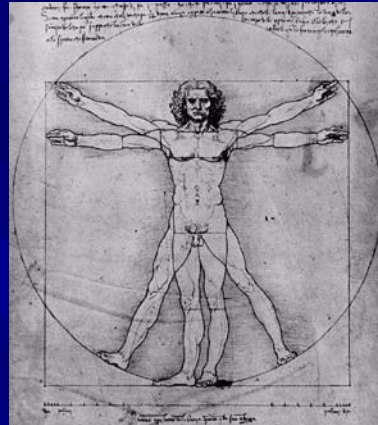


“Helping People with Mental Disorders”

-public forum-



Dr. ONG BENG KEAT
Consultant Psychiatrist
Psychological Medicine Clinic
LohGuanLye Specialists Centre, Penang

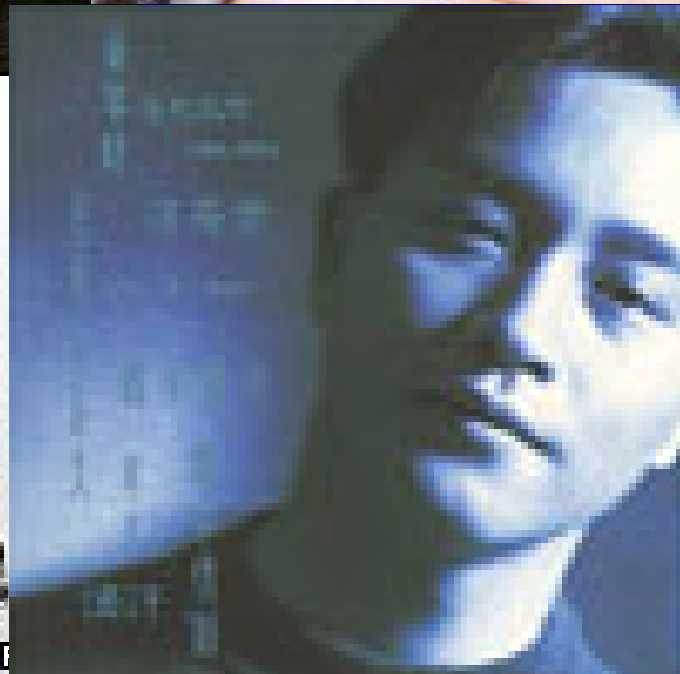
AN OVERVIEW

- Remove the **stigma**
- **Understanding** mental disorders
- **Identifying the types of mental disorders**
 - NOT all mental disorders are the same
- **Treatment**
 - Medical
 - Non-medical
 - Psychotherapy (including counselling)
 - Social Rehabilitation





What do
they
have in
common
?



When you think about
Mental Disorders,
do you imagine these celebrities?

Or do you picture this.....?

Is mental disorder (illness) about MADness only?



Fact # 1



MENTAL DISORDER

NOT about

MADness only but...



MENTAL DISORDER

NOT about

MADness only but...

**a whole range of other
illnesses**

- There are more than 16 groups of mental disorders.
- With more than 400 codes for different subgroups of mental disorders.

- Mood 'sad' ~ 1 in 10 people

- Anxiety ~ 2 in 10 people

- Psychosis 'mad' ~ 1 in 100 people

- Cases of mood/ anxiety >> psychosis

- Most people who see psychiatrists are due to mood/ emotional problems, rather than 'madness'.

Fact # 2

- Mental disorders are UNIVERSAL.
- Very COMMON: ,more than 500,000,000 (half a billion) people in the world (about 10%) have some form of behavioral & neurological conditions.

Fact # 3

- In Malaysia, survey by the Ministry of Health shows 11% of our people have mental illness.

That means out of every 10 Malaysians,
at least 1 has mental illness!



Fact # 4

- **Anyone can have mental disorder**, just like any other MEDICAL illnesses, regardless of age, gender, social background...

though some people are more vulnerable than others.

Fact # 5

- Mental disorders are NOT due to:
 - Possessed by spirits
 - Black magic
 - 'Charmed'
 - Bad luck/ karma
- But due to **neurotransmitters imbalance** in the brain:
 - Different neurotransmitters have different function

