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Unit -III

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CULTURAL-BOUND SYNDROMES

Definition

Cultural-bound syndromes are mental health conditions or patterns of abnormal behavior unique to specific cultural or social groups. These are often shaped by cultural beliefs, traditions, and stressors.

Examples

1. **Amok** (Malaysia/Southeast Asia): Sudden violent outbursts, often followed by exhaustion or amnesia.
2. **Dhat Syndrome** (South Asia): Psychological distress related to semen loss.
3. **Hwa-Byung** (Korea): Suppressed anger leading to somatic symptoms like headaches or fatigue.
4. **Koro** (China/India): Intense fear of genital retraction, associated with cultural beliefs.

Causes

- Cultural stigmas.
- Socioeconomic stress.
- Misinterpretation of physical or psychological symptoms through cultural lenses.

Management

- Culturally sensitive psychotherapy.



Personality Disorders

Types and Examples:

1. Cluster A (Odd/Eccentric)

Paranoid Personality Disorder:

- **Example:** Believing coworkers are plotting against them without evidence.
- **Symptom:** Distrust and suspicion.

Schizoid Personality Disorder:

- **Example:** Prefers isolation, has minimal emotional connections.
- **Symptom:** Detachment from social relationships.



Cluster B (Dramatic/Erratic)

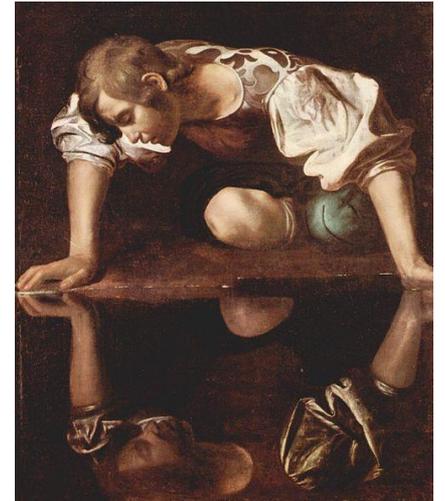
Borderline Personality Disorder:

- **Example:** Intense, unstable relationships alternating between idealization and devaluation.
- **Symptom:** Emotional instability.



Narcissistic Personality Disorder:

- **Example:** An individual demands admiration and overestimates their abilities.
- **Symptom:** Grandiosity and lack of empathy.



Cluster C (Anxious/Fearful)

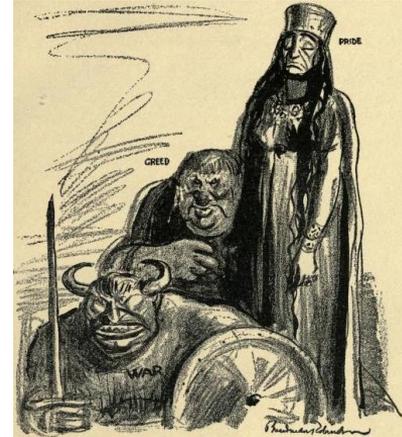
Avoidant Personality Disorder:

- **Example:** Avoids social interactions due to fear of rejection.
- **Symptom:** Hypersensitivity to criticism.



Dependent Personality Disorder:

- **Example:** Relies on others for decisions and fears abandonment.
- **Symptom:** Clingy and submissive behavior.



Sexual Deviations

Types and Examples:

1. Fetishism

- **Definition:** Sexual focus on non-living objects.
- **Example:** A person has sexual urges associated with shoes or leather items.



1. Voyeurism

- **Definition:** Sexual gratification by watching unsuspecting individuals.
- **Example:** Secretly observing people undressing without their consent.



3. Exhibitionism

Definition: Exposing one's genitals to an unsuspecting person.

Example: A person flashes others in public for excitement.



4. Pedophilia

Definition: Sexual attraction to prepubescent children.

Example: An adult engaging in inappropriate behavior with minors.

ALCOHOLISM AND DRUG DEPENDENCE

Types and Examples:

1. Alcoholism

- **Example:** A person drinks daily despite adverse effects on work and family.
- **Symptoms:** Cravings, withdrawal, tolerance.

