

Psychological disorders essay example

[Health & Medicine](#), [Body](#)



Introduction

Psychological disorders are behavioral dysfunctional patterns of emotions, behaviors, and thoughts that cause considerable distress to an individual. They are abnormalities of the mind which affects a person's day to day life. There are different types of psychological disorders for example, Narcolepsy, PTSD, Sleep Apnea, Anorexia, Bulimia, and OCD.

In this case, we are going to look at two patients who had different conditions using the measure and then give the best diagnosis that is safe and most effective.

First client

The symptoms that were exhibited by the first client were identified using DSM-IV TR and the criteria that was used included;

- The patient refused to maintain body weight to be normal or slightly above the normal weight as well as height.
- The patient had an intense fear of gaining body weight that was less than the expected one by 85 percent
- They had Amenorrhea in women and girls in postmenarchal.

What these symptoms pointed at was that the patient had anorexia thus the best treatment method had to be considered

Treatment

Nutritional counselling is one way in which this condition can be treated. This will involve a registered dietician who will take charge of the patient's body weight in a way that is healthy. The patient will get to learn eating patterns

that are healthy and understand nutrition better.

Medical treatment is another option that can be considered when it comes to treating patients with this condition. This happens mostly in cases where the body is being broken down by starvation; in such a case, medical treatment will be prioritized.

The techniques that I might put into use here is nutritional counselling since it quite effective and drugs are not usually the best way to go, they should be used as a last alternative.

The second client

The second client was observed to possess the following symptoms; he had frequent obstruction of upper airway when sleeping. The patient also alternated between gasps and loud snores with silent periods that only lasted for about 20 to 30 seconds. This snoring is as a result of the slight airway blockage. The silent periods were due to complete airway obstruction which made the patient stop. What this symptom pointed at is that the patient had sleep apnea thus the best treatment had to be sought.

Treatment options

The first option of treatment is Nasal continuous positive airway pressure (CPAP) therapy which is a form of treatment that is quite popular. It involves a high pressure blower that delivers airflow that a patient puts on when sleeping. The airflow from this nasal CPAP reduces or eliminates sleep apnea effectively.

Medications is another option that can be used to cure sleep apnea. This can be achieved using respiratory stimulants that include acetazolamide and

medroxyprogesterone acetate. In some patients, Protriptyline can be used. The method that I might use in this case is CPAP therapy since it has been proven to be very effective compared to medication use.

There are ethical obligations of psychology professionals when it comes to selecting the best treatment of psychological disorders. One of the obligations is to make sure that they select the right medication for the patient. Patients should be given the right medication for their conditions. Another obligation is that, the psychologist should make sure that, the patient has been properly diagnosed before administering any treatment. Finally, psychology professionals should practice competence while selecting the best treatment for their patients.

Works Cited

Defining Psychological disorders. pdf