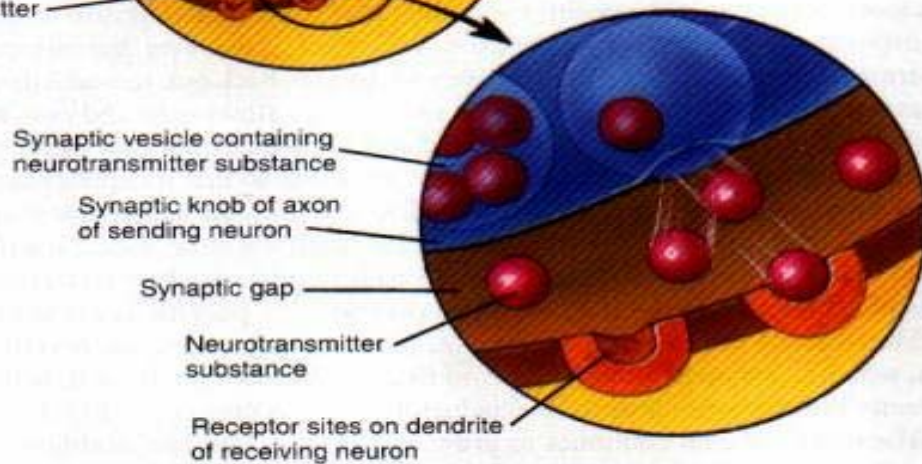
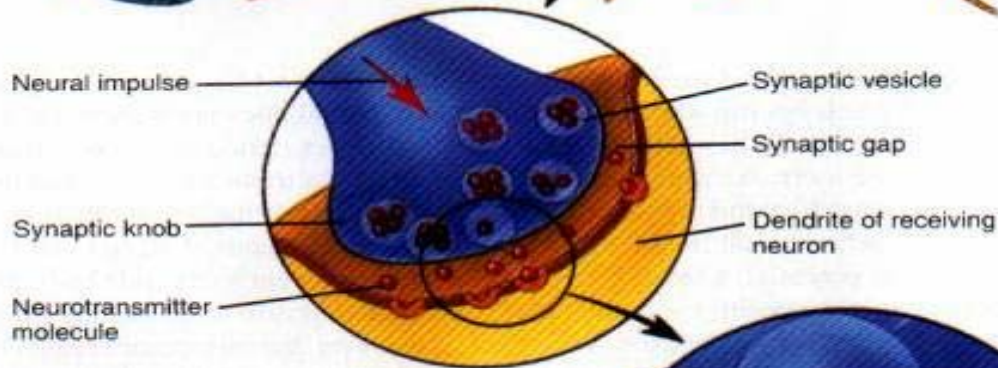
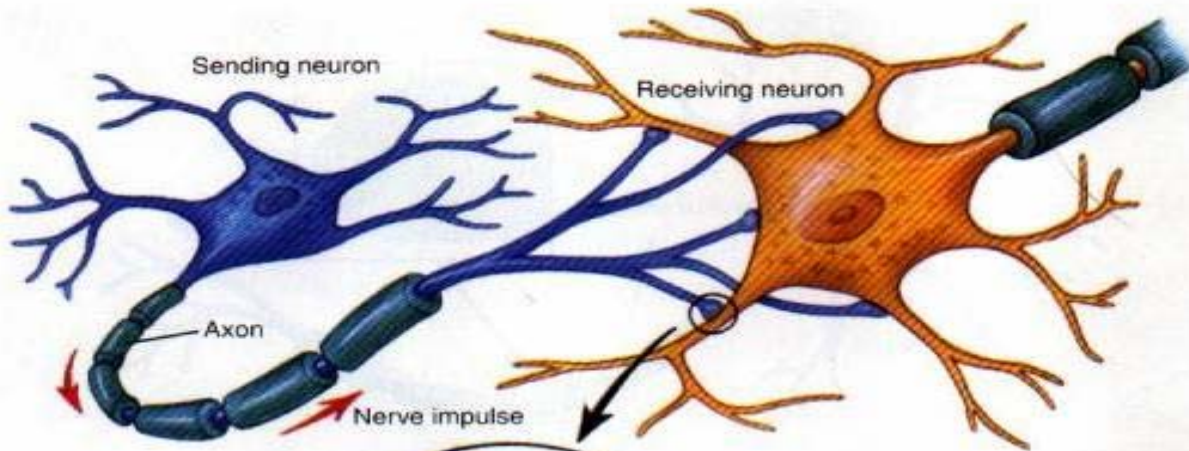
The Brain

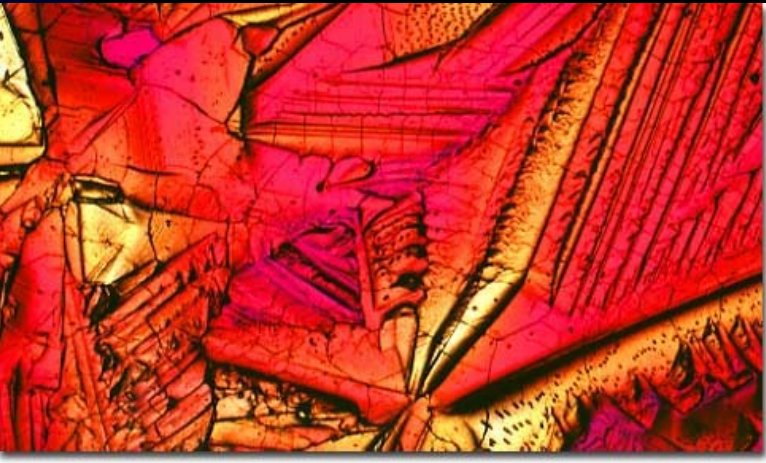


The Neuron



Synapse





Neurotransmitters

CHEMICAL IMBALANCE
IN THE
BRAIN

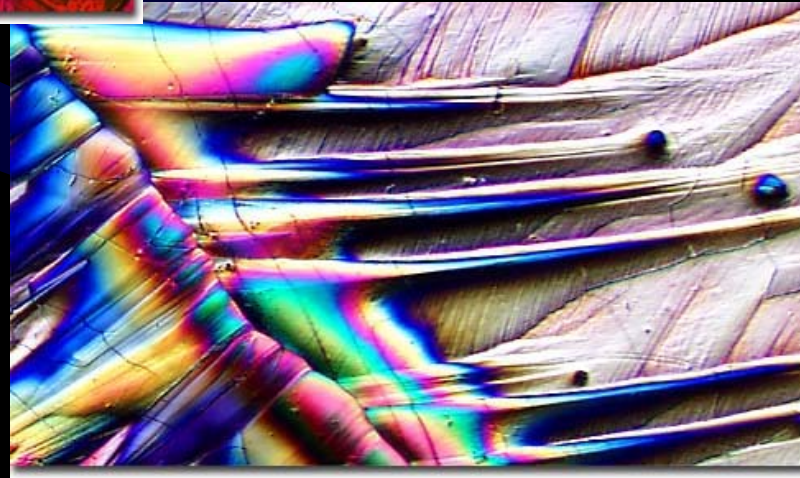
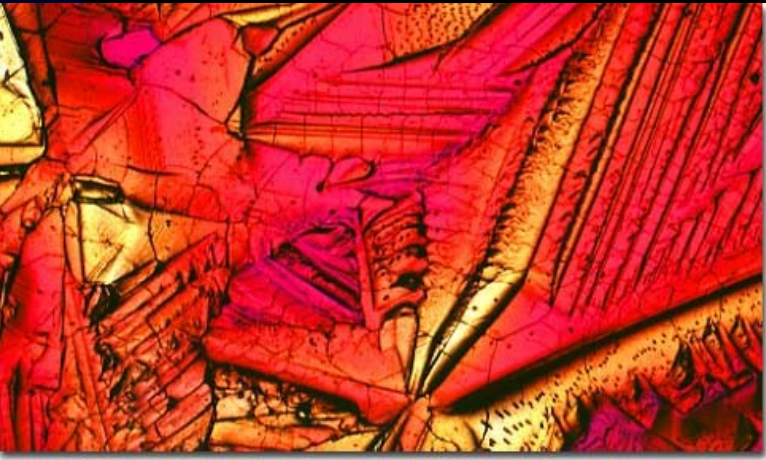


