1. Stat EKG ("heart" below)
2. Vital Signs (ABG/hypoxia and Hypertensive encephalopathy below)
3. Rule out the impact of drugs such as withdrawal states
 - a. Vital signs (BAC) and history
 - b. **Benzos used for withdrawal or seizures, but not if it makes the delirium worse**
4. Routine tests: CBC, UA, CMP, RPR, HIV, B12, Folic Acid, TSH
5. EEG, PEDCT, MRI or ammonia lvl
6. "Everything else" from the mnemonic - I ♥ LADY MACBETH
 - a. Immunologic
 - b. ♥ EKG (Heart disease, acute MI)
 - c. LP (lumbar puncture for meningitis)
 - d. ABG (arterial blood gas)
 - e. Drugs
 - f. Yaws (spirochete, neurosyphilis, HIV) RPR to screen
 - g. Malignancy
 - h. Ammonia level
 - i. CBC (complete blood count), CMP (comprehensive metabolic panel), Ceruloplasmin (to rule out Wilson's)
 - j. B12, Folic Acid
 - k. EEG (seizures)
 - l. TSH, Trauma (screening for thyroid disease)
 - m. Hypertensive encephalopathy (causes confusion due to high blood pressure in cerebral circuit), Head CT (MRI, depending on suspicion), Heavy Metals (poisoning)

B. Major Depressive Disorder (MDD)

Mnemonic to identify diagnostic criteria of MDD - SDIGECAPS

- Sleep disturbance (increased or decreased)
- Depressed mood
- Interest reduced (not enjoying anything)
- Guilt sensation and worthlessness
- Energy loss and fatigue
- Concentration problems
- Appetite problem (increased or decreased)
- Psychomotor agitation or retardation
- Suicidality

Serotonin vs. antinergic treatment

- Prior suicide attempt and anxiety; largely influenced by serotonin dysregulation
- Difficulty concentrating, nicotine and alcohol dependence, obesity; largely influenced by dopamine and norepinephrine dysregulation

Mnemonic for MDD Subtypes

CAAMMPS

C: Catatonic

- Motor changes
- Incapacity with interacting with the environment in some way
- ECT is first-line treatment

A: Atypical

- Increased appetite, increased sleep
- Mood reactivity; affect and mood highly dependent on current state
 - Must exist to be diagnosed with atypical

A: Anxious

M: Melancholic

- Anhedonia; loss of interest (predominant theme)
- Highest intensity of symptoms in the morning

M: Mixed

- Signs of mania (don't meet criteria for manic episode)

P: Psychotic

- Psychotic features; hearing voices, delusions

S: Seasonal

- Comes in fall or winter and alleviates in spring or summer
- Must happen at least for two consecutive years

Mnemonic for Suicide Assessment

- Sex
- Age
- Depression

- Prior history
- Ethanol abuse
- Rational thinking loss
- Support system loss
- Organized plan
- No significant other
- Sickness

C. Substance Use Disorder

Mnemonic for Screening for Heavy Drinking (r/o Alcohol Use Disorder)

- Cut down
- Angry if confronted about alcohol use
- Guilt
- Eye opening experience

Stages of Addiction

- Pre-contemplation
- Contemplation
- Action
- Maintenance

D. Schizophrenia

Five Differential Diagnoses of Schizophrenia (DSM-5):

1. Another General Medical Conditions (GMC)
2. Substance Abuse
3. Autism Spectrum
4. Schizoaffective
5. Primary mood disorder with psychotic features

Negative symptoms - 5 A's (plant)

APathy

ALoisia - absence of normal speech

A

ANhedonia

AT

Positive Symptoms

- Echolalia (client repeats or talks like examiner)
 - Echopraxia (Client copies the body language of the examiner; when they copy they might speak in the third person)

E. Anxiety Disorders

Mnemonic for anxiety disorders: MISS PASS-A-GRILLE®

MI: medication induced anxiety disorder

S: selective mutism

S: separation anxiety disorder

- Peaks around 18 months, onset age around 2

P: panic disorder

- Recurrent panic attacks
- Agoraphobia is significant example

A: agoraphobia

S: specific phobia

SA: social anxiety disorder

- Similar to agoraphobia but fear lies in social or performance sphere

G: generalized anxiety disorder

- Looks like depression with added symptom of worry

RILL: rule out illness

- New onset anxiety must first be assumed to be medical illness

E: etc.

F. Somatic Symptom Disorder

Mental illness that causes one or more bodily symptoms with no physical cause

- 1) **Illness Anxiety Disorder-** Mental illness that causes a preoccupied concern of a serious disease
- 2) **Conversion Disorder-** Neurological symptoms that cannot be traced to a medical cause
- 3) **Factitious Disorder-** Patient acts as if he/she has an illness by deliberately producing or exaggerating symptoms
- 4) **Malingering Disorder-** Patient acts as if he/she is sick when they are not or acts sicker than they are, *particularly when they have something to gain*

G. Sexual Disorders

Deviance, Sexual Identity, and Sexual Dysfunction

- Masochism
- Voyeurism
- Exhibitionism
- Fetisch
- Sadism
- Pedophilia
- Frotteurism
- Transvestic

Mnemonic:

Stimulant-Induced (Male) Sexual Disorders

- "POOH"
 - Premature ejaculation
 - Other: erectile disorder
 - Other: delayed ejaculation
 - Hypoactive sexual desire disorder

H. Eating Disorders

Bulimia

- Not overweight and not too skinny
- Can consist of bingeing and purging
- Impaired or abnormal self image, but the person is not fearful of gaining weight and is not underweight
- The family dynamic tends to be neglectful
- Binge eating followed by a behavior that compensates for the eating large amounts in a short period of time (ex: purging, excessive use of laxatives, fasting, or excessive exercise)
- Normal weight
- Fear of gaining weight and want to lose weight

Binge eating disorder

- Commonly confused with bulimia
- Nothing to do with self image (why it is different than bulimia)
- This is about behavior, not self-image
- Recurrent binge eating episodes
- During binge eating episodes the person feels at a loss for control or distress
- Often overweight or obese

Anorexia

- Impaired or abnormal self image
- Fear of gaining weight despite being underweight
- Parents tend to be overbearing and intrusive

PICA

- In the child/adolescent chapter of the DSM
- Does not have to do with body image/self image

I. Bipolar Disorder

Bipolar 1

- Hypomania- lesser form of mania. Mania but no distress or impairment. Lacks clinical significance. quantifiable and quantifiable smaller mania.
- Hypomania is not clinically significant (aka doesn't last 7 days)

Bipolar Phases

- Stage 1 = Prodromal
 - Sleep disruption, increased need for sleep, irritability
- Stage 2 = Active
 - Manic phase - TREAT WITH LITHIUM
 - Depressive phase
 - Mix of manic and depressive - TREAT AS MANIC; lithium makes mixed type worse
 - Happens multiple times a decade
- Stage 3 = Recovery
 - Maintenance therapy during an asymptomatic episode
 - 95% likelihood of recurrence
 - Maintenance therapy medications = let's keep the patient on what keeps them better OR can do FDA approval medication from 2 double blind placebo controlled experiments

