
Emotional/Psychological Disability Crib Sheets

OCD – EPOCD

Definition:

Obsessive-compulsive disorder is a chronic mental disorder most commonly characterized by intrusive, repetitive thoughts resulting in compulsive behaviors and mental acts that the person feels driven to perform, according to rules that must be applied rigidly, aimed at preventing some imagined dreaded event. In severe cases, it affects a person's ability to function in everyday activities. The disorder is often debilitating to the sufferer's quality of life. Also, the psychological self-awareness of the irrationality of the disorder can be painful. For people with severe OCD, it may take several hours a day to carry out the compulsive acts.

Possible Difficulties:

- Thinking or feeling objects are dirty or are contaminated
- Doubts about doors being left unlocked and appliances being left switched on
- Concern over causing harm to others
- Unpleasant intrusive thoughts or images, especially about aggression or sex
- Pre-occupation with the ordering and arrangement of objects
- Intense fear of making mistakes or behaving inappropriately, which can lead to indecision about simple things
- Repeating behaviour ritually - such as hand washing, touching, counting and arranging objects, or doing an activity in a certain way
- Repeatedly making sure dangerous objects (such as knives) are put away

or avoiding the kitchen so they are not near any dangerous objects

- Hoarding of possessions, even those they may not need or are beyond repair

Possible strengths:

- Good at focussing their attention
- Good at generating ideas
- Can do several things at one time
- More perceptive

Anxiety – EPANX

Definition:

Feeling anxious sometimes is perfectly normal. However, for people with generalized anxiety disorder (GAD), feelings of anxiety are much more constant and tend to affect their day-to-day life. There are several conditions for which anxiety is the main symptom. Panic disorder, phobias, and post-traumatic syndrome can all cause severe anxiety.

Possible Difficulties:

- Palpitations
- Breathlessness
- Dizziness
- Sweating
- Irritability
- Obsessions
- Lack of concentration
- Deep feelings of fear

- Insomnia
- Fears of going mad or losing control

Depression – EPDEP

Definition:

When you're depressed, you may have feelings of extreme sadness that can last for a long time. These feelings are severe enough to interfere with your daily life, and can last for weeks or months, rather than days.

People with a family history of depression are more likely to experience depression themselves. Depression affects people in many different ways and can cause a wide variety of physical, psychological (mental) and social symptoms.

Possible Difficulties:

- Continuous low mood or sadness
- Low self-esteem
- Lack of motivation and little interest in things
- Difficulty making decisions
- Feeling anxious or worried
- Taking part in fewer social activities and avoiding contact with friends
- Reduced hobbies and interests
- Slowed movement or speech
- Unexplained aches and pains

Stress Disorder – EPSSD

Definition:

Post-Traumatic Stress Disorder (PTSD)

Any of us can have an experience that is overwhelming, frightening, and beyond our control. We could find ourselves in a car crash, the victim of an assault, or see an accident. Police, fire brigade or ambulance workers are more likely to have such experiences - they often have to deal with horrifying scenes. Soldiers may be shot or blown up, and see friends killed or injured.

Most people, in time, get over experiences like this without needing help. In some people though, traumatic experiences set off a reaction that can last for many months or years.

Possible Difficulties:

- Flashbacks & Nightmares
- Numbing, detachment or absence of emotional responsiveness.
- Hypervigilance - You can't relax, you stay alert all the time, as if you're are looking out for danger
- muscle aches and pains
- irregular heartbeats
- headaches
- feelings of panic and fear
- depression
- drinking too much alcohol
- using drugs (including painkillers)

Personality Disorder – EPPD

Definition:

Someone with a personality disorder will engage in a certain behaviour pattern that usually causes more problems than it solves - if not for them, then for the people around them. This behaviour will usually be the result of a deeply held belief, often to do with the way that they view the world. Their belief in this world view is so strong that any evidence to the contrary is discounted.

They may be aware of the problems experienced by the people around them, but are unable to make a connection between these problems and their behaviour. When they're affected by negative consequences they'll often try to find ways of coping that, because they're also based on their world view, often only create more negative outcomes.

This set of beliefs about the world may be so integral to the person that they're neither consciously aware of them nor aware of the role they play in the difficult situations in which they find themselves.

Personality Classifications:

- Anxious
- Obsessive-compulsive
- Paranoid
- Depressive
- Hyperthymic (or manic)
- Cycloid (or mood swing)
- Schizoid
- Schizotypal
- Antisocial
- Borderline

- Histrionic
- Narcissistic
- Avoidant
- Passive-aggressive
- Dependent

Possible Difficulties:

- Failure to make intimate relationships
- Impulsiveness
- Lack of guilt
- Not learning from adverse experience

Tourette's Syndrome – EPTRT

Definition:

TS is a neurological condition of unknown origin, affecting one child in a hundred. It is characterised by tics, involuntary and uncontrollable sounds and movements. It is sometimes known as multiple tic disorder or tic spectrum disorder.

It is also associated in the majority of cases with other behaviours, notably Obsessional Compulsive Disorder and Attention Deficit Disorder. Coprolalia (involuntary bad language), the most notorious but most misunderstood feature, affects only one person in ten.