ABNORMAL FUNCTION
IN THE BRAIN



MENTAL DISORDERS

Neurotransmitters



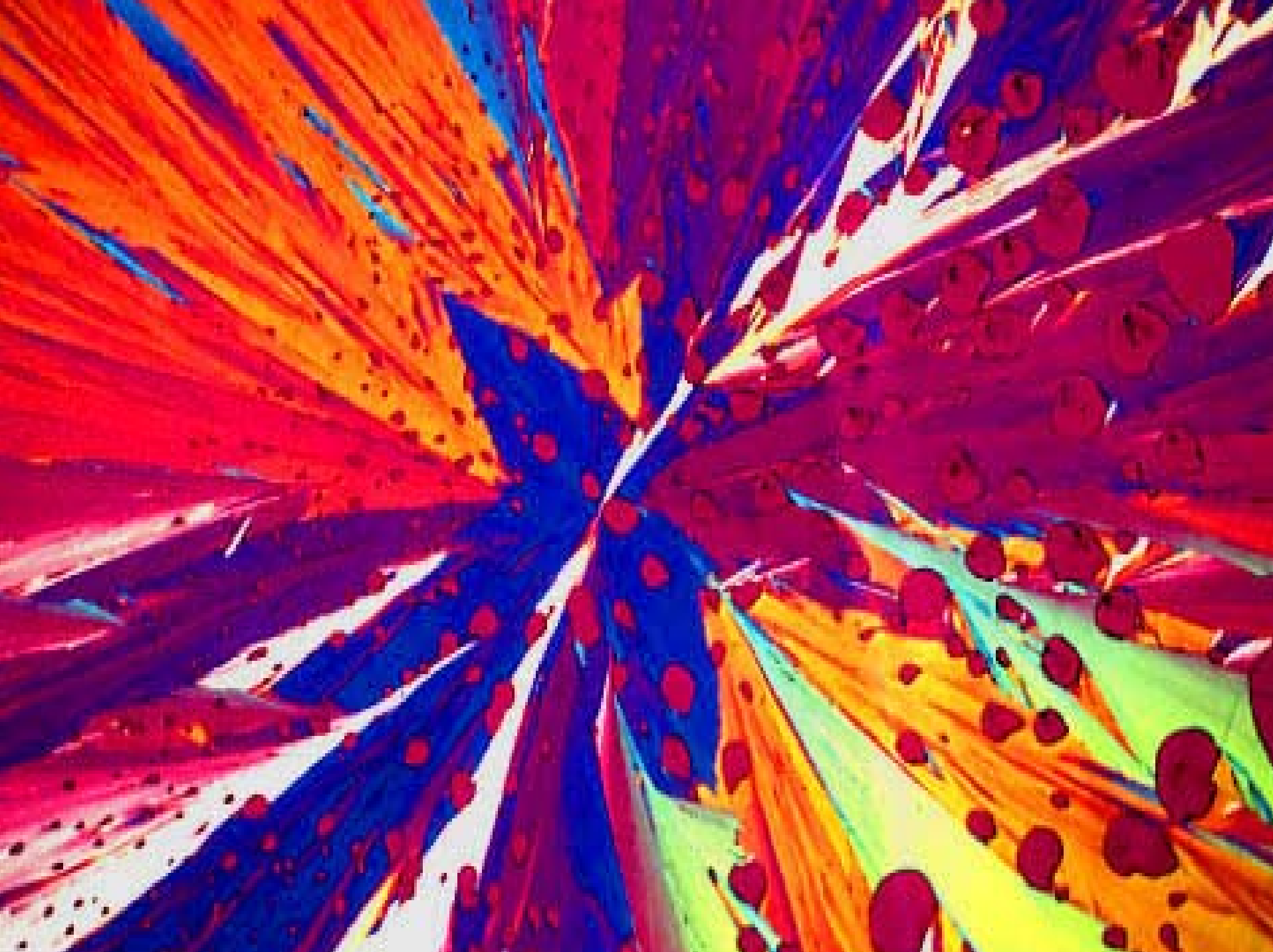
CHEMICAL IMBALANCE
IN THE
BRAIN



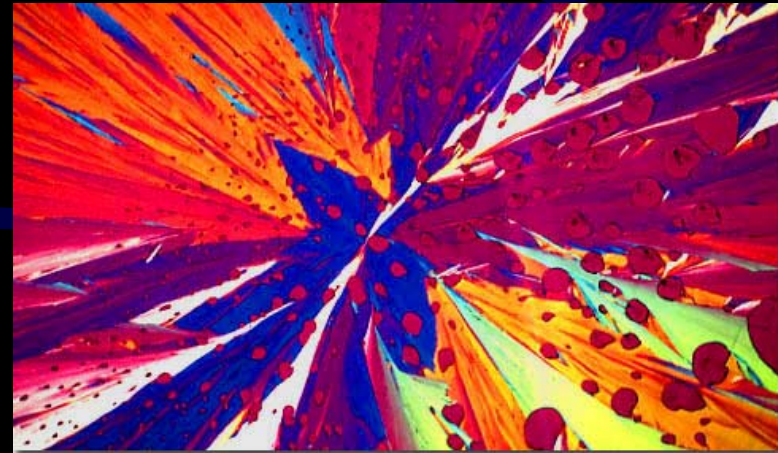
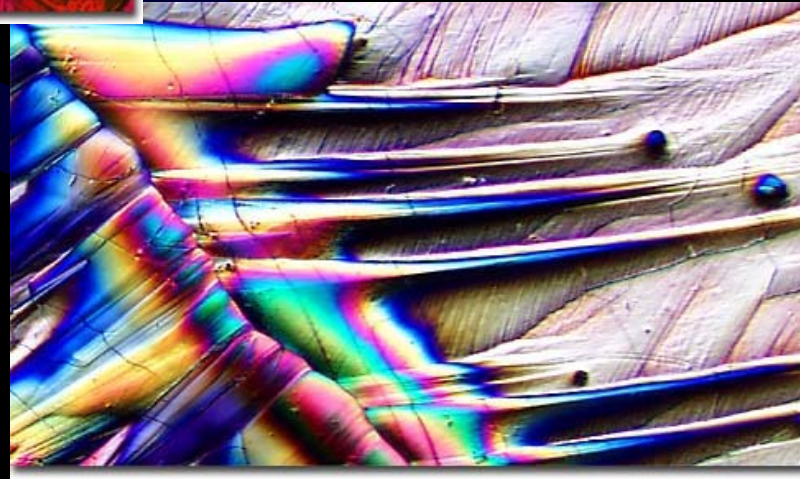
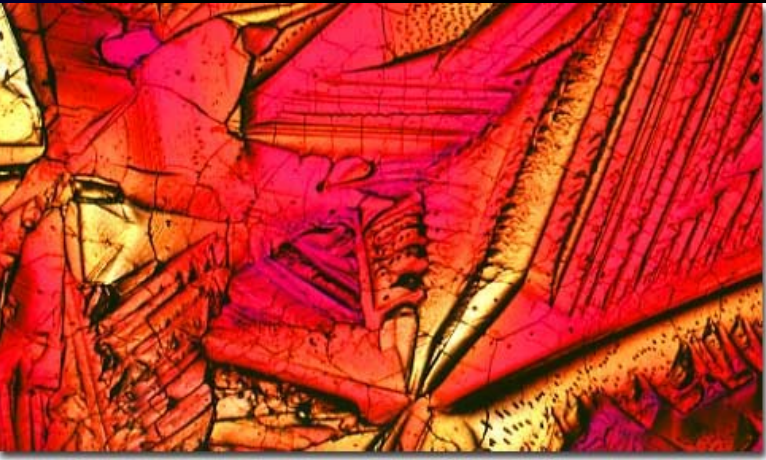
ABNORMAL FUNCTION
IN THE BRAIN