Rapid Cycling in Bipolar

- The active phase occurs more times a decade than regular bipolar
 - Ex: 4 times per decade to 4 times per year the person is experiencing mania, depression, or mixed
- Treatment resistant

Mnemonic for mania symptoms

I: inflated self-esteem / grandiosity

S: sleep deficit (decreased need for sleep)

C: concentration impaired (distractibility)

R: racing thoughts / flight of ideas

E: excessive involvement in pleasurable activities (indiscretion) / impulsivity

A: activity increase / increase goal-directed behavior

M: more talkative than usual (pressured speech)

J. Sleep Disorders

Obstructive sleep apnea

- Pneumonic: "POWER NAP"
 - P- untreated pulmonary hypertension (increases in blood pressure in pulmonary circuit)
 - O- other is cardiovascular
 - W- wet shoes (stop breathing on their backs and need to roll over to breathe again)
 - E- erythropoiesis (increased red blood cell width)
 - R- reduced libido
 - N- nocturia/urinating during the night
 - A- A.M. headaches that dissolve during the day
 - P- psychiatric

K. Peripartum/Postpartum Disorders

Peripartum Depression

- 50% of the time symptoms start during pregnancy
- If it progresses beyond peripartum period and it becomes severe enough for a major depressive episode with psychotic features

Postpartum Psychosis

- Occurs after delivery
- The trauma of pregnancy unmasking bipolar disorder
- Two forms:
 1. Peripartum depression that develops beyond peripartum period, may result in major depressive episode with psychotic features
 2. Postpartum psychosis: trauma of pregnancy unmasking bipolar disorder

L. Addiction Disorders

Gambling Disorder

- Belligerent (restless or irritable when attempting to stop gambling)
- Others are relied upon to provide money to relieve desperate financial problems
- Often gambles when feeling distressed
- Get even ("Chasing one's losses")
- Increased amounts of money needed in order to achieve the desired excitement
- Efforts to cut down are unsuccessful
- Was in impulse control disorders chapter, now in addiction disorders

M. Neurocognitive Disorders

Mild neurocognitive disorder (MCD)

- It is in the DSM, but not clinically significant
- Functional impairment
- Individuals functioning remains intact (difference between MCD and Neurocognitive Disorder)

- Pneumonic: CRANE
 - inability to **C**ommunicate
 - inability to **R**ecall
 - **A**ctivity/motor activity is impaired
 - **N**aming object
 - **E**xecutive functioning is impaired

Major Neurocognitive Disorder (dementia)

- Major depressive disorder (MDD) in the elderly can appear as major neurocognitive disorder because they appear with cognitive deficits, NOT likely a depressed mood or anhedonia

N: Personality Disorders

Cluster A: includes people who often appear odd or eccentric

- Paranoid PD: pervasive tendency to be inappropriately suspicious of others' motives and behaviors, have expectation of being harmed, completely inflexible in their views and expectations
- Schizoid PD: pervasive patterns of indifference to other people, coupled with a diminished range of emotional experience and expression
- Schizotypal PD: centers around peculiar behaviors rather than emotional restriction and social withdrawal, perceptual and cognitive disturbances, not psychotic or out of touch with reality, magical thinking

Cluster B: includes people who often appear dramatic, emotional, or erratic

- Antisocial PD: persistent pattern of irresponsible and antisocial behavior that begins during childhood or adolescence, impulsive and reckless, lack conscience
 - Blatant disregard for others
 - Need 3 criteria
 - Need conduct disorder before the age of 15
 - Disregarding/ignoring/violating the rights and feelings of other people
 - No regard for right and wrong/May not conform to social norms
 - Repeatedly lie and deceive
 - Act impulsively
 - No guilt or remorse
- Borderline PD: pervasive pattern of instability in mood and interpersonal relationships, find it very difficult to be alone, rapid mood shifts, anger and identity disturbances
 - Not govern by a cardinal feature and do not need to be the center of attention (this is the difference between borderline and histrionic)
 - Unstable in personal relationships
 - Intense emotions
 - Poor self-image/feelings of emptiness
 - Impulsive
 - Avoid being abandoned
 - Repeated suicide attempts

- Histrionic PD: pervasive pattern of emotionality and attention-seeking behavior, emotionally shallow, tendency of inappropriate exaggeration, manipulative
 - Need to be the center of attention
 - Guided by cardinal feature need to be the center of attention
 - Attention seeking
 - Exaggerated emotions
 - Uncomfortable when not the center of attention
 - Use appearance to draw attention to themselves
- Narcissistic PD: pervasive pattern of grandiosity, need for admiration, and inability to empathize with others, greatly exaggerated sense of self-importance

Cluster C: includes people who often appear anxious or fearful

- Avoidant PD: pervasive pattern of social discomfort, fear of negative evaluation, and timidity, wants to be liked but easily hurt by even minimal signs of disapproval
 - Will avoid tasks or situations that something is expected of them
 - Lives by “it is better never to have loved at all than to have loved and lost” - if I can’t put myself out there, I can’t get hurt
 - This actually does avoid injury, this is negative reinforcement (learning that perpetuates the avoidant personality because they don’t get hurt which is the reward/reinforcement)
- Dependent PD: pervasive pattern of submissive and clinging behaviors, afraid of separating from other people on whom they are dependent
 - Requires validation and reinsurance for their every next step
 - Rebounder and has a difficult time not being in a relationship, especially one that doesn’t guide them in what direction to take
 - Cluster C personality disorder, related to anxiety disorders
- Obsessive- Compulsive PD: pervasive pattern of orderliness, perfectionism, and mental and interpersonal inflexibility at the expense of flexibility, openness, and efficiency, preoccupied with details and rules, marked need for control and lack of intolerance for uncertainty

O: Trauma and Stressor-Related Disorders

- Post Traumatic Stress Disorder (PTSD)
 - 3 criteria:
 - Re-experiencing: nightmares, flashbacks, intrusive thoughts
 - psychological decomposition on exposure
 - Physiologic reactivity

Stressor and trauma related disorders acronym (AFTER)

A: adjustment disorder

- Anxiety brought upon by trigger
- Onset withing 3 months of significant stressor, anxiety should stop after 6 months

FT: following trauma (ACUTE STRESS DISORDER)

- Symptoms up to a month after trigger

E: disinhibited engagement disorder

- Disorder in childhood, form quick attachment to strangers

R: reactive attachment disorder

- Dont seek comfort, minimal social and emotional responsiveness

P: Obsesive Compulsive and Related Disorders

Obsessive compulsive and related disorders acronym (B-FORE)

B: body dysmorphic disorder

- Abnormal thought (a preoccupation, not a delusion)
 - Not fixed or rigid, demonstrates insight

F: finders keepers (HOARDING DISORDER)

O: OCD

R: recurrent hair pulling disorder

E: excoriation disorder

- Skin picking

I. Axis Analysis

A. Axis I - Mental Illness

B. Axis II - Personality Disorders and Defense Mechanisms

C. Axis III - Physical Symptoms

D. Axis IV - External Stressors

E. Axis V - GAF Scale

Global Assessment of Functioning (GAF) Scale

100-91: Superior functioning in a wide range of activities, life's problems never seem to | get out of hand, is sought out by others because of his or her many positive qualities. No symptoms.

90-81: Absent or minimal symptoms (e.g., mild anxiety before an exam), good functioning in all areas, interested and involved in a wide range of activities. socially effective, generally satisfied with life, no more than everyday problems or concerns (e.g. an occasional argument with family members).

80-71: If symptoms are present, they are transient and expectable reactions to psychosocial stressors (e.g., difficulty concentrating after family argument); no more than slight impairment in social, occupational or school functioning (e.g., temporarily falling behind in schoolwork).

70-61: Some mild symptoms (e.g. depressed mood and mild insomnia) OR some difficulty in social, occupational, or school functioning (e.g., occasional truancy, or theft within the household), but generally functioning pretty well, has some meaningful interpersonal relationships.

60-51: Moderate symptoms (e.g., flat affect and circumstantial speech, occasional panic attacks) OR moderate difficulty in social, occupational, or school functioning (e.g., few friends, conflicts with peers or co-workers).

50-41: Serious symptoms (e.g., suicidal ideation, severe obsessional rituals, frequent shoplifting) OR any serious impairment in social, occupational, or school functioning (e.g., no friends, unable to keep a job).

40-31: Some impairment in reality testing or communication (e.g., speech is at times illogical, obscure, or irrelevant) OR major impairment in several areas, such as work or school, family relations, judgment, thinking, or mood (e.g., depressed man avoids friends, neglects family, and is unable to work; child frequently beats up younger children, is defiant at home, and is failing at school).

30-21: Behavior is considerably influenced by delusions or hallucinations OR serious impairment in communication or judgment (e.g., sometimes incoherent, acts grossly inappropriately, suicidal preoccupation) OR inability to function in almost all areas (e.g., stays in bed all day; no job, home, or friends).

20-11: Some danger of hurting self or others (e.g., suicide attempts without clear expectation of death; frequently violent; manic excitement) OR occasionally fails to maintain minimal personal hygiene (e.g., smears feces) OR gross impairment in communication (e.g., largely incoherent or mute).

10-1: Persistent danger of severely hurting self or others (e.g., recurrent violence) | OR persistent inability to maintain minimal personal hygiene OR serious suicidal act with clear expectation of death.

0: Inadequate information.

Reference: http://www.albany.edu/counseling_center/docs/GAF.pdf

V: Miscellaneous

RULE OF FOUR (EPS symptoms)-

4 days to 4 weeks

- Dystonia
 - neurological term meaning a muscle or group of muscle cramping
 - may be side effect of antipsychotics
 - General dystonic reaction treated with benztropine
 - Focal dystonic reaction treated with botox
- Acute athakesia
 - First line treatment beta blocker

4 weeks to 4 months

- Neuroleptic induced parkinsonism
- Postural tremor
 - Hands and arms straight out

4 months to 4 years

- Tardive dyskinesia
 - Treatment is switching medication to clozapine

5 SUBSTANCES INDUCING DISSOCIATION AND PSYCHOSIS

- Hallucinogens
- Stimulants
- Sedative hypnotics
 - Alcohol
- Cannabis
- Inhalents

SUBTYPES OF DELUSIONS

Delusions are abnormal thoughts that are not reality based (lack in insight)

J: Jealous

- Fear that partner is being unfaithful
- More common in men

P: Persecutory

- Fear of being stalked, obstructed, poisoned, etc.
- Most common form

E: Erotomania

- Convinced that person they are fixated on is in love with them
- Known as De Clerambault's syndrome

G: Grandiosity

- Person believes they are much greater/more influential than they are

S: Somatic

- Person believes something is wrong with them
- Ex: defect of illness, body odor

M: Mixed

SEROTONIN SYNDROME VS NEUROLEPTIC SYNDROME

NMS is a medical emergency, SS is not

- **Serotonin syndrome**
 - Mental status change due to excess of serotonin
 - Confusion and delirium
 - The product of a medical condition or substance use
 - Coprescription of meds that aim to increase serotonin levels
 - Triad of symptoms
 1. Autonomic arousal
 - a. Erratic pulse
 2. Brisk reflex
 - a. Hyperreflexia
 3. Myoclonus
 - a. I.e. involuntary knee jerks
 - Can be treated with cyproheptadine
 - Anti-serotonin effect
- **Neuroleptic Malignant Syndrome**
 - Side effect of antipsychotics
 - Triad of symptoms
 1. Altered mental status
 2. Autonomic arousal
 3. Decreased/absent deep muscle tendon reflex
 - a. hypo or hyperreflexia
 - Treated with dopamine agonists
 - Repletes dopamine

VI: Medications

<u>Medication (Generic Name)</u>	<u>Brand Name (some, not all)</u>	<u>Therapeutic Effects</u>	<u>Common side effects</u>	<u>Type</u>
Alprazolam	Xanax, Xanax XR	Anxiety disorders and panic disorders	Drowsiness, light-headedness, headache, tiredness, dizziness, irritability, talkativeness, difficulty concentrating, dry mouth, increased salivation, changes in sex drive or ability, nausea, constipation, changes in appetite, weight changes, difficulty urinating, joint pain	benzodiazepine
Amitriptyline	Amitid, Amitril, Elavil, Endep	Treats symptoms of depression	(not as safe or effective in adults ages 65 and older) may cause nausea, vomiting, drowsiness, weakness or tiredness, nightmares, headaches, dry mouth, constipation, difficulty urinating, blurred vision, pain burning or tingling of the hands or feet, changes in sex drive or ability, excessive sweating, changes in appetite or weight, confusion, unsteadiness	Tricyclic antidepressants
Amphetamine	Adzeny's ER, Adzeny's XR, Dyanavel XR, Evekeo, Evekeo ODT	Adzenys ER, Adzenys XR, Dyanavel XR, Evekeo, Evekeo ODT, others: Controls symptoms of ADHD Evekeo, others: used to treat narcolepsy *** used for a limited time along with reduced calorie diet and an exercise plan for weight loss in obese people	Can be habit-forming; cannot be breastfeeding while taking this, may cause sudden death in children and teenagers especially those with heart problems, can slow children's growth or weight gain, dry mouth, nausea, diarrhea, constipation, unpleasant taste, stomach cramps, weight loss, nose bleeding, headache, grinding or clenching teeth during sleep, nervousness, changes in sex drive or ability, painful menstruation, pain or burning when urinating	Central nervous system stimulant
Aripiprazole	Abilify	Used to treat certain mental/mood disorders, such as bipolar disorder, schizophrenia, Tourette's	Headache, nervousness, restlessness, dizziness or feeling unsteady, heartburn, constipation, diarrhea, stomach pain, weight gain, changes in appetite,	Atypical antipsychotic

