**Common Mental Health Disorders**

**Anxiety Disorders**

*Generalized Anxiety Disorder (GAD):* Excessive anxiety and worry (apprehensive expectation) about a number of events or activities. The intensity, duration, or frequency of the anxiety and worry is out of proportion to the actual likelihood or effect of the anticipated event. The individual finds it difficult to control the worry and to keep worrisome thoughts from interfering with attention to tasks at hand. Somatic symptoms frequently are associated.

*Social Anxiety Disorder:* Marked and persistent fear of one or more social or performance situations, provoking symptoms of anxiety and causing extreme distress or avoidance of the situation.

*Panic Disorder:* Recurrent unexpected panic attacks.

*Panic Attack:* An abrupt surge of intense fear or intense discomfort that reaches a peak within minutes and during which time four or more of 13 physical and cognitive symptoms occur (palpitations, pounding heart, or accelerated heart rate; sweating; trembling or shaking; sensations of shortness of breath or smothering; feelings of choking; chest pain or discomfort; nausea or abdominal distress; feeling dizzy, unsteady, light-headed, or faint; chills or heat sensations; paresthesias [numbness or tingling sensations]; derealization [feelings of unreality] or depersonalization [being detached from oneself]; fear of losing control or “going crazy”; fear of dying).

*Obsessive–Compulsive Disorder (OCD):* Although the specific content of obsessions and compulsions varies among individuals, certain symptom dimensions are common in OCD, including those of cleaning (contamination obsessions and cleaning compulsions); symmetry (symmetry obsessions and repeating, ordering, and counting compulsions); forbidden or taboo thoughts (eg, aggressive, sexual, and religious obsessions and related compulsions); and harm (eg, fears of harm to oneself or others and related checking compulsions).

*Posttraumatic Stress Disorder (PTSD):* The development of characteristic symptoms (including fear-based re-experiencing, emotional and behavioral symptoms, anhedonic or dysphoric mood states, negative cognitions, arousal and reactive-externalizing symptoms, dissociative symptoms, or combinations of these symptom patterns) after exposure to actual or threatened death, serious injury, or sexual violence.

**Mood Disorders**

*Adjustment Disorder With Depressed Mood:* The development of emotional or behavioral symptoms in response to an identifiable stressor(s) that occur within 3 months of the onset of the stressor(s) in which low mood, tearfulness, or feelings of hopelessness are predominant.

*Major Depressive Disorder (MDD):* A period of at least 2 weeks during which there is either depressed mood or the loss of interest or pleasure in nearly all activities. In children and adolescents, the mood may be irritable rather than sad.

*Bipolar Disorder:* A distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy, lasting at least 4 consecutive days and present most of the day, nearly every day, or that requires hospitalization.

*Premenstrual Dysphoric Disorder:* The cyclic recurrence of severe, sometimes disabling, changes in affect—such as mood lability, irritability, dysphoria, and anxiety—that occur in the luteal phase of a woman's menstrual cycle and subside around, or shortly after, the onset of menses. These symptoms may be accompanied by the common physical and behavioral symptoms of premenstrual syndrome.

**Attention Deficit Hyperactivity Disorder**

Symptoms of inattention and hyperactivity or impulsivity present for at least 6 months to a degree that is maladaptive and inconsistent with developmental level.

**Disruptive Behavior Disorders**

*Conduct Disorder:* Repetitive and persistent pattern of behavior that violates the basic rights of others or the age-appropriate societal norms, including aggression to people and animals, destruction of property, deceitfulness or theft, or serious violation of rules (such as running away, truancy, curfew violations.)

*Oppositional–Defiant Disorder:* Pattern of negativistic, hostile, and defiant behavior that includes four or more of the following—often losing temper, often arguing with adults, often refusing to follow rules, often annoying others, often blaming others, often angry or resentful, often spiteful or vindictive.

Data from American Psychiatric Association. Diagnostic and statistical manual of mental disorders. 5th ed. Arlington (VA): APA; 2013.

\*For complete diagnostic information, consult the *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition.