

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 activity repeatedly.



BIPOLAR

A mental disorder characterized by unusual mood swings with periods of depression and periods of elevation.



INSOMNIA

A condition where people find it difficult to fall asleep or to stay asleep. This may be caused by different psychiatric and medical conditions.



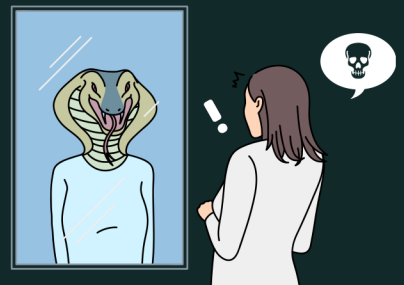
EATING DISORDER

It's an illness that involves irregular eating habits and extreme distress about body weight and shape.



SCHIZOPHRENIA

A serious condition which affects a person's ability to think, feel and behave correctly. Sufferers may find it difficult to distinguish between reality & imagination.



PANIC DISORDERS

A type of anxiety disorder characterized by sudden episodes of fear and panic attacks which typically last about 10 minutes.