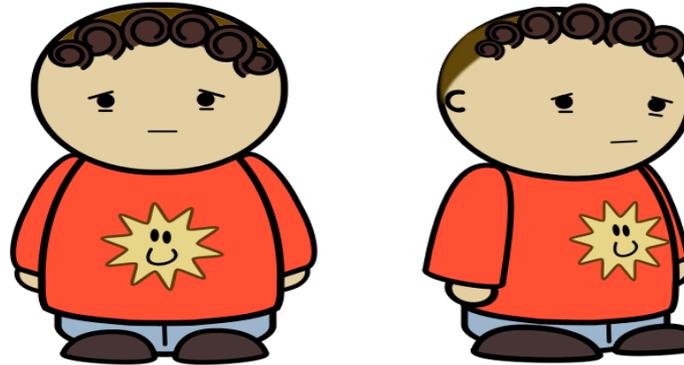
1. Drug Dependence

- **Example:** Dependence on opioids for pain relief, leading to misuse.
- **Symptoms:** Intense cravings, inability to stop use.



CHILDHOOD DISORDERS

Childhood disorders encompass a wide range of developmental, emotional, behavioral, and learning difficulties that emerge during early years and adolescence. These disorders can impact a child's academic, social, and emotional well-being.



1. Scholastic Backwardness

Definition: Scholastic backwardness refers to children who lag behind their peers in academic performance despite having the intellectual capacity to perform at the expected level.

Causes:

- Learning disabilities (e.g., dyslexia).
- Poor teaching methods.
- Family issues or lack of support.
- Low motivation or interest in studies.

Symptoms:

- Difficulty in reading, writing, or mathematics.
- Inability to complete tasks on time.
- Low grades and frustration with schoolwork.

Example: A child in 5th grade reads at a 2nd-grade level due to undiagnosed dyslexia.



2. Attention-Deficit/Hyperactivity Disorder (ADHD)

Definition: A neurodevelopmental disorder characterized by inattention, hyperactivity, and impulsivity that interfere with daily functioning.

Subtypes:

- **Predominantly Inattentive Type:** Difficulty focusing or completing tasks.
- **Predominantly Hyperactive-Impulsive Type:** Fidgeting, restlessness, and impulsive actions.
- **Combined Type:** A combination of both inattentive and hyperactive behaviors.

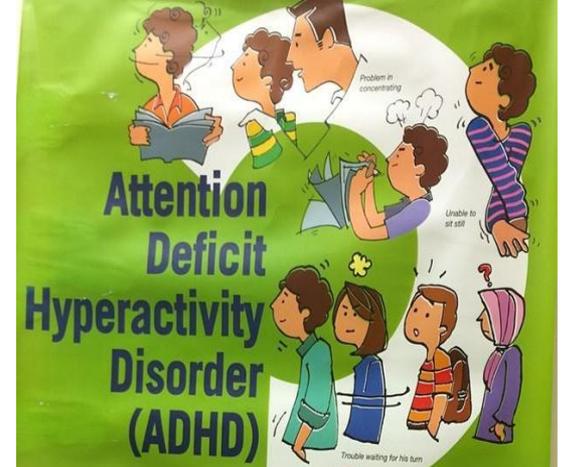
Causes:

- Genetic factors.
- Neurochemical imbalances in the brain.
- Environmental factors (e.g., lead exposure).

Symptoms:

- Difficulty paying attention or following instructions.
- Interrupting others during conversations or activities.
- Fidgeting and inability to remain seated.

Example: A child blurts out answers in class and frequently forgets homework.



3. Learning Disorders

- **Definition:** Learning disorders are conditions that affect the brain's ability to process information, leading to challenges in acquiring academic skills.
- **Types:**
 - **Dyslexia (Reading Disorder)**
 - Difficulty recognizing words, understanding text, and spelling.
 - **Example:** A child confuses letters like “b” and “d” and struggles with reading comprehension.
 - **Dysgraphia (Writing Disorder)**
 - Poor handwriting, spelling issues, and trouble organizing written work.
 - **Example:** Writing letters or words that are illegible or out of order.
 - **Dyscalculia (Mathematics Disorder)**
 - Difficulty understanding numbers, concepts, or solving math problems.
 - **Example:** Inability to grasp basic arithmetic like addition or subtraction.
- **Causes:**
 - Heredity.
 - Premature birth or low birth weight.
 - Neurological differences.



