

9 PSYCHOLOGICAL DISORDERS

E X P L A I N E D



PHOBIA

An anxiety disorder involving irrational and persistent fear of an object or situation that lasts for more than six months. This may also trigger panic attacks.



DEPRESSION

Sadness, apathy or low mood lasting at least 2 weeks and is severe enough to disturb regular activities.



PTSD

PTSD (Post Traumatic Stress Disorder) is a mental disorder that people can develop after experiencing a life-threatening or traumatic event like warfare, accident, sexual assault etc.



OCD

OCD (Obsessive Compulsive Disorder) A type of anxiety disorder in which people have recurring thoughts or urges to check something or perform an