		syndrome, and irritability within autism; can also be used in combination with other medication to treat depression	increased salivation, pain especially in legs or joints, tiredness	
Buprenorphine	Subutex, Suboxone (combination of Buprenorphine and Naloxone)	Used to treat opioid dependence, can be used in addition to naloxone, prevents withdrawal symptoms when someone stops taking opioid drugs	Headache, stomach pain, constipation, difficulty falling asleep or staying asleep, mouth numbness or redness, tongue pain, blurred vision, back pain	Opioid partial agonist-antagonist; NDRI (norepinephrine and dopamine reuptake inhibitor)
Bupropion	Wellbutrin, Wellbutrin SR, Wellbutrin XL, Aplenzin, Forfivo XL, Zyban	Depression, seasonal affective disorder, (Zyban) used to help people stop smoking	May increase blood pressure, may cause angle-closure glaucoma, drowsiness, anxiety, excitement, difficulty falling asleep or staying asleep, dry mouth, dizziness, headache, nausea, vomiting, stomach pain, uncontrollable shaking of a part of the body, loss of appetite, weight loss, excessive sweating, ringing in the ears, changes in your sense of taste, frequent urination, sore throat	antidepressants
Buspirone		Anxiety disorders or short-term treatment of anxiety	Dizziness, nausea, diarrhea, headache, excitement, confusion, fatigue, nervousness, difficulty falling asleep or staying asleep, feelings of anger or hostility, lightheadedness, headache, weakness, numbness, increased sweating	anxiolytics
Carbamazepine	Tegretol	Used alone or in combination with other meds to control certain types of seizures in people with epilepsy;	May cause Stevens-Johnson syndrome or toxic epidermal necrolysis (risk highest in people of Asian ancestry); may decrease the number of blood cells produced by body	
Chlordiazepoxide	Librax	Relieve anxiety and controls agitation caused by alcohol withdrawal	Drowsiness, dizziness, tiredness, weakness, dry mouth, diarrhea, upset stomach, changes in appetite	Benzodiazepine
Chlorpromazine				
Citalopram	Celexa	Depression, eating disorders, alcoholism, panic disorder, premenstrual dysphoric disorder, and social phobia	May cause problems in newborns following delivery if taken during the last months of pregnancy, may make you drowsy, may cause angle-closure glaucoma, nausea, diarrhea, constipation, vomiting, stomach pain,	SSRI

			heartburn, decreased appetite, weight loss, frequent urination, excessive tiredness, yawning, weakness, uncontrollable shaking of a part of the body, muscle or joint pain, dry mouth, changes in sex drive or ability, heavy menstrual periods, may decrease appetite and cause weight loss in children	
Clonazepam	Klonopin	Used alone or with other medications to control certain types of seizures; relieves panic attacks	May harm fetus if pregnant, drowsiness, dizziness, unsteadiness, problems with coordination, difficulty thinking or remembering, increased saliva, muscle or joint pain, frequent urination, blurred vision, changes in sex drive or ability	Benzodiazepine
Clozapine	Clozaril	Treats symptoms of schizophrenia if other medications have failed or if the individual has tried to kill themselves or is a harm to others	Can cause a serious blood condition, seizures, myocarditis (swelling of the heart), hyperglycemia (increases in blood sugar), drowsiness, dizziness, increased salivation, dry mouth, restlessness, headache	Atypical antipsychotic
Desvenlafaxine	Pristiq	Depression	May cause problems in newborns following delivery if taken during the last months of pregnancy; may cause dizziness, lightheadedness, and fainting when you get up too quickly in older adults; may cause angle-closure glaucoma which can lead to ketoacidosis; constipation, loss of appetite, dry mouth, dizziness, extreme tiredness, unusual dreams, yawning, sweating, uncontrollable shaking of a part of the body; pain, burning, numbness, or tingling in part of the body; enlarged pupils, changes in sexual desire or ability, difficulty urinating	SNRI
Dextroamphetamine	Dexampex, Dexedrine, DextroStat, Ferndex, LiquADD, ProCentra (Dextroamphetamine + Amphetamine = Adderall)	Controls symptoms of ADHD; treats narcolepsy	Can be habit-forming, may cause sudden death in children and teenagers especially those with heart problems, may slow children's growth or weight gain, headache, dry mouth, unpleasant taste, constipation, weight loss, changes in sex drive or ability	Central nervous system stimulants

Diazepam	Valium	Relieves anxiety and controls agitation caused by alcohol withdrawal; used along with other medications to control muscle spasms and spasticity caused by certain neurological disorders, athetosis, and stiff-man syndrome; used along other medications to control seizures	Not safe in adults 65 years or older, drowsiness, dizziness, tiredness, muscle weakness, headache, dry mouth, nausea, constipation, confusion, difficulty urinating, frequent urination, changes in sex drive or ability	Benzodiazepines
Disulfiram	Antabuse	Treats chronic alcoholism by causing unpleasant effects for 1 hour when even small amounts of alcohol are ingested (flushing of the face, headache, nausea, vomiting, chest pain, weakness, blurred vision, mental confusion, sweating, choking, breathing difficulty, and anxiety)	(Never give this to a patient in a state of alcohol intoxication or without the patient's knowledge, patient should not take this for at least 12 hours after drinking, reaction may occur for up to 2 weeks after disulfiram has been stopped), may make you drowsy, skin rash, acne, mild headache, drowsiness, tiredness, impotence, metallic taste or garlic-like taste in the mouth	
Droperidol				
Duloxetine	Cymbalta	Treats depression in adults and GAD in adults and children 7 years of age or older; also used to treat pain and tingling caused by diabetic neuropathy and fibromyalgia; used to treat muscle and bone pain in osteoarthritis	May cause angle-closure glaucoma, high blood pressure, nausea, vomiting, constipation, diarrhea, heartburn, stomach pain, decreased appetite, dry mouth, increased urination, difficulty urinating, sweating or night sweats, dizziness, headache, tiredness, weakness, drowsiness, muscle pain or cramps, changes in sexual desire or ability, uncontrollable shaking of a part of the body	SNRI
Escitalopram	Lexapro	Treat depression and GAD	May cause problems in newborns after delivery if taken during the last months of pregnancy, may cause angle-closure glaucoma, nausea, diarrhea, constipation, changes in sex drive or ability, drowsiness, increased sweating, dizziness, heartburn, stomach pain, excessive tiredness, dry mouth,	SSRI

			increased appetite, flu-like symptoms, runny nose, sneezing	
Flumazenil	Romazicon	Reverses the effects of benzodiazepine overdose	Seizures, agitation, headache (all 3 severe), change in vision, dizziness, drowsiness, excessive sweating, loss of muscle coordination, nausea, reactions at site of injection, sensation of spinning or whirling, vomiting	Benzodiazepine antagonist
Fluphenazine (not approved by FDA)		Treats schizophrenia and psychotic symptoms such as hallucinations, delusions, and hostility	Adults with dementia have an increased risk of death, upset stomach, weakness or tiredness, excitement or anxiety, insomnia, nightmares, dry mouth, skin more sensitive to sunlight than usual, changes in appetite or weight	Antipsychotic
Fluvoxamine	Luvox, Luvox CR	Treats OCD and social anxiety disorder	Causes problems in newborns following delivery if taken within the last months of pregnancy, may cause angle-closure glaucoma, drowsiness, difficulty concentrating, memory problems, confusion, dry mouth, headache, nausea, vomiting, diarrhea, stomach pain, constipation, indigestion, gas, change in taste, decreased appetite, weight loss, nervousness, weakness, unsteadiness, changes in sex drive or ability	SSRIs
Gabapentin	Gralise, Horizont, Neurontin	Used along with other medications to help treat certain kinds of seizures; some types used to relieve pain of postherpetic neuralgia (burning pain that lasts after shingles); extended-release tablets treat restless leg syndrome	Drowsiness, tiredness or weakness, dizziness, headache, uncontrollable shaking of a part of your body, double or blurred vision, unsteadiness, anxiety, memory problems, strange or unusual thoughts, unwanted eye movements, nausea, vomiting, heartburn, diarrhea, dry mouth, constipation, increased appetite, weight gain, swelling of the hands feet ankles or lower legs, back or joint pain, fever, runny nose sneezing cough sore throat or flu-like symptoms, ear pain, red itchy eyes	anticonvulsant
Haloperidol (not approved by FDA)	Haldol	Treats psychotic disorders, motor tics, and verbal tics (Tourettes); treats severe behavioral problems such as explosive, aggressive behavior or hyperactivity	Causes problems in newborns following delivery if taken during last months of pregnancy, dry mouth, increased saliva, blurred vision, loss of appetite, constipation, diarrhea, heartburn, nausea, vomiting, difficulty falling asleep or staying asleep, blank facial expression,	Conventional antipsychotics

