



MENTAL HEALTH

Winnifred Amoateng Aliyah Batista Maria Buritica

Mariam El-Ghannam Laila Issa Excellene Mensah

Sarah Vincent



Behaviors of a narcissist

Lacks empathy for others

Consistently has problematic relationships

Has a strong desire for attention and admiration from others

Has an inflated sense of self-worth or importance

Signs of narcissistic personality disorder



FRAGILE SELF-ESTEEM



NEED FOR ATTENTION



DELUSIONS OF GRANDEUR



SENSE OF ENTITLEMENT



EXAGGERATION OF ACHIEVEMENTS



FANTASIES OF SUCCESS



ENVY



SENSITIVITY TO CRITICISM



MISTREATMENT OF OTHERS



LACK OF REMORSE

Sarah



Different Types of Narcissistic Personality Disorder

Overt Narcissism

- Very high opinions of self
- Strong need for attention & admiration

Covert Narcissism

- Shy & introverted
- Undermine others to feel superior

Grandiose Narcissism

- Attention-seeking behaviors
- Manipulate/exploit others to achieve their own goals

Pathological Narcissism

- Extreme levels of narcissism
- Often associated with mental health problems

Depression Causes



genetics



brain chemistry imbalance



poor nutrition



physical health issue



drugs



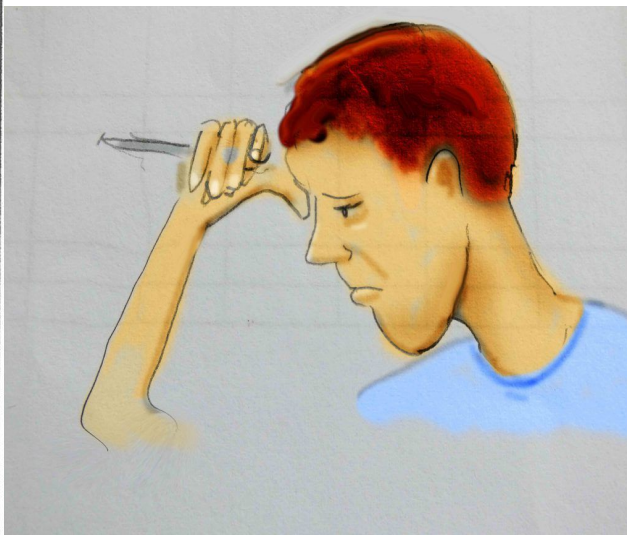
stress



verywell



Maria



Depression Warning Signs: What Are They?



Loss of interest in hobbies



Being irritable or angry



Alcohol or drug use



Change in appetite



Difficulty speaking



Headaches or muscle pains



Putting on a happy face



Having a lack of energy



Feeling tearful



Avoiding contact with others



Negative thoughts



Difficulty thinking



Uncontrollable emotions

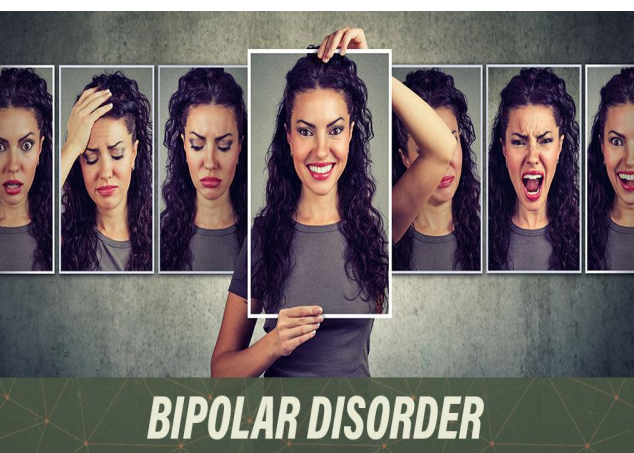


Feeling guilty



Sleep changes





BIPOLAR DISORDER



Bipolar Disorder Treatments

Psychological therapies

Alternative treatments

Lifestyle changes

Prescription medications

Aliyah



BIPOLAR DISORDER

SYMPTOMS DEPRESSION



- feelings of sadness or hopelessness
- loss of interest in pleasurable activities
- negative thoughts about the future
- loss of energy
- insomnia or sleeping too much
- talk of suicide or death

SYMPTOMS OF MANIA

- poor appetite, weight loss
- poor concentration, easily distracted
- sleeping little
- racing speech, impulsiveness
- heightened sense of self-importance
- jumping from one idea to another



Symptoms of Schizophrenia

Positive:



Delusions



Hallucinations



Disorganized speech

Negative:



Flattened affect



Reduced speech



Lack of initiative



Schizophrenia Symptoms

ACTIVE STAGE symptoms can include:



Unusual or extremely slowed movements.



Incoherent or disorganized speaking.



Hallucinations, usually related to hearing voices or strange sounds.

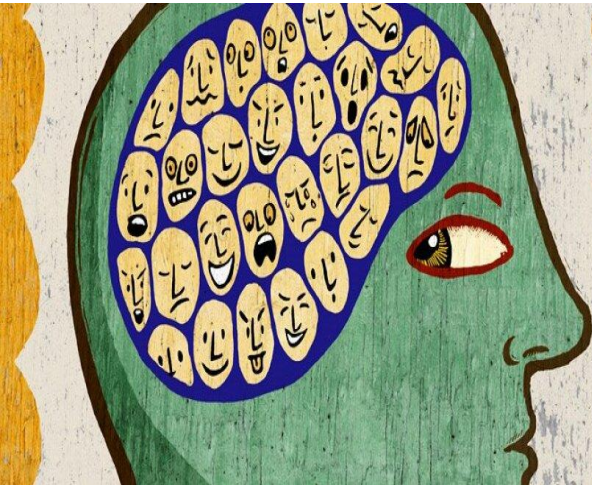


Delusions: false beliefs that remain unchanged despite contradicting evidence.



Isolating behavior or emotionless facial expressions or speech.

Excellene



High level of Activity



Low level of Activity



Healthy Brain



Schizophrenic Brain

Other symptoms often include:



Feeling suspicious, paranoid or afraid frequently.



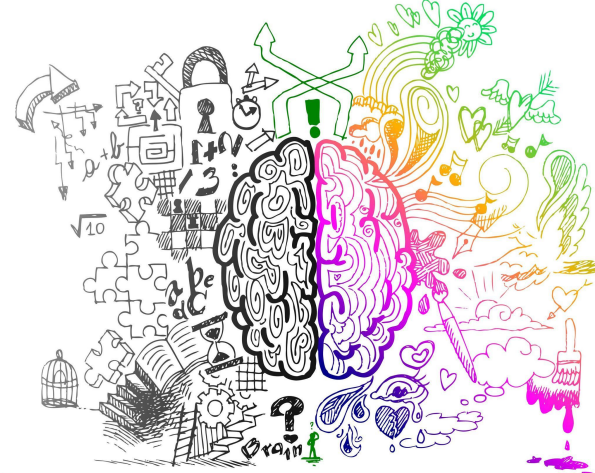
Not caring about their hygiene and appearance.



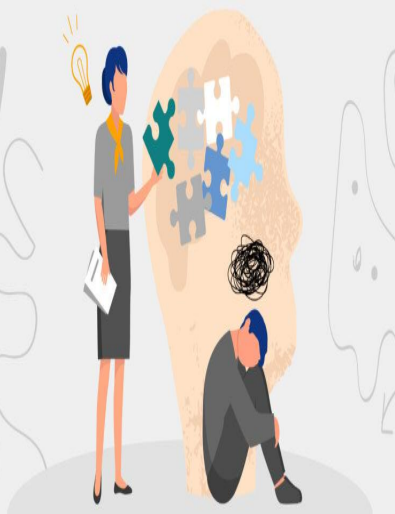
Depression, anxiety and suicidal thoughts.



Using alcohol, nicotine, prescription medications or recreational drugs, to "self-medicate" their symptoms.