MENTAL DISORDERS



Neurotransmitters



CHEMICAL IMBALANCE
IN THE
BRAIN



ABNORMAL FUNCTION
IN THE BRAIN



MENTAL DISORDERS

Groups of Mental Disorders

Groups of Mental Disorders



CHILDREN

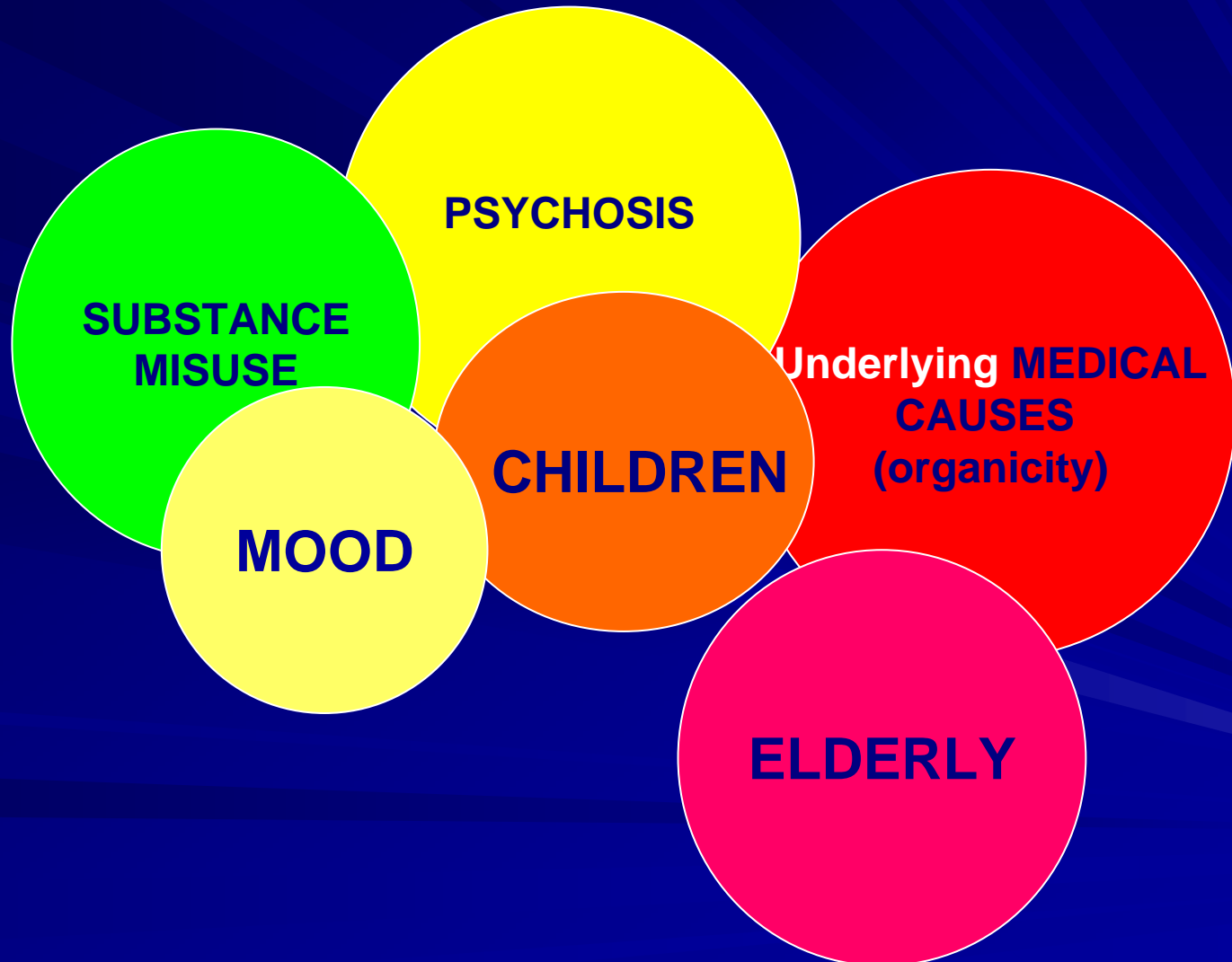
Groups of Mental Disorders



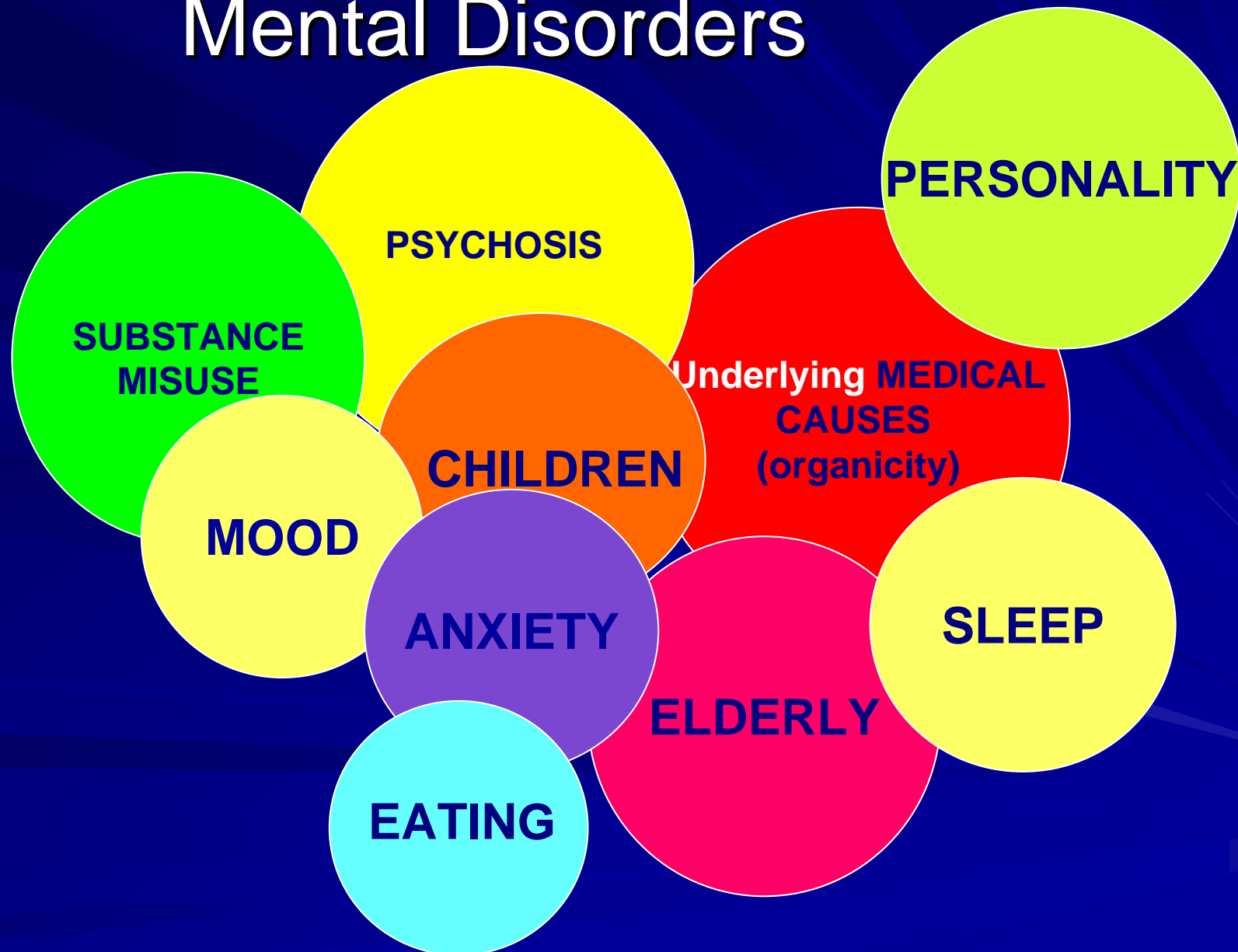
CHILDREN

ELDERLY

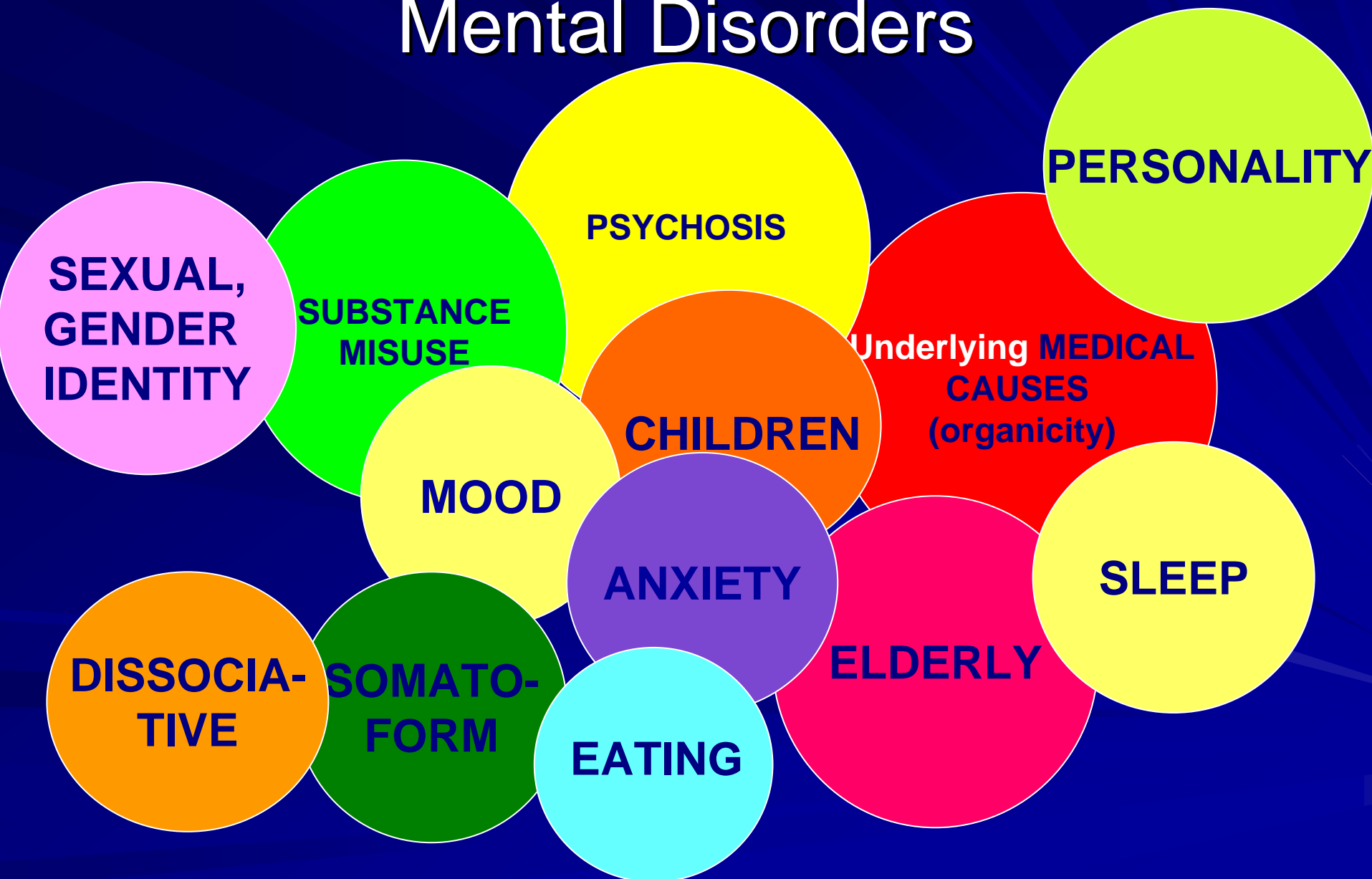
Groups of Mental Disorders



Groups of Mental Disorders



Groups of Mental Disorders



**SEXUAL,
GENDER
IDENTITY**

**SUBSTANCE
MISUSE**

PSYCHOSIS

PERSONALITY

**Underlying MEDICAL
CAUSES
(organicity)**

