

Red flag = obsession with honey

What is a binge?

- Eating a significantly larger amount of food than most people would eat in a similar period
- Lack of control during the episode

What to look out for?

- Eating rapidly
- Eating until uncomfortably full
- Eating when not hungry
- Secretive eating
- Feelings of guilt and disgust afterwards

Why do people suffer with BED?

- Family history of mental health problems
- Criticisms over body shape, weight, diet
- Perfectionism traits, anxiety, low self esteem
- Societal pressures to be 'slim'

Who suffers from BED?

- Most common in late teens/ early 20's
- Men and women

Important facts:

- Not everyone will put on weight
- BED isn't usually associated with compensatory behaviors (as in bulimia nervosa)

Pathology in the Hundred-Acre wood

Red flag: always thinks about how any situation can go wrong and argues with himself about what to do

What is GAD?

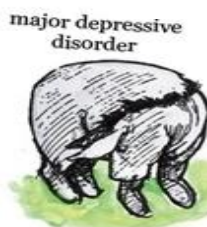
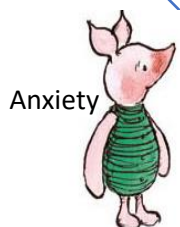
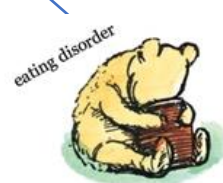
- Persistent, exaggerated worry that is not specific to anything.
- Characterised by dysfunctional worry – thoughts take over and you think you can't control the situation

Physical symptoms of GAD?

- Sweating
- Restless
- Headaches
- Lightheaded
- Fatigue
- Poor concentration

What can cause GAD?

- Genetics
- History of stressful/traumatic experiences
- Long term health condition
- History of rug or alcohol misuse
- No specific cause



What are examples of behavioural symptoms associated with GAD?

- Impaired social and occupational activities
- avoidance

Diagnostic criteria?

- Symptomatic on most days for at least several weeks at a time

Red flag: fear of contamination, keeps things orderly

What is OCD?

- Recurrent obsessional thoughts or compulsive acts
- Acting on compulsions provides only temporary relief

What are obsessional thoughts?

- Ideas, images or impulses that enter a person's mind again and again
- The person often tries to resist them

What are compulsive acts?

- Behaviours that are repeated again and again
- Not enjoyable or useful
- Their role is to prevent an event
- Recognised by the person as ineffectual, they try to resist

Washers/Cleaners	Checkers	Repeaters	Hoarders	Obsessors
Fear of germs and contamination, which leads to compulsive hand washing and cleaning.	Fear of making a tragic mistake leads to compulsive checking & re-checking locks, irons, stove tops, etc.	Fear of imperfection leads to compulsively repeating behaviors & thoughts until they are perfect.	Fear of discarding something that may later be needed. Leads to compulsively saving useless items.	Fear that one is evil, or a degenerate, due to odd thoughts. Leads to relentlessly obsessing about this fear.

Red flag = always sad, low on energy, negative outlook on life

What is major depressive disorder?

- An affective disorder, characterized by persistent low mood, low energy and anhedonia
- Episodes are usually related to a stressful event
- Usually, a relapsing and remitting course

Red flag = brings his stuffed animals to life and talks to them

Why does someone get schizophrenia?

- Neurodevelopmental hypothesis
- Neurotransmitter hypothesis (excess dopamine and overactive Mesocorticolimbic activity → +ve symptoms, dopamine depletion in Mesocortical tract → -ve symptoms)

What increases the risk?

- Family history
- Advanced paternal age
- Malnutrition and viruses in pregnancy
- Drug abuse
- Lower socioeconomic status
- +++ stress

What is schizophrenia?

- Severe long-term mental health condition
- Type of psychosis
- Person cannot distinguish their own thoughts and ideas from reality

What are the different types?

- Paranoid = most common
- Hebephrenic = mood changes, unpredictable behavior
- Simple = only -ve symptoms
- Catatonic = psychomotor
- Undifferentiated = don't fit into another category
- Residual = -ve symptoms because +ve symptoms have 'burnt out'

What are the 1st rank symptoms?

- Thought insertion/ withdrawal/ broadcasting
- Auditory hallucinations (3rd person, running commentary, thought echo)
- Delusional perceptions
- Passivity phenomenon/ delusions of control (external forces control feelings, actions, impulses, somatic passivity)

	Biological	Psychological	Social
Predisposing	Family history Female Teenage → early 40's	Personality traits Childhood trauma	Lack of social support Low socioeconomic status Separation/ divorce
Precipitating	Comorbid substance misuse Physical health problems	Traumatic life events Low self esteem	Lack of social support Low socioeconomic status Separation/ divorce
Perpetuating	Comorbid substance misuse	Failure to cope with loss	Lack of social support Low socioeconomic status