		in children who cannot be treated with psychotherapy or other medications	uncontrollable eye movements, unusual slow or uncontrollable movements of any part of body, restlessness, agitation, nervousness, mood changes, dizziness, headache, breast enlargement or pain, breast milk production, missed menstrual periods, decreased sexual ability or desire, difficulty urinating	
Hydroxyzine	Atarax, Hypam, Orgatrx, Vistaril	Relieves itching caused by allergic reaction; can relieve anxiety and tension; used as a sedative before and after general anesthesia	Do NOT breastfeed while taking this, dry mouth, constipation, confusion, dizziness, headache	antihistamine
Lamotrigine	Lamictal, Lamictal CD, Lamictal ODT, Lamictal XR	Treats certain types of seizures in patients with epilepsy (extended release AKA long-acting), all others used to increase the time between episodes of depression, mania, and other abnormal moods in patients with bipolar I disorder	May cause rashes (especially if also taking valproic acid), may be released into breast milk, loss of balance coordination, double vision, blurred vision, uncontrollable movements of the eyes, difficulty thinking or concentrating, difficulty speaking, headache, drowsiness, dizziness, diarrhea, constipation, loss of appetite, weight loss, heartburn, nausea, vomiting, dry mouth, stomach back or joint pain, missed or painful menstrual periods, swelling itching or irritation of the vagina, uncontrollable shaking of a part of the body	anticonvulsants
Levodopa and Carbidopa		Treats symptoms of Parkinson's disease and Parkinson's like symptoms due to encephalitis or carbon monoxide/manganese poisoning	May cause dizziness, lightheadedness, and fainting when getting up too quickly (mainly happens you first start taking)	
Lisdexamfetamine	Vyvanse	Used as part of treatment program for ADHD and to treat binge eating disorder	(Not as safe for adults 65 and older), habit-forming, severe depression and extreme tiredness if stopped immediately, sleepiness, dizziness, dry mouth, constipation, diarrhea, nausea, weight loss; may cause sudden death in children and teenagers especially if they have a heart problem; may slow children's growth or weight	Central nervous system stimulants

Lithium	Lithobid	Prevents episodes of mania, depression, schizophrenia, disorders of impulse control	(make sure you keep appointments with doctor to check response to lithium) may make you drowsy, restlessness, fine hand movements that are difficult to control, mild thirst, loss of appetite, stomach pain, gas, indigestion, weight gain or loss, dry mouth, excessive saliva, change in the ability to taste food, swollen lips, acne, hair loss, unusual discomfort in cold temperatures, constipation, depression, joint or muscle pain, paleness, thin brittle fingernails or hair, itching, rash, may harm fetus if pregnant	Antimanic agent
Lorazepam	Ativan	anxiety	Drowsiness, dizziness, tiredness, weakness, dry mouth, diarrhea, nausea, changes in appetite, restlessness or excitement, constipation, difficulty urinating, frequent urination, blurred vision, changes in sex drive or ability	Benzodiazepines
Lurasidone (not approved by the FDA)	Latuda	Treats symptoms of schizophrenia, depression in those with bipolar disorder (can be used along with lithium and valproate to treat the depression)	May increase risk for stroke, ministroke, or death in those with dementia; can cause problems in newborns following delivery if taken during last months of pregnancy; may cause hyperglycemia which could lead to ketoacidosis; may make it harder for your body to cool down when it gets hot; may cause an increase in weight, dizziness, feeling unsteady, having trouble keeping your balance, anxiety, weakness, tiredness, restlessness, uncontrollable shaking of a part of the body, slow movements or shuffling walk, nausea, vomiting, appetite changes, increased saliva, breast enlargement or discharge, late or missed period, decreased sexual ability	Atypical antipsychotics
Methadone	Diskets, Dolophine, Methadose, Methadose Oral Concentrate Westadone	Relieves pain in people who need medication around the clock for a long time and cannot be treated by other medications, prevents withdrawal symptoms in patients addicted to opiates	Can be habit forming, so do not take larger doses, take it more often, or take it for a longer period of time; may cause serious or life-threatening breathing problems especially during the first 24-72 hours, may cause prolonged QT interval (rare heart problem that may cause irregular heartbeat, fainting, or sudden death), if pregnant baby will experience life-threatening withdrawal symptoms after birth, headache, weight gain,	Opiate (narcotic) analgesics

			stomach pain, dry mouth, sore tongue, flushing, difficulty urinating, mood changes, vision problems, difficulty falling or staying asleep	
Methylphenidate	Adhansia XR, Aptensio XR, Concerta, Cotelpla XR-ODT, Jornay PM, Metadate CD, Methylin, Quillichew ER, Quillivant XR, Ritalin LA, Ritalin SR	Part of treatment program to control symptoms of ADHD, used to treat narcolepsy	(not safe for adults 65 years or older), can be habit-forming, nervousness, irritability, difficulty falling asleep or staying asleep, dizziness, nausea, vomiting, loss of appetite, weight loss, stomach pain, diarrhea, heartburn, dry mouth, headache, muscle tightness, drowsiness, uncontrollable movement of a part of the body, restlessness, decreased sexual desire, heavy sweating, back pain; may slow children's growth or weight gain	Central nervous system stimulants
Milnacipran	Savella	NOT used to treat depression, but it treats fibromyalgia (long-lasting condition that may cause pain, muscle stiffness and tenderness, tiredness, and difficulty falling asleep or staying asleep	Nausea, vomiting, constipation, stomach pain, weight loss, dry mouth, feeling of extreme facial warmth and/or redness, headache, blurred vision, decreased sexual desire or ability, pain or swelling of the testicles, difficulty urinating, rash, itching	SSRI
Mirtazapine	Remeron, Remeron SolTab	Treat depression	May cause angle-closure glaucoma, drowsiness, dizziness, anxiousness, confusion, increased weight and appetite, dry mouth, constipation, nausea, vomiting	Antidepressant
Naltrexone	ReVia	Used along with counseling and social support to help those with history of drug and alcohol addictions continue staying sober	May cause liver damage if taken in large doses, nausea, vomiting, stomach pain or cramping, diarrhea, constipation, loss of appetite, headache, dizziness, anxiety, nervousness, irritability, tearfulness, difficult falling or staying asleep, increased or decreased energy, drowsiness, muscle or joint pain, rash; should NOT be used by those actively engaging in their addiction	Opiate antagonists
Olanzapine (not approved by FDA)	Zyprexa, Zyprexa Zydys	Used to treat the symptoms of schizophrenia, also used to treat bipolar disorder	Can cause hyperglycemia which can lead to ketoacidosis, may make it harder for your body to cool down when it's hot, may cause fast or slow heartbeat, dizziness, lightheadedness, and fainting when getting up too quickly, restlessness,	Atypical antipsychotics