CHILDREN

MOOD

ANXIETY

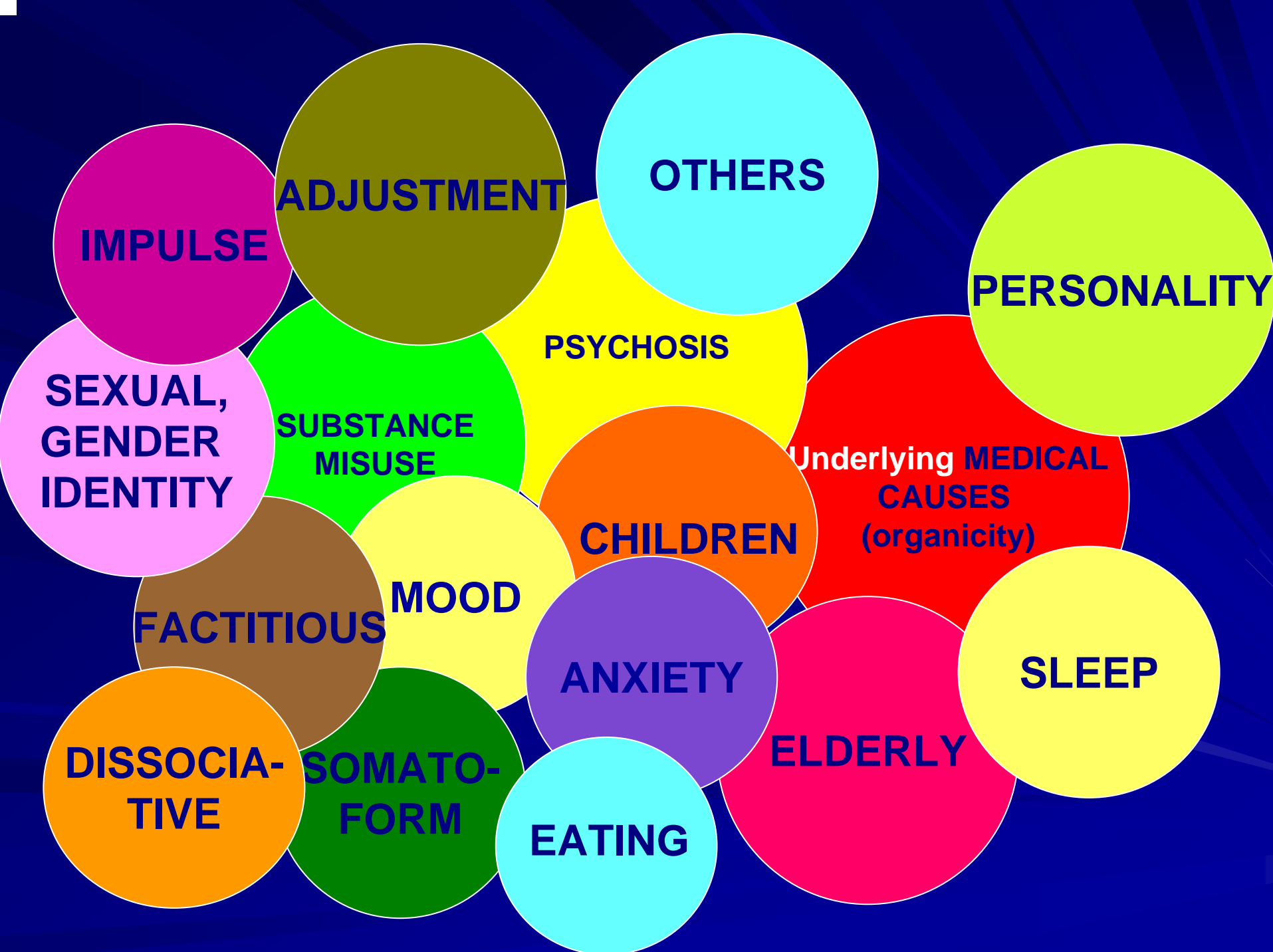
SLEEP

**DISSOCIA-
TIVE**

**SOMATO-
FORM**

EATING

ELDERLY



OTHERS

PERSONALITY

PSYCHOSIS

**Underlying MEDICAL
CAUSES
(organicity)**

CHILDREN

MOOD

ANXIETY

SLEEP

ADJUSTMENT

IMPULSE

**SEXUAL,
GENDER
IDENTITY**

**SUBSTANCE
MISUSE**

FACTITIOUS

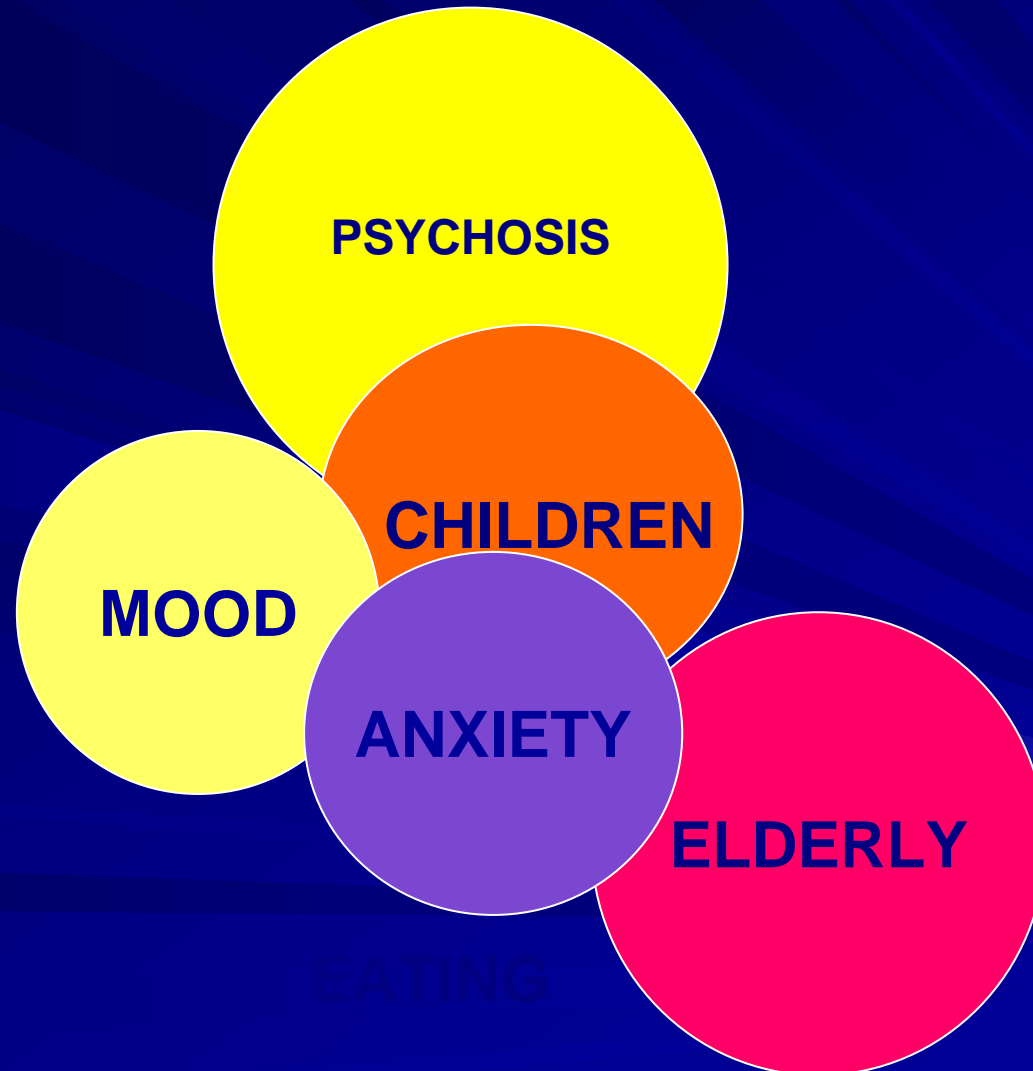
**SOMATO-
FORM**

EATING

ELDERLY

**DISSOCIA-
TIVE**

Let's talk about a few...



EATING

Identifying a few mental disorders

CHILDREN

ELDERLY

PSYCHOSIS

MOOD

ANXIETY

What types of mental disorders are seen in **children & adolescents**?