4. Autism Spectrum Disorder (ASD)

- **Definition:** A developmental disorder characterized by difficulties in social communication and repetitive behaviors.
- **Symptoms:**
 - Difficulty understanding social cues or engaging in conversations.
 - Repetitive behaviors like rocking or flapping hands.
 - Intense focus on specific interests (e.g., trains, numbers).
- **Causes:**
 - Genetic predisposition.
 - Environmental factors during early development.
- **Example:** A child avoids eye contact and prefers playing alone, focusing solely on lining up toys in a specific order.



5. Oppositional Defiant Disorder (ODD)

- **Definition:** A behavioral disorder characterized by frequent defiance, anger, and opposition to authority figures.
- **Symptoms:**
 - Temper tantrums and irritability.
 - Refusal to follow rules or instructions.
 - Blaming others for personal mistakes.
- **Causes:**
 - Family conflicts or inconsistent discipline.
 - Neurological factors.
- **Example:** A child frequently argues with teachers and refuses to comply with classroom rules.



6. Conduct Disorder

- **Definition:** A severe behavioral disorder involving aggressive and antisocial behaviors that violate social norms or the rights of others.
- **Symptoms:**
 - Bullying, fighting, or cruelty to animals.
 - Vandalism or stealing.
 - Lack of remorse for harmful actions.
- **Causes:**
 - Dysfunctional family environment.
 - Exposure to violence.
- **Example:** A child is caught stealing from classmates and shows no guilt.



7. Separation Anxiety Disorder

- **Definition:** Intense fear or anxiety about being separated from caregivers, often seen in younger children.
- **Symptoms:**
 - Refusing to attend school or sleep alone.
 - Nightmares about separation.
 - Physical symptoms like stomach aches during times of separation.
- **Causes:**
 - Traumatic events (e.g., loss of a parent).
 - Overprotective parenting.
- **Example:** A child cries every morning when dropped off at school.



8. Childhood Depression

- **Definition:** A mood disorder in children marked by persistent sadness and a lack of interest in activities.
- **Symptoms:**
 - Irritability and withdrawal from friends and family.
 - Fatigue and difficulty concentrating.
 - Changes in appetite or sleep patterns.
- **Causes:**
 - Family history of depression.
 - Bullying or social rejection.
- **Example:** A child stops engaging in hobbies and appears withdrawn at school.



9. Specific Phobias

- **Definition:** Intense and irrational fears of specific objects or situations.
- **Symptoms:**
 - Avoidance of the feared object/situation.
 - Physical symptoms like sweating or trembling.
- **Causes:**
 - Traumatic experiences.
 - Genetic predisposition.
- **Example:** A child refuses to enter a room with a dog, fearing it will bite them.



10. Childhood-Onset Schizophrenia

Definition: A rare mental disorder involving distorted thoughts, hallucinations, and disorganized behavior.

Symptoms:

- Hearing voices or seeing things that are not there.
- Disorganized speech or thinking.
- Social withdrawal.

Causes:

- Genetic vulnerability.
- Brain structure abnormalities.

Example: A child claims they can hear someone talking to them when no one else can.



Management of Childhood Disorders

- **Behavioral Therapy:** Reinforcing positive behaviors while reducing negative ones.
- **Cognitive Behavioral Therapy (CBT):** Helping children recognize and manage negative thought patterns.
- **Medication:** Used for ADHD, anxiety, depression, and other disorders.
- **Parent Training:** Teaching caregivers how to support children effectively.
- **Special Education Support:** Tailored educational plans for children with learning disorder



MENTAL HEALTH PROBLEMS AMONG WOMEN

Women are particularly vulnerable to certain mental health disorders due to hormonal fluctuations, social roles, and societal pressures.