			unusual behavior, depression, difficulty falling asleep or staying asleep, weakness, difficulty walking, constipation, weight gain, dry mouth, pain in arms legs back or joints, breast enlargement or discharge, late or missed menstrual periods, decreased sexual ability; teens more prone to gain weight, have increased fat in blood, develop liver problems, sleepiness, breast enlargement, discharge from breasts	
Oxcarbazepine	Trileptal, Oxtellar	Controls seizures, bipolar disorder	drowsiness/dizziness, fast repeated eye movements you cannot control, diarrhea, constipation, heartburn, stomach pain, nausea, vomiting, loss of appetite, changes in the way food tastes, dry mouth, thirst, weight gain, headache, shaking of a part of the body you cannot control, difficulty coordinating movements, falling down, back arm or leg pain, muscle weakness or sudden tightness, increased sweating; swelling, redness, irritation, burning, or itching of the vagina, white vaginal discharge	anticonvulsants
Paroxetine	Brisdell, Paxil, Paxil XR, Pexeva	Depression panic disorder, and social anxiety disorder, OCD, GAD, and PTSD; long-acting tablets used to treat premenstrual dysphoric disorder; capsules used to treat hot flashes in menopausal women; can be used with other medications to treat bipolar disorder	Can cause angle-closure glaucoma, headache, dizziness, weakness, difficulty concentrating, nervousness, forgetfulness, confusion, sleepiness or feeling "drugged", nausea, vomiting, diarrhea, constipation, gas, stomach pain, heartburn, changes in ability to taste food, decreased appetite, weight loss or gain, changes in sex drive or ability, dry mouth, sweating, yawning, sensitivity to light, lump or tightness in throat, pain in back muscles bones or anywhere in body, tenderness or swelling of joints, muscle weakness or tightness, flushing, sore teeth and gums, unusual dreams, painful or irregular menstruation; may decrease appetite and cause weight loss in children	SSRIs
Paliperidone (not approved by FDA)	Invega	Used to treat symptoms of schizophrenia	Adults with dementia have an increased risk of death, stroke, or ministroke; may experience hyperglycemia which can lead to ketoacidosis; may make it harder for your body to cool down; may cause	Atypical antipsychotics

			dizziness, lightheadedness, and fainting when you get up too quickly, extreme tiredness, weakness, headache, dry mouth, increased saliva, weight gain, stomach pain	
Perphenazine (not approved by FDA)	Trilafon	Treats symptoms of schizophrenia; also used to control severe nausea and vomiting	May increase risk of stroke, ministroke, or death in those with dementia, may make skin sensitive to sunlight, may make it more difficult for you body to cool down when it gets very hot; may cause dizziness, lightheadedness, and fainting when getting up too quickly; may cause problems with newborns after delivery if taken during the last months of pregnancy	Conventional antipsychotic
Quetiapine (not approved by the FDA)	Seroquel, Seroquel XR	Long-acting tablets treat symptoms of schizophrenia, treats episodes of mania or depression in bipolar patients (can be used alone or in combination with other medications), or depression	Increased risk of death, stroke, ministroke in those with dementia; may experience hyperglycemia which can lead to ketoacidosis, may decrease fertility in women, can cause problems in newborns following delivery if taken within last months of pregnancy, may make it harder for body to cool down; pain in joints, back, neck, or ears; weakness, dry mouth, vomiting, indigestion, constipation, gas, stomach pain or swelling, increased appetite, excessive weight gain, stuffy nose, headache, pain, irritability, difficulty thinking or concentrating, difficulty speaking or using language, loss of coordination, unusual dreams; numbness, burning, or tingling in the arms or legs; missed menstrual periods, breast enlargement in males, discharge from the breasts, decreased sexual desire or ability, may cause cataracts	Atypical antipsychotics
Risperidone (not approved by the FDA)	Risperdal Oral Solution, Risperdal Tablets, Risperdal M-Tab Orally Disintegrating Tablets	Used to treat symptoms of schizophrenia, episodes of mania in bipolar disorder; used to treat behavior problems such as aggression, self-injury, and sudden mood changes in teenager and children who have autism	May increase risk for stroke, ministroke, or death in those with dementia; may cause hyperglycemia which can lead to ketoacidosis; may make it harder for your body to cool down; may cause dizziness, lightheadedness, and fainting when you get up too quickly, nausea, vomiting, diarrhea, constipation, heartburn, dry mouth, increased saliva, increased appetite, weight gain, stomach pain,	Atypical antipsychotics

			anxiety, agitation, restlessness, dreaming more than usual, difficulty falling asleep or staying asleep, breast enlargement or discharge, late or missed menstrual periods, decreased sexual ability, vision problems, muscle or joint pain, dry or discolored skin, difficulty urinating; may cause children to gain more weight than expected; may cause breast enlargement for boys and male teenagers	
Sertraline	Zoloft	Depression, OCD, panic attacks, PTSD, and social anxiety disorder; used to relieve symptoms of premenstrual dysphoric disorder (mood swings, irritability, bloating, breast tenderness)	May cause problems in newborns following delivery if taken in the last months of pregnancy; may cause angle-closure glaucoma which can lead to ketoacidosis; nausea, diarrhea, constipation, vomiting, difficulty falling asleep or staying asleep, dry mouth, heartburn, loss of appetite, weight changes, dizziness, excessive tiredness, headache, nervousness, uncontrollable shaking of a part of the body, changes in sex drive or ability, excessive sweating; may cause appetite and cause weight loss in children	SSRI
Topiramate	Topomax, Qudexy XR, Trokendi	Treats certain types of seizures (tonic-clonic), prevents migraines, management of alcohol dependence	May make you drowsy, dizzy, confused, or unable to concentrate; can prevent you from sweating and makes it harder for your body to cool down, makes it more likely for you to develop kidney stones; numbness, burning, or tingling in the hands or feet, slowed reactions, nervousness, headache, drowsiness, weakness, uncontrollable shaking of a part of the body, uncontrollable eye movements, weight loss, constipation, heartburn, change in ability to taste food, dry mouth, nosebleed, teary or dry eyes; back, muscle, leg, or bone pain; missed menstrual periods, excessive menstrual bleed, unusual bleeding or bruising, may cause osteoporosis, may slow the growth of children, may decrease the final height that children reach	anticonvulsants
Trazodone	Oleptro	depression	May cause QT prolongation (irregular heart rhythm that can lead to fainting, loss of consciousness, seizures or sudden	Serotonin modulator

