

Depression

Core symptoms

- Depressed mood
- Loss of interest and enjoyment
- Reduced energy, tiredness and diminished activity.

Supplementary symptoms

- Reduced concentration and attention
- Reduced self esteem and self confidence
- Ideas of guilt and unworthiness
- Bleak and pessimistic outlook for the future
- Ideas or acts of self-harm or suicide
- Disturbed sleep (initial insomnia, early waking and broken sleep)
- Loss of appetite and weight.

Bipolar affective disorder

Depressive symptoms

(See Depression above.)

More likely to have the physical symptoms of:

- Loss of appetite and weight
- Difficulty in getting to sleep
- Constipation
- Lack of interest in sex.

Manic symptoms include:

- Being very happy and excited
- Irritation with those who do not share optimistic outlook

- Being full of energy
- Being unable or unwilling to sleep
- Feeling full of new and exciting ideas
- Feeling more important than usual
- Hearing voices that others can't hear.

Other people may notice the individual:

- Jumping from idea to idea
- Making grandiose and unrealistic plans
- Moving very quickly and being very active
- Behaving in a bizarre way
- Speaking very quickly
- Making odd and spur-of-the-moment decisions
- Spending money recklessly
- Being less inhibited about sexual behaviour.

Anxiety

Symptoms in the mind include:

- Feeling worried all the time
- Feeling tired
- Inability to concentrate
- Feeling irritable
- Sleeping badly.

Symptoms in the body include:

- Irregular heartbeat
- Sweating
- Muscle tension and pains
- Breathing heavily

- Dizziness
- Faintness
- Indigestion
- Diarrhoea.

Schizophrenia

A disconnection of thoughts, feelings and action.

Positive symptoms: Abnormal experiences:

- Hallucinations
- Delusions.

Negative symptoms: Absence of normal behaviour:

- Apathy
- Lack of energy and interest in life
- Lack of emotions and 'get up and go'
- Interference of speech or behaviour.
- Lack of motivation
- Withdrawal and poor socialisation
- Self-neglect
- Blunted emotions

Personality disorder

A pattern of:

- behaviour
- emotional response
- perception of self, others and the environment

which is:

- evident in early life
- persists into adulthood
- pervasive
- inflexible
- a deviation from patient's cultural norm

and leads to:

- distress to self, others, or society
- dysfunction in interpersonal, social, or working relationships

but is not attributable to:

- other psychiatric disorder (eg schizophrenia, depression, drug misuse)
- other physical disorder (eg acute intoxication, organic brain disease).

Symptoms can include:

- Hostile behaviour towards others
- Irritability
- Difficulty relating to others in a constructive way
- Inability to separate own needs from those of others
- Alcohol and substance misuse
- Anxiety and depression
- Deliberate self-harm
- Bingeing, vomiting, purging and other eating problems.