Common Mental Health Problems

- **Depression:** More prevalent in women, often related to life events like childbirth (postpartum depression) or menopause.
 - **Example:** Persistent low mood and fatigue after childbirth.
- **Anxiety Disorders:** Generalized anxiety, social anxiety, or panic disorders due to stress or trauma.
 - **Example:** Overwhelming fear of public speaking.
- **Post-Traumatic Stress Disorder (PTSD):** Often linked to experiences of abuse or violence.
 - **Example:** Flashbacks and anxiety in a woman who survived domestic violence.
- **Premenstrual Dysphoric Disorder (PMDD):** Severe emotional and physical symptoms before menstruation.
 - **Example:** Irritability and mood swings a week before periods.
- **Body Image Issues and Eating Disorders:** Pressure to conform to beauty standards leads to anorexia or bulimia.
 - **Example:** A woman excessively exercises to lose weight, despite being underweight.

Contributing Factors

- Hormonal changes (menstruation, pregnancy, menopause).
- Gender-based violence or discrimination.
- Caregiver stress (balancing work and family).

MENTAL HEALTH PROBLEMS AMONG ADOLESCENTS

Adolescents face unique challenges due to rapid physical, emotional, and social changes during puberty and the transition to adulthood.

Common Mental Health Problems

- **Anxiety Disorders:** Fear of failure, social phobia, and exam-related stress.
 - **Example:** Intense fear of speaking in front of a class.
- **Depression:** Persistent sadness, feelings of worthlessness, or lack of interest in activities.
 - **Example:** Withdrawal from friends and hobbies, poor academic performance.
- **Substance Abuse:** Experimentation with alcohol, drugs, or tobacco often as a coping mechanism for peer pressure or stress.
 - **Example:** A teenager begins smoking to fit in with peers.
- **Eating Disorders:** Conditions like anorexia nervosa and bulimia due to body image concerns.
 - **Example:** A teen excessively diets or binges and purges.
- **Self-Harm and Suicide:** Emotional distress leading to self-injury or suicidal thoughts.
 - **Example:** A teenager cutting themselves to manage emotional pain.

Contributing Factors

- Hormonal changes.
- Peer pressure and bullying.
- Academic stress and high parental expectations.
- Social media and unrealistic body standards.

MENTAL HEALTH PROBLEMS AMONG WORKERS

Workplace stress, job insecurity, and work-life imbalance significantly affect workers' mental health.

Common Mental Health Problems

- **Burnout:** Emotional exhaustion, depersonalization, and reduced professional efficacy due to prolonged workplace stress.
 - **Example:** A worker feels detached and unmotivated despite regular efforts.
- **Depression and Anxiety:** Related to excessive workload, deadlines, or interpersonal conflicts.
 - **Example:** A worker fears losing their job and experiences constant worry.
- **Substance Abuse:** Alcohol or drug use as a coping mechanism for workplace stress.
 - **Example:** Increased alcohol consumption after long work hours.
- **Sleep Disorders:** Insomnia due to work-related stress or irregular shifts.
 - **Example:** A night-shift worker struggles to maintain regular sleep patterns.
- **Post-Traumatic Stress Disorder (PTSD):** Common among workers in high-stress environments like military, healthcare, or emergency services.
 - **Example:** A firefighter experiences flashbacks of a traumatic rescue.

Contributing Factors

- Unclear job roles and unrealistic expectations.
- Lack of support or recognition at work.
- Bullying or harassment in the workplace.

MENTAL HEALTH PROBLEMS AMONG THE ELDERLY

Aging comes with various challenges, including physical health decline, social isolation, and loss of loved ones, making the elderly vulnerable to mental health problems.

Common Mental Health Problems

- **Depression:** Often underdiagnosed, it can manifest as sadness, fatigue, or irritability.
 - **Example:** An elderly person loses interest in hobbies after the death of a spouse.
- **Dementia:** Progressive cognitive decline affecting memory, thinking, and behavior (e.g., Alzheimer's disease).
 - **Example:** Forgetting familiar faces or locations.
- **Anxiety Disorders:** Worries about health, financial security, or independence.
 - **Example:** An elderly person constantly fears falling ill.
- **Sleep Disorders:** Difficulty falling or staying asleep, often linked to anxiety or health conditions.
 - **Example:** Insomnia due to chronic pain.
- **Substance Abuse:** Misuse of alcohol or prescription medications to cope with loneliness or pain.
 - **Example:** Overusing painkillers prescribed for arthritis.

Contributing Factors

- Chronic illnesses (e.g., diabetes, heart disease).
- Social isolation and loss of independence.
- Bereavement and grief.

