

Mental Disorders

Alyson Lardizabal, Angelica Mae Celeste, Jordan DeForge, Krystal Ozuna,
Sophia Licitra

Mrs. Shutt

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Overview of Mental Disorders

- A mental disorder is a person's emotional well-being or how they handle stress and life.
- The most common types are depression and anxiety. Other types can include ADHD, Autism, bipolar disorder, etc.



ProQuest Staff. "Topic Overview: Mental Health." ProQuest LLC. 2015: n.pag. SIRS Issues Researcher. Web. 07 Dec. 2015.

Social Topic and Effects of Mental Disorders

- Reports do not always mention a person's depression or substance abuse.
- Debating the issue of this topic can trigger the individual's family and friends.
- Society should be concerned with people committing suicide everyday. 70% of them are being caused by depression.
- Everyday someone's family member, friend, or classmate is lost because they commit suicide that is most likely caused by depression.

Kearns, Martha. "Media Needs to Tread Carefully in Reporting Suicide." Sunday Business Post. 09 Jun. 2013: n.p. SIRS Issues Researcher. Web. 07 Dec. 2015

"Depression." Mayo Clinic Health Letter. Oct. 1998: 1-8. SIRS Issues Researcher. Web. 13 Dec. 2015.

Depression Causes

- Causes of depression include bullying, family problems, school, sports, etc.
- Bullying is a big cause, it can bring people down and make them feel unworthy.
- Family problems can also make people feel lonely and depressed.
- Depression can also be in genetics.
- Depression is a serious mental condition that is often shown by extreme feelings of sadness, worthlessness or hopelessness.

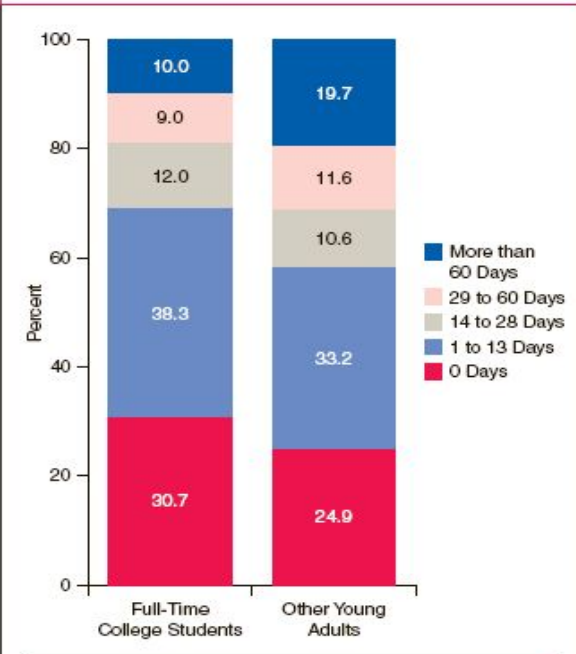
ProQuest Staff. "At Issue; Mental Depression," ProQuest LLC. 2015: n. pag. SIRS Issues Researcher. Web. 13 Nov 2015.

Mental Disorders Statistics

- 10.0 percent of college students 18 to 22 said to have had a very severe MDE in the last year. Young adults percent was 19.7.
- 30.7 percent of full-time college students said there were no days that they could not carry out normal activities, but only 24.9 percent of young adults reported this.

"Major Depressive Episode Among Full-Time College Students..." The NSDUH Report. 03 May 2012: n.p. SIRS Issues Researcher. Web. 07 Dec. 2015.

Figure 2. Number of Days in the Past Year Unable to Carry Out Normal Activities due to Symptoms of Depression among Persons Aged 18 to 22 with Past Year Major Depressive Episode (MDE), by Full-Time College Status: 2008 to 2010



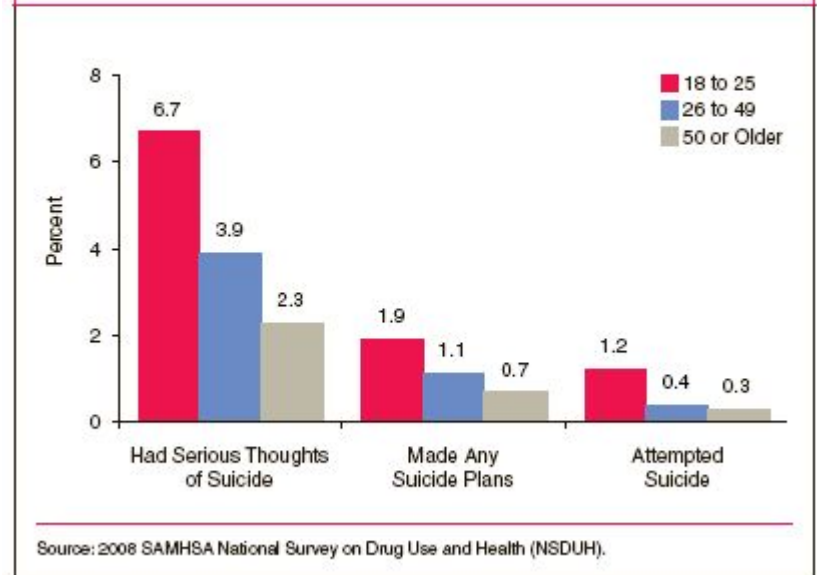
Source: 2008 to 2010 SAMHSA National Surveys on Drug Use and Health (NSDUHs).