			death); may cause dizziness, lightheadedness, and fainting when you get up too quickly from a lying position; may cause angle-closure glaucoma, headache, nausea, vomiting, bad taste in mouth, diarrhea, constipation, changes in appetite or weight, weakness or tiredness, nervousness, feeling unsteady when walking, decreased ability to concentrate or remember things, confusion, nightmares, muscle pain, dry mouth, rashes, sweating, changes in sexual desire or ability, uncontrollable shaking of a part of the body; numbness, burning, or tingling in the arms, legs, hands, or feet; decreased coordination; tired, red, or itchy eyes; ringing in ears; can cause painful, long-lasting erections in males	
Valproic Acid	Depakote	Used alone or with other medications to treat certain types of seizures; also used to treat mania in people with bipolar disorder; used to prevent migraine headaches	May cause serious or life-threatening damage to the liver that most likely occurs within the first 6 months, risk is greater in children younger than 2 years and taking more medications to prevent seizures, have certain diseases that prevents body from changing food to energy normally, or any condition that affects the ability to think, learn, and understand; can cause serious birth defects (affects brain and spinal cord); may cause life-threatening damage to pancreas	anticonvulsants
Varenicline	Chantix	Used along with education and counseling to help people stop smoking	May make you drowsy, dizzy, lose consciousness or have difficulty concentrating; nausea, constipation, diarrhea, gas, abdominal pain, vomiting, heartburn, bad taste in mouth, dry mouth, increased or decreased appetite, toothache,, trouble falling or staying asleep, unusual dreams or nightmares, headache, lack of energy, back joint or muscle pain, abnormal menstrual cycles	Smoking cessation aid
Venlafaxine		Depression, GAD (extended-release capsules), social anxiety disorder, and panic	May make you drowsy, may cause angle-closure glaucoma, drowsiness, weakness or tiredness, dizziness, headache, nightmares, nausea, vomiting, stomach pain, constipation, diarrhea,	SNRI

		disorder; treats hot flashes	gas, heartburn, burping, dry mouth, change in ability to taste food, loss of appetite, weight loss, uncontrollable shaking of a part of the body; pain, burning, numbness, or tingling in part of the body, muscle tightness, twitching, yawning, sweating, hot flashes or flushing, frequent urination, difficulty urinating; sore throat, chills, or other signs of infection, ringing in the ears, changes in sexual desire or ability, enlarged pupils, may slow growth and weight gain in children	
Ziprasidone (not approved by FDA)	Geodon	Used to treat symptoms of schizophrenia; used to treat episodes of mania or mixed episodes of mania and depression in bipolar disorder	May increase risk of stroke, ministroke, or death in those with dementia; may experience hyperglycemia which could lead to ketoacidosis; may cause dizziness, lightheadedness, and fainting when you get up too quickly; may make it harder for your body to cool down; headache, restlessness, anxiety, lack of energy, constipation, diarrhea, loss of appetite, muscle pain, stomach pain, runny nos, cough, weight gain, breast enlargement or discharge, late or missed menstrual period, decreased sexual ability; dizziness, feeling unsteady, or having trouble keeping your balance	Atypical antipsychotics

VII: GLOSSARY

Here is an outline of the different kinds of psychological disorders/conditions and terms that we talked about throughout the internship. Consider this a glossary including all the important terms to make you more clear of what it entails, and it's great for all the psychology majors/minors out there!

- **Acataphasia:** The use of inappropriate or grammatically incorrect words and expressions.
- **Acute stress disorder:** A psychiatric diagnosis that may occur in patients within four weeks of a traumatic event. Features include anxiety, intense fear or helplessness, dissociative symptoms, reexperiencing the event, and avoidance behaviors.
- **Adjustment disorder:** An emotional or behavioral reaction to a stressful event or change in a person's life. The reaction is considered an unhealthy or excessive response to the event or change within three months of it happening.
- **Alcoholic hallucinosis (AH):** a rare complication of chronic alcohol abuse characterized by predominantly auditory hallucinations that occur either during or after a period of heavy alcohol consumption.
- **Alcohol use disorder/ alcoholism:** A pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, having to drink more to get the same effect, or having withdrawal symptoms when you rapidly decrease or stop drinking.
- **Alcohol withdrawal delirium:** Symptoms that occur when someone stops using alcohol after a period of heavy drinking.
- **Alzheimer's disease:** A progressive disease that destroys memory and other important mental functions.
- **Anorexia nervosa:** An eating disorder characterized by an abnormally low body weight, an intense fear of gaining weight and a distorted perception of weight.
- **Antisocial personality disorder (APD):** A mental disorder in which a person consistently shows no regard for right and wrong and ignores the rights and feelings of others.
- **Anxiety disorders:** People with anxiety frequently have intense, excessive, and persistent worry and fear about everyday situations.
- **Attention-deficit/hyperactivity disorder (ADHD):** Marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.
- **Avoidant personality disorder:** Characterized by feelings of extreme social inhibition, inadequacy, and sensitivity to negative criticism and rejection.

- **Binge eating disorder:** A severe, life-threatening, and treatable eating disorder characterized by recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort); a feeling of a loss of control during the binge; experiencing shame, distress or guilt afterwards; and not regularly using unhealthy compensatory measures (e.g., purging) to counter the binge eating.
- **Body integrity disorder:** A disorder characterized by a desire to be disabled or having discomfort with being able-bodied beginning in early adolescence and resulting in harmful consequences.
- **Borderline personality disorder:** A mental disorder characterized by unstable moods, behavior, and relationships. It includes self-image issues, difficulty managing emotions and behavior, and a pattern of unstable relationships.
- **Bulimia:** An emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting.
- **Catatonia:** A group of symptoms that usually involve a lack of movement and communication, and can include agitation, confusion, and restlessness.
- **Complicated withdrawal syndrome:** patient meets full diagnostic criteria in addition to 3 possible states; 1) seizures with perceptual disturbances, 2) alcohol withdrawal delirium (with cognitive deficits), 3) alcoholic hallucinosis (without cognitive deficits)
- **Conduct disorder:** A repetitive and persistent pattern of behavior in children and adolescents in which the rights of others or basic social rules are violated.
- **Confabulation:** generating false information without intentions of deceit
- **Conversion Disorder:** A condition in which you have physical symptoms of a health problem but no injury or illness to explain them.
- **Cotard's syndrome:** a delusion wherein an individual believes they or a part of them is dying. It can be metaphysical but is usually about organs (often the heart or brain).
- **Creutzfeldt–Jakob disease (CJD):** Also known as subacute spongiform encephalopathy or neurocognitive disorder due to prion disease, CJD is a fatal degenerative brain disorder. Early symptoms include memory problems, behavioral changes, poor coordination, and visual disturbances.
- **Culturally Bound Behaviors:** isolated behavior seen as abnormal even within the geographic locale
- **Culturally Sanctioned Behaviors:** behavior seen as normal within geographic locale
- **Delirium:** Serious disturbance in mental abilities that results in confused thinking and reduced awareness of surroundings.
- **Dementia:** A chronic or persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes, and impaired reasoning.