MENTAL RETARDATION (INTELLECTUAL DISABILITY)

Definition:

Mental retardation, now more commonly referred to as *Intellectual Disability (ID)*, is a condition characterized by significantly below-average intellectual functioning, typically accompanied by deficits in adaptive behavior, which manifest during the developmental period (before the age of 18 years).

Key Features:

- IQ below 70.
- Difficulty in performing daily life activities.
- Onset during childhood or adolescence.

Classification of Intellectual Disability

Intellectual disability is classified based on the severity of intellectual and adaptive functioning impairments:

1. Mild Intellectual Disability (IQ: 50–69)

- **Characteristics:**
 - May achieve basic academic skills up to a 6th-grade level.
 - Can live independently with minimal supervision.
 - Capable of employment in structured settings.
- **Examples:** Difficulty in abstract reasoning, but capable of learning practical skills.

2. Moderate Intellectual Disability (IQ: 35–49)

- **Characteristics:**
 - Academic skills equivalent to a 2nd-grade level.
 - Can perform self-care activities with training.
 - Require supervision for most activities.
- **Examples:** May need help managing finances or navigating unfamiliar environments..

3. Severe Intellectual Disability (IQ: 20–34)

- **Characteristics:**
 - Limited ability to communicate effectively.
 - Require continuous supervision.
 - Can learn basic self-care with intensive training.
- **Examples:** May recognize familiar people but struggle with complex tasks.

4. Profound Intellectual Disability (IQ: Below 20)

- **Characteristics:**
 - Significant physical and intellectual impairments.
 - Dependence on caregivers for all aspects of daily life.
 - Limited communication and mobility.
- **Examples:** A child with profound disabilities may need assistance with feeding and dressing

Clinical Types of Intellectual Disability

Intellectual disability may be categorized based on its underlying causes and associated clinical features:

1. Genetic Causes

- **Down Syndrome:** Caused by an extra chromosome 21, associated with physical traits like a flat face and intellectual delays.
- **Fragile X Syndrome:** A genetic condition causing behavioral and learning challenges.
- **Phenylketonuria (PKU):** A metabolic disorder leading to intellectual disability if untreated.

2. Prenatal Causes

- **Congenital Infections:** Rubella, cytomegalovirus, or syphilis during pregnancy.
- **Maternal Substance Abuse:** Alcohol consumption (Fetal Alcohol Syndrome) or drug abuse.
- **Malnutrition:** Inadequate nutrition during pregnancy affecting fetal brain development. stages.

3. Perinatal Causes

- **Birth Trauma:** Prolonged labor, use of forceps, or lack of oxygen (hypoxia) during delivery.
- **Premature Birth:** Low birth weight and complications in preterm infants.

4. Postnatal Causes

- **Head Injuries:** Traumatic brain injuries in early childhood.
- **Infections:** Encephalitis, meningitis, or other severe infections affecting brain function.
- **Environmental Deprivation:** Lack of stimulation or nurturing during critical developmental

Causes of Intellectual Disability

1. Biological Causes

- **Genetic Disorders:** Mutations or chromosomal abnormalities like Down syndrome or Fragile X syndrome.
- **Infectious Diseases:** Maternal infections like rubella or HIV.
- **Nutritional Deficiencies:** Deficiency of iodine or folic acid during pregnancy.

2. Environmental Causes

- **Toxins:** Exposure to lead, mercury, or radiation.
- **Maternal Substance Use:** Alcohol, drugs, or smoking during pregnancy.
- **Neglect and Abuse:** Emotional and physical neglect affecting brain development.

3. Socio-Cultural Factors

- **Low Socioeconomic Status:** Limited access to healthcare and education.
- **Malnutrition:** Poor maternal and child nutrition leading to stunted cognitive development.
- **Lack of Stimulation:** Inadequate interaction during early years.

CEREBRAL PALSY (CP)

Definition:

Cerebral Palsy (CP) is a group of permanent movement disorders caused by non-progressive disturbances in the developing brain, typically occurring before, during, or shortly after birth. It affects muscle tone, posture, and movement.