Mental Disorders Statistics continued

- Young adults age 18 to 25 are more likely than adults age 26 to 49 and those age 50 and older have had serious thoughts of suicide, made suicide plans, and attempted suicide.

“Suicidal Thoughts and Behaviors Among Adults.” The NSDUH Report. 17 Sep. 2009: n.p. SIRS Government Reporter. Web. 12 Dec. 2015

Figure 1. Suicidal Thoughts and Behaviors in the Past Year among Adults, by Age Group: 2008



Depression Affects

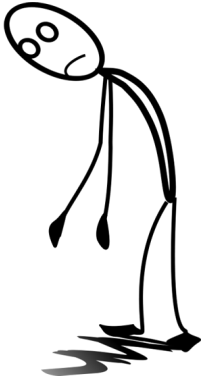
- Depression and suicide are common among teens, with untreated depression being a leading cause of teen suicide.
- Teens experiencing depression are 12 times more likely to attempt suicide than teens who are not.
- Symptoms include feeling persistently sad, trouble sleeping, anxious feelings, thoughts of death, loss of appetite or weight gain, lack of concentration, feelings of loneliness or worthlessness, and loss of interest in activities enjoyed in the past.

King, Keith A., and Rebecca A. Vidourek. "Teen Depression and Suicide: Effective Prevention and Intervention..." Prevention Researcher. Nov. 2012: 15-17. SIRS Issues Researcher. Web. 29 Nov. 2015.

Saywell, Trish, and Joanne McManus. "Behind the Smile: Silent Suffering." Far Eastern Economic Review. Aug. 9 2001: 26-35. SIRS Issues Researcher. Web. 1 Dec. 2015.

Personal Story: Depression

- Megan Rogers thought her symptoms of depression were just apart of growing up, however the symptoms lasted far too long to just be hormones. Megan was later diagnosed with depression sometime during her senior year of highschool.



Martin, Patti. "Teen-Age Blues Might Be More.' Asbury Park Press (Asbury Park, NJ).
Aug. 16 2001:n.p. SIRS Issues Researcher. Web. 15 Nov. 2015.

Personal Story: Depression

- Carrie White slowly started getting depressed in 7th grade and by 8th grade the light in her life had gone out. She compared the process to walking from the shallow end of a pool to the deep end.



*Marbella, Jean. "The Depressing Facts." Sun-Sentinel (Ft. Lauderdale FL).
13 Apr. 1989: 3E. SIRS Issues Researcher. Web. 6 Dec. 2015.*

Personal Story: Depression

- Allegra Sydney got depressed after being unsuccessful in getting a teaching career. Later she tried committing suicide but was rushed to the hospital, where she was diagnosed with depression. Later Allegra was helped to improve her mental health.



Scheible, Sue. "Suffering in Silence: More Than a State of Mind." Patriot Ledger (Quincy, MA). Aug. 21-22 1999: 1+. SIRS Issues Researcher. Web. 13 Dec. 2015.

Mental Disorders Stigma

- People who suffer from a mental disorder don't seek help because they don't want to be judged for having a mentally illness.
- Those who are living with a mental disorder feel ashamed about their condition and feel they had been discriminated against.
- The only way to overcome the stigma of mental disorders is to be informed about what the illnesses really are.

Saywell, Trish, and Joanne McManus. "Behind the Smile: Silent Suffering." Far Eastern Economic Review. Aug. 9 2001: 26-35. SIRS Issues Researcher. Web. 12 Nov. 2015.

Taylor, Thersea. "Break Through the Stigma." Carlary Herald.)9 Oct. 2011: A.6. SIRS Issues Researcher. Web. 29 Nov. 2015

Action Plan

- Ways to help raise awareness of mental disorders, such as depression, could include having an expert come to schools and talk to the students about causes, signs, and how to help.
- Having more funding not just in the United States but the world would definitely help pay for doctors, medication and events.

Conclusion

Mental disorders are a big issue people deal with every day. It is important to know what people with mental illnesses go through and how to help. There are different types of mental disorders such as anxiety and depression. Causes can come from a variety of different things but encouragement can help someone drastically. Treatments can come from friends and family members or medication. Many people are affected by mental disorders and it should be taken very seriously.



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"Major Depressive Episode Among Full-Time College Students..." *The NSDUH Report*. 03 May 2012: n.p. SIRS Issues Researcher. Web. 07 Dec. 2015.

Marbella, Jean. "The Depressing Facts." *Sun-Sentinel (Ft. Lauderdale FL)*. 13 Apr. 1989: 3E. SIRS Issues Researcher. Web. 06 Dec. 2015.

Martin, Patti. "Teen-Age Blues Might Be More." *Asbury Park Press (Asbury Park, NJ)*. Aug. 16 2001:n.p. SIRS Issues Researcher. Web. 15 Nov. 2015.

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