Mariam





Subtypes of OCD

Contamination obsessions with cleaning compulsions



Hoarding



Symmetry obsessions with ordering compulsions



Obsessions without visible compulsions



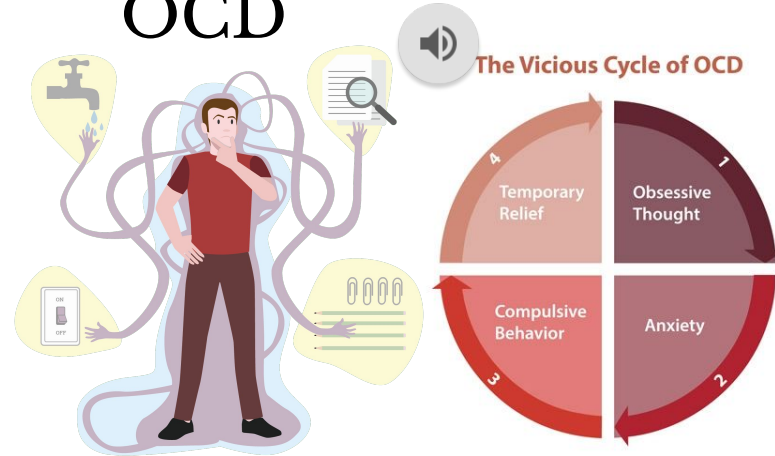
Harm obsessions with checking compulsions



verywell



OCD



In conclusion,



Mental health is very important for the betterment of individuals and society. We hope our presentation cultivated empathy within you for all those that suffer from mental illness while also raising your awareness and removing stigma around mental illness and the treatment of it.

References

- Abela, & Hankin, B. L. (2008). *Handbook of depression in children and adolescents*. Guilford Press.
- Brody, J. E. (2021, July 5). *The challenges of bipolar disorder in young people*. The New York Times. Retrieved March 15, 2023, from <https://www.nytimes.com/2021/07/05/well/mind/bipolar-disorder-young-people.html>
- Brody, J.E. (2021, August 17). Living with O.C.D. in a pandemic. The New York Times. pD7. <https://www.nytimes.com/2021/08/16/well/mind/ocd-pandemic.html?smid=url-share>
- Cleave, Green, C. M., & Blaschke, G. S. (2019). Depression and suicide prevention. *American Academy of Pediatrics*.
- Keeler, J. (2022, October 17). How OCD is portrayed in movies & TV shows - Impulse. *Impulse*. <https://impulsetherapy.com/how-ocd-is-portrayed-in-movies-tv-shows/>
- Jelnek M, Květon P, Buresová I, Klimusová H (2021) Measuring depression in adolescence: Evaluation of a hierarchical factor model of the Children's Depression
- Hammerness, P. G. (2008). *Adhd*. ABC-CLIO, LLC. Inventory and measurement invariance across boys and girls.
- Hirschtritt ME, Bloch MH, Mathews CA. (2017). Obsessive-compulsive disorder: Advances in diagnosis and treatment. *JAMA*, 317(13), 1358–1367. doi:10.1001/jama.2017.2200
- Lenzenweger, M. F. (2008). Epidemiology of personality disorders. *Psychiatric Clinics of North America*, 31(3), 395–403.
- Leichsenring, F., Leibling, E., Kruse, J., New, A. S., & Leweke, F. (2011). Borderline personality disorder. *The Lancet*, 377(9759), 74–84.
- Moore, N. B. (2013). *Bipolar disorder symptoms, management and risk factors*. Nova Science Publishers.
- Moran, P. (1999). The epidemiology of antisocial personality disorder. *Social psychiatry and psychiatric epidemiology*, 34, 231–242.
- Otto, M. W., & Reilly-Harrington, N. (2008). *Managing bipolar disorder, therapist guide: A cognitive behavior treatment program*.
- Plunkett, J. M. (2011). *Bipolar disorder: Causes, diagnosis and treatment*. Nova Science Publishers.
- Thapar, Collishaw, S., Pine, D. S., & Thapar, A. K. (2012). Depression in adolescence. *The Lancet (British Edition)*, 379(9820), 1056–1067.
- Veale, D., & Roberts, A. (2014). Obsessive-compulsive disorder. *Bmj*, 348: g2183 doi:10.1136/bmj.g2183
- Wender, P. H. (2001). *Adhd : Attention-deficit hyperactivity disorder in children, adolescents, and adults*. Oxford University Press, Incorporated.
- Widiger, T. A., & Costa Jr, P. T. (1994). Personality and personality disorders. *Journal of abnormal psychology*, 103(1), 78.
- Wiggins, J. S., & Pincus, A. L. (1989). Conceptions of personality disorders and dimensions of personality. *Psychological assessment: A journal of consulting and clinical psychology*, 1(4), 305.