Causes of Cerebral Palsy

1. Prenatal Causes:

- Infections during pregnancy (e.g., rubella, cytomegalovirus).
- Insufficient oxygen supply to the fetal brain (hypoxia).
- Genetic mutations affecting brain development.

2. Perinatal Causes:

- Birth asphyxia (lack of oxygen during delivery).
- Premature birth and low birth weight.
- Birth trauma or complications during labor.

3. Postnatal Causes:

- Brain infections (e.g., meningitis, encephalitis).
- Traumatic brain injuries in infancy.
- Severe jaundice in newborns.

Types of Cerebral Palsy

1. Spastic Cerebral Palsy (70–80%):

- Increased muscle tone leading to stiff and jerky movements.
- **Example:** Difficulty walking or controlling arm movements.

1. Dyskinetic Cerebral Palsy (Athetoid):

- Uncontrolled, involuntary movements.
- **Example:** Twisting or writhing of the arms and legs.

1. Ataxic Cerebral Palsy:

- Problems with balance and coordination.
- **Example:** Difficulty in walking steadily or writing.

1. Mixed Cerebral Palsy:

- Combination of symptoms from the above types.
- **Example:** Spasticity in some muscles and involuntary movements in others.

Management of Cerebral Palsy

1. Medical Management:

- **Medications:** Muscle relaxants (e.g., baclofen, botulinum toxin) to reduce spasticity.
- **Surgery:** Orthopedic procedures to improve mobility and correct deformities.

2. Therapies:

- **Physical Therapy:** Strengthening and stretching exercises to improve mobility.
- **Occupational Therapy:** Teaching daily skills like dressing or eating.
- **Speech Therapy:** Improving communication skills and swallowing abilities.

3. Assistive Devices:

- Wheelchairs, braces, or walkers to enhance mobility.
- Communication devices for speech impairments.

4. Education and Support:

- Special education programs tailored to individual needs.
- Counseling for families to manage emotional and caregiving challenges.

EPILEPSY

Definition:

Epilepsy is a neurological disorder characterized by recurrent, unprovoked seizures caused by abnormal electrical activity in the brain.

Types of Epilepsy

1. Focal (Partial) Seizures:

- Begin in one specific area of the brain.
- **Types:**
 - **Simple Focal Seizures:** No loss of consciousness, symptoms like muscle twitching.
 - **Complex Focal Seizures:** Impaired awareness, confusion, or repetitive behaviors.

2. Generalized Seizures:

- Involve the entire brain.
- **Types:**
 - **Tonic-Clonic Seizures** (Grand Mal): Stiffening of muscles (tonic phase) followed by rhythmic jerking (clonic phase).
 - **Absence Seizures** (Petit Mal): Brief loss of awareness, appearing as "staring spells."
 - **Myoclonic Seizures:** Sudden, brief jerks of muscles.
 - **Atonic Seizures:** Sudden loss of muscle tone, causing falls.

Causes of Epilepsy

1. Genetic Factors:

- Family history of epilepsy.
- Genetic mutations affecting brain function.

2. Structural or Metabolic Causes:

- Brain injuries or trauma.
- Stroke or brain tumors.

3. Infections:

- Meningitis, encephalitis, or neurocysticercosis.

4. Developmental Disorders:

- Conditions like autism or cerebral palsy.

5. Idiopathic:

- No identifiable cause in many cases.

Management of Epilepsy

1. Medical Treatment:

- **Anti-Epileptic Drugs (AEDs):** Control seizures (e.g., phenytoin, carbamazepine, valproate).
- **Surgical Intervention:** Removing the seizure focus in the brain, when medications fail.
- **Vagus Nerve Stimulation (VNS):** A device implanted to reduce seizure frequency.

2. Lifestyle Modifications:

- Avoiding seizure triggers (e.g., stress, lack of sleep).
- Maintaining a balanced diet and regular sleep patterns.

3. First Aid for Seizures:

- Ensure safety by removing nearby harmful objects.
- Do not restrain the person or put anything in their mouth.
- Turn them on their side to prevent choking.

4. Dietary Management:

- **Ketogenic Diet:** High-fat, low-carbohydrate diet for drug-resistant epilepsy.

5. Psychosocial Support:

- Counseling to address stigma and emotional well-being.
- Support groups for patients and caregivers.

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