

# Psychology study

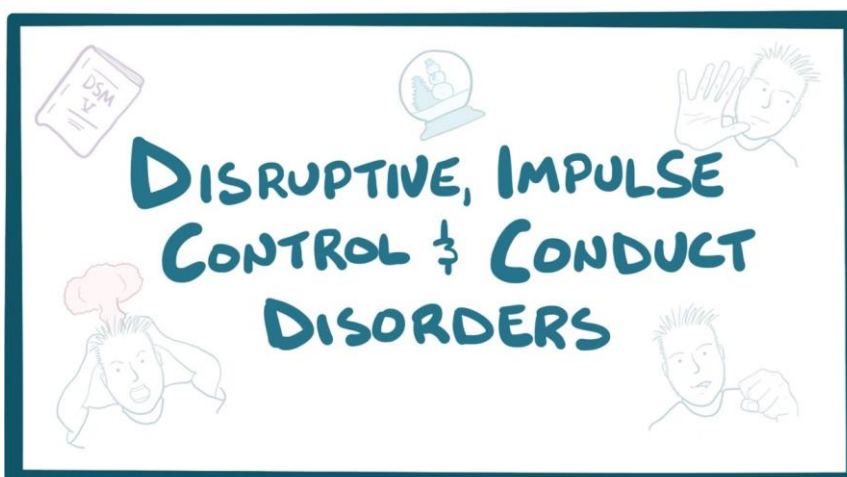
/ˈsuɪ,sɑɪd/ - su-i-cide

## suicide

(1) (noun) the act of killing yourself; (2) (noun) a person who kills himself intentionally;



# Psychological Disorders



Impulse-control disorders are those that involve an inability to control emotions and behaviors, resulting in harm to oneself or others. These problems with emotional and behavioral regulation are characterized by actions that violate the

rights of others such as destroying property or physical aggression and/or those that conflict with societal norms, authority figures, and laws.

Types of impulse-control disorders:

Kleptomania involves an inability to control the impulse to steal. People who have kleptomania will often steal things that they do not really need or that have no real monetary value. Those with this condition experience escalating tension prior to committing a theft and feel relief and gratification afterwards.

Pyromania involves a fascination with fire that results in acts of fire-starting that endanger the self and others.

Intermittent explosive disorder is characterized by brief outbursts of anger and violence that are out of proportion for the situation. People with this disorder may erupt into angry outbursts or violent actions in response to everyday annoyances or disappointments.

Conduct disorder is a condition diagnosed in children and adolescents under the age of 18 who regularly violate social norms and the rights of others. Children with this disorder display aggression toward people and animals, destroy property, steal and deceive, and violate other rules and laws. These behaviors result in significant problems in a child's academic, work, or social functioning.

Oppositional defiant disorder begins prior to the age of 18 and is characterized by defiance, irritability, anger, aggression, and vindictiveness. While all kids behave defiantly sometimes, kids with oppositional defiant disorder refuse to comply with adult requests almost all the time and engage in behaviors to deliberately annoy others.



## Substance-Related and Addictive Disorders

Substance-related disorders are those that involve the use and abuse of different substances such as cocaine, methamphetamine, opiates, and alcohol. These disorders may include substance-induced conditions that can result in many associated diagnoses including intoxication,

withdrawal, the emergence of psychosis, anxiety, and delirium.

Examples of substance-related disorders:

Alcohol-related disorders involve the consumption of alcohol, the most widely used (and frequently overused) drug in the United States.

Cannabis-related disorders include symptoms such as using more than originally intended, feeling unable to stop using the drug, and continuing to use despite adverse effects in one's life.

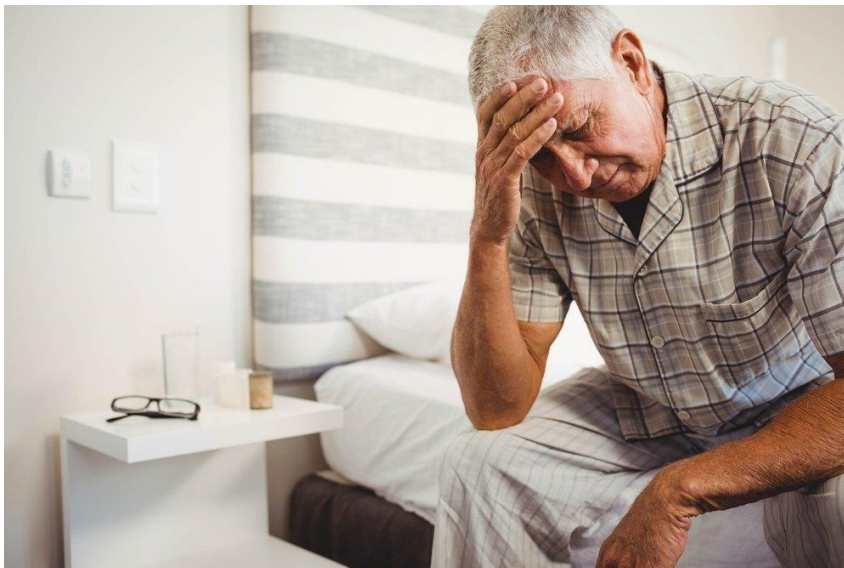
Inhalant-use disorder involves inhaling fumes from things such as paints or solvents. As with other substance-related disorders, people with this condition experience cravings for the substance and find it difficult to control or stop engaging in the behavior.

Stimulant use disorder is a new category now found in the DSM-5 that involves the use of stimulants such as meth, amphetamines, and cocaine.

Tobacco use disorder is characterized by symptoms such as consuming more tobacco than intended, difficulty cutting back or quitting, cravings, and suffering adverse social consequences as a result of tobacco use.

The DSM-5 also includes gambling disorder under this classification.

The American Psychiatric Association explains that this change "reflects the increasing and consistent evidence that some behaviors, such as gambling, activate the brain reward system with effects similar to those of drugs of abuse and that gambling disorder symptoms resemble substance use disorders to a certain extent."



## Neurocognitive Disorders

Neurocognitive disorders are characterized by acquired deficits in cognitive function. These disorders do not include those in which impaired cognition was present at birth or early in life.

Types of cognitive disorders include:

Delirium, also known as acute confusional state, that develops over a short period of time (usually a few hours or a few days) and is characterized by disturbances in attention and awareness.

Major and mild neurocognitive disorders have the primary feature of acquired cognitive decline in one or more areas including memory, attention, language, learning, and perception. These cognitive disorders can be due to medical conditions including Alzheimer's disease, HIV infection, Parkinson's disease, substance/medication use, vascular disease, and others.



### **Do I Have Test Anxiety? (Self-Assessment)**

A little nervousness before a test or exam is normal, but if you experience extreme stress and anxiousness that interfere with your ability to complete the test, you may be suffering from test anxiety

Answer the quiz questions below to see if you or a loved one may be suffering from test anxiety.

Instructions: Below is a list of questions that relate to life experiences common among people who struggle with test anxiety. Please read each question carefully, and indicate how often you have experienced the same or similar challenges in the past few months.

**Do you experience fear, anxiety, or helplessness before or during a test?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**Do you procrastinate on studying because you fear performing poorly on tests?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**Have you performed poorly on a test in the past and fear repeating the performance?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**Is it ever difficult to imagine yourself doing well on a test?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**Do you “blank out” or have trouble concentrating during a test?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**Do you experience nausea, sweating, racing heart, shortness of breath, or dizziness during a test?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

**Have you had to exit a testing area before you finish due to high anxiety?**

- Never
- Rarely
- Sometimes
- Often
- Very Often

To be continued ....

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