- **Depersonalization/derealization disorder (DPDR):** A mental health condition that can cause you to experience a persistent or recurring feeling of being outside of your body (depersonalization), a sense that what's happening around you isn't real (derealization), or both.
- **Depression:** A mood disorder that causes a persistent feeling of sadness and loss of interest.
- **Dissociation:** A mental process of disconnecting from one's thoughts, feelings, memories or sense of identity.
- **Dissociative amnesia:** Occurs when a person blocks out certain events, often associated with stress or trauma, leaving the person unable to remember important personal information.
- **Dissociative fugue:** A psychiatric disorder characterized by amnesia coupled with sudden unexpected travel away from the individual's usual surroundings and denial of all memory of his or her whereabouts during the period of wandering.
- **Dissociative identity disorder (DID):** Previously known as multiple personality disorder (MPD), is a mental disorder characterized by the maintenance of at least two distinct and relatively enduring personality states.
- **Factitious disorder:** A serious mental disorder in which someone deceives others by appearing sick, by purposely getting sick or by self-injury.
- **Factitious disorder imposed on another (previously called Munchausen syndrome by proxy):** Happens when someone falsely claims that another person has physical or psychological signs or symptoms of illness or causes injury or disease in another person with the intention of deceiving others.
- **History of Present Illness (HPI):** A description of the development of the patient's present illness. The HPI is usually a chronological description of the progression of the patient's present illness from the first sign and symptom to the present.
- **Histrionic personality disorder:** A personality disorder characterized by a pattern of excessive attention-seeking behaviors, usually beginning in early childhood, including inappropriate seduction and an excessive desire for approval. People diagnosed with the disorder are said to be lively, dramatic, vivacious, enthusiastic, extroverted, and flirtatious.
- **Hypervigilance:** A heightened state of arousal, stress or sensitivity to certain sensory stimuli.
- **Insomnia:** Sleep disorder that includes persistent problems falling and staying asleep.
- **Kleine-Levin syndrome:** A rare disorder characterized by the need for excessive amounts of sleep (hypersomnolence), (i.e., up to 20 hours a day); excessive food intake (compulsive hyperphagia); and behavioral changes such as an abnormally uninhibited sexual drive.

- **Korsakoff psychosis/syndrome:** A chronic neuropsychiatric syndrome that is caused by the deficiency of thiamine (vitamin B1). This deficiency leads to damage to multiple areas of the brain, which in turn cause amnesia and confusion.
- **Malingering:** Fabrication, feigning, or exaggeration of physical or psychological symptoms designed to achieve a desired outcome, such as relief from duty or work.
- **Masochism:** The tendency to derive pleasure, especially sexual gratification, from one's own pain or humiliation.
- **Mutism:** Inability to speak, typically as a result of congenital deafness or brain damage.
- **Narcissistic personality disorder (NPD):** Involves a pattern of self-centered, arrogant thinking and behavior, a lack of empathy and consideration for other people, and an excessive need for admiration.
- **Narcolepsy:** A chronic sleep disorder characterized by overwhelming daytime drowsiness and sudden attacks of sleep.
- **Fc malignant syndrome:** autonomic instability, altered mental state (delirium), muscular rigidity (elevated creatine levels)
- **Nightmare disorder:** A parasomnia — a type of sleep disorder that involves undesirable experiences that occur while falling asleep, during sleep or when waking up.
- **Obsessive-compulsive personality disorder (OCPD):** A personality disorder that's characterized by extreme perfectionism, order, and neatness. People with OCPD will also feel a severe need to impose their own standards on their outside environment.
- **Paranoia:** The irrational and persistent feeling that people are 'out to get you' or that you are the subject of persistent, intrusive attention by others.
- **Paranoid personality disorder:** A challenging mental health condition defined by mistrust and suspicion so intense that it interferes with thought patterns, behavior, and daily functioning.
- **Parkinson's disease:** A brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination.
- **Peripartum depression:** Refers to a major depressive episode that occurs during pregnancy or within 4 weeks following delivery.
- **Pica:** An eating disorder in which a person eats things not usually considered food.
- **Pick's disease:** A kind of dementia similar to Alzheimer's but far less common. It affects parts of the brain that control emotions, behavior, personality, and language. It's also a type of disorder known as frontotemporal dementia (FTD) or frontotemporal lobar degeneration (FTLD).
- **Postpartum psychosis:** A serious mental health illness that can affect someone soon after having a baby. It affects around 1 in 500 mothers after giving birth.

- **Post-traumatic stress disorder (PTSD):** A psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event. It's a disorder in which a person has difficulty after experiencing or witnessing the terrifying event.
- **Psychogenic illness:** When the somatic components cannot be understood or identified, the illness is identified as psychogenic and the focus turns to the psychological component.
- **Psychopathy:** A neuropsychiatric disorder marked by deficient emotional responses, lack of empathy, and poor behavioral controls, commonly resulting in persistent antisocial deviance and criminal behavior.
- **Psychosis:** Happens when people lose some contact with reality. This might involve seeing or hearing things that other people cannot see or hear (hallucinations) and believing things that are not actually true (delusions).
- **REM sleep behavior disorder:** A sleep disorder in which a person physically acts out vivid, often unpleasant dreams with vocal sounds and sudden, often violent arm and leg movements during REM sleep
- **Sadism:** The tendency to derive pleasure, especially sexual gratification, from inflicting pain, suffering, or humiliation on others.
- **Satanism:** A group of ideological and philosophical beliefs based on Satan.
- **Schizoaffective disorder:** A mental health disorder that is marked by a combination of schizophrenia symptoms, such as hallucinations or delusions, and mood disorder symptoms, such as depression or mania.
- **Schizoid personality disorder:** An uncommon condition in which people avoid social activities and consistently shy away from interaction with others. They also have a limited range of emotional expression.
- **Schizophrenia:** A serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning and can be disabling.
- **Schizotypal personality disorder:** One of a group of conditions informally called "eccentric" personality disorders. People who have these disorders often seem odd or peculiar to others. They also may show unusual thinking patterns and behaviors.
- **Selective mutism:** An anxiety disorder characterized by a person's inability to speak in certain social settings such as at school, work, or in the community.
- **Separation anxiety:** Happens when someone is afraid of being separated from a particular person, persons, or even a pet.
- **Sleep terror disorder:** Episodes of screaming, intense fear, and flailing while still asleep, often paired with sleepwalking.

- **Social anxiety disorder:** A chronic mental condition in which social interactions cause irrational anxiety.
- **Sociopathy:** Refers to a pattern of antisocial behaviors and attitudes, including manipulation, deceit, aggression, and a lack of empathy for others.
- **Somatic symptom disorder:** Diagnosed when a person has a significant focus on physical symptoms, such as pain, weakness, or shortness of breath, to a level that results in major distress and/or problems functioning. The individual has excessive thoughts, feelings and behaviors relating to the physical symptoms.
- **Suicidal ideation:** Wanting to take your own life or thinking about suicide.
- **Voyeuristic disorder:** Voyeurism is defined as an interest in observing unsuspecting people while they undress, are naked, or engage in sexual activities. The interest is usually more in the act of watching, rather than in the person being watched.
- **Wendigo psychosis:** A culture-bound syndrome which is characterized by symptoms such as having an intense craving for human flesh and an intense fear of becoming a cannibal.

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