- Mental retardation
- Learning disorders
- Motor skills disorder
- Communication disorders
- **Pervasive Developmental disorders**
- **Attention Deficit & Disruptive Behavior**
- Feeding and eating disorders
- Tic disorder
- **Separation Anxiety Disorder**
- Others...

Examples of mental disorders seen in **children & adolescents**

- **Pervasive Developmental disorders**
 - **Autistic Disorder**
 - Rett's Disorder
 - Asperger's syndrome
 - Childhood Disintegrative Disorder etc

- **Attention Deficit & Disruptive Behavior**
 - Attention Deficit/ Hyperactivity Disorder
 - Conduct Disorder
 - Oppositional Defiant Disorder etc

- **Separation Anxiety Disorder**

Autistic Disorder



Impairment in SOCIAL INTERACTION

Impairment in COMMUNICATION

Behavior/ Interest are REPETITIVE, STEREOTYPED



SOCIAL INTERACTION:

- Impaired nonverbal behaviors – eye to eye, facial expression, body postures and gestures.
- No peer relationship at developmental level.
- Lack of spontaneous sharing of enjoyment, achievements etc.
- Lack of social, emotional reciprocity.



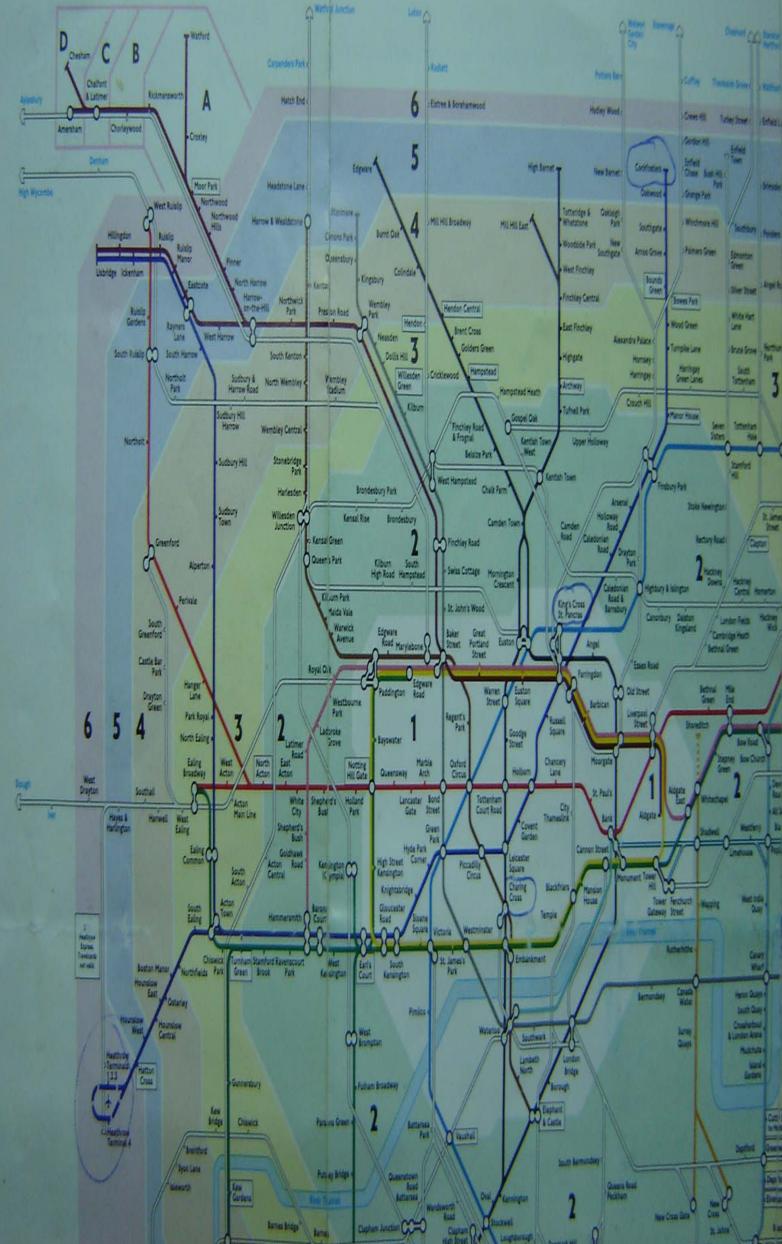
COMMUNICATION:

- Delay in language (and gestures, mimes).
- Unable to sustain conversation (in those with language capability)
- Stereotyped, repetitive use of language.
- Lack of spontaneous, initiate play.

BEHAVIOR/ INTERESTS/ ACTIVITIES ARE RESTRICTED, REPETITIVE, STEREOTYPED:

- Preoccupation, restricted interest.
- Inflexible routines, rituals.
- Stereotyped motor mannerisms.
- Preoccupied with parts of objects.

⇨ Tubes and trains in London



BEHAVIOR/ INTERESTS/ ACTIVITIES ARE RESTRICTED, REPETITIVE, STEREOTYPED:

- Preoccupation, restricted interest.
- Inflexible routines, rituals.
- Stereotyped motor mannerisms.
- Preoccupied with parts of objects.



TALENTED: Ping Lian posing with Dr Becker in front of some of his paintings at the art exhibition at the Henry Gregg Gallery in Brooklyn on Saturday.

Ping Lian, 12, is autistic and a hit in New York

By JOHAN FERNANDEZ
newsdesk@thestar.com.my

NEW YORK: Malaysian sensation Yeak Ping Lian, a 12-year-old autistic savant, is a hit in the Big Apple where he is holding his debut art exhibition.

His works were being shown with fellow autistic savant

nated by other influences. I just love his work," said Rossi.

Kuala Lumpur-based Ping Lian's mother Sarah Lee resigned from a senior position with a telecommunications company to spend more time with him. The youngest of three children, Ping Lian has very limited communication and social skills.

happen," she had or

Dr Laurence Bec Creative Learning ments of Austin, artists like Ping Li and Pillault provide embodiment of the persistence of the hu

"I'm not an artist b cationist, and my gift this story, of these

Common mental disorders in the **ELDERLY**

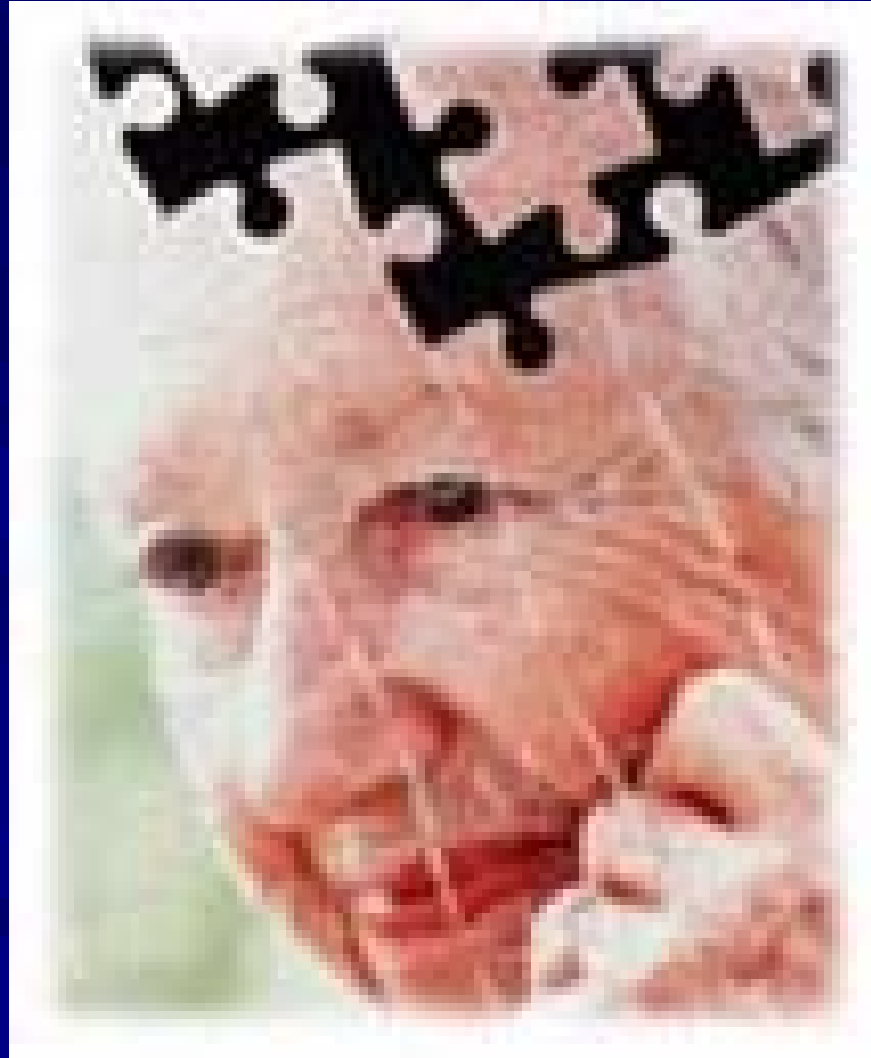
Dementia:

- **Alzheimer's type**
- Vascular dementia
- Head trauma
- Parkinson's etc

■ Amnesic