TS starts in childhood. For about half of children with TS, the condition continues into adulthood.

Possible Difficulties:

- Involuntary noises

- Repeated movements
- Tics may be made worse by stress and anxiety

Tics – Movement:

- Eye blinking
- Head jerking
- Shoulder shrugging
- Facial grimacing
- Jumping
- Touching other people or things
- Smelling
- Twirling
- Hitting or biting oneself

Tics – Sound:

- Throat clearing
- Yelping and other noises
- Sniffing
- Coughing
- Tongue clicking
- Uttering words or phrases out of context
- Coprolalia (saying socially unacceptable words)
- Echolalia (repeating a sound, word, or phrase just heard)

Brain Injury – EPBI

Definition:

Any brain function can be disrupted by brain trauma causing a wide variety of symptoms to occur after "brain injury." The nature of the symptoms depends, in large part, on where the brain has been injured.

The effects of brain injury on the patient may be equalled or even surpassed by the effect on the patient's family. Brain injuries are known for causing extreme stressors in family and interpersonal relationships.

In general, symptoms of traumatic brain injury should lessen over time as the brain heals but sometimes the symptoms worsen because of the patient's inability to adapt to the brain injury. For this and other reasons, it is not uncommon for psychological problems to arise and worsen after brain injury.

Possible Difficulties:

- Excessive sleepiness
- Inattention
- Difficulty concentrating
- Impaired memory
- Faulty judgment
- Depression
- Irritability
- Emotional outbursts
- Disturbed sleep
- Diminished libido
- Difficulty switching between two tasks
- Slowed thinking

Bipolar – EPBP

Definition:

Bipolar disorder, previously called manic depression, is a condition that affects your moods, which can swing from one extreme to another. If you have bipolar disorder, you will have periods or episodes of depression and mania. The two extremes are characterized as follows:

- Depression where you feel very low.
- Mania where you feel very high. If your symptoms are slightly less severe, it is known as hypomania.

Both extremes of bipolar disorder have other symptoms associated with them. Unlike simple mood swings, each extreme episode can last for several weeks or longer. The high and low phases of the illness can be so extreme that they interfere with your daily life.

If you have bipolar disorder, you may be unaware that you are having a manic phase and, after it is over, you may be shocked at your behavior. However, at the time, you may think others are being very negative or unhelpful.

Some people with bipolar disorder have more frequent and severe episodes than others. Due to the extreme nature of the condition, it may be difficult to hold down a job and relationships may become strained. There is also an increased risk of suicide.

Possible Difficulties:

- Depressive symptoms
- Manic symptoms
- The cycle of these moods is not always predictable

Depressive Symptoms:

- Feeling sad and hopeless
- Lack of energy

- Finding it difficult to concentrate and remember things
- Loss of interest in everyday activities
- Feelings of emptiness or worthlessness
- Feelings of guilt and despair
- Feeling pessimistic about everything
- Self-doubt
- Difficulty sleeping and waking up early
- Suicidal thoughts

Manic Symptoms:

- Feeling extremely happy, elated or euphoric
- Talking very quickly
- Feeling full of energy
- Feeling full of self-importance
- Feeling full of great new ideas and having important plans
- Being easily distracted
- Being easily irritated or agitated
- Not sleeping
- Not eating
- Doing lots of pleasurable things which often have disastrous consequences, such as spending a lot of money which you cannot afford.

Eating Disorder – EPED

Definition:

An eating disorder is a compulsion to eat, or avoid eating, that negatively affects both one's physical and mental health. Eating disorders are all encompassing. They affect every part of the person's life - feelings about work, school, relationships, day-to-day activities and one's experience of emotional well-being are determined by what has or has not been eaten.

Anorexia nervosa:

Anorexia nervosa is a psychiatric diagnosis characterized by low body weight and body image distortion, with an obsessive fear of gaining weight. Individuals with anorexia are known to control body weight commonly through the means of voluntary starvation, purging, excessive exercise or other weight control measures, such as diet pills or diuretic drugs.

Bulimia nervosa:

Bulimia nervosa is characterized by recurrent binge eating, followed by compensatory behaviors, referred to as "purging". The most common form, practiced more than 75% of people with bulimia nervosa, is self-induced vomiting; fasting, the use of laxatives, enemas, diuretics, and over exercising are also common.

Binge eating disorder:

Binge eating disorder is a psychiatric disorder in which a subject shows the following symptoms, it can lead to serious health conditions such as morbid obesity, diabetes, hypertension, and cardiovascular disease.

- Periodically does not exercise control over consumption of food
- Eats an unusually large amount of food at one time -- more than a normal person would eat in the same amount of time.
- Eats much more quickly during binge episodes than during normal eating episodes

- Eats until physically uncomfortable
- Eats large amounts of food even when they are not really hungry
- Usually eats alone during binge eating episodes, in order to avoid discovery of the disorder
- Often eats alone during periods of normal eating, owing to feelings of embarrassment about food
- Feels disgusted, depressed, or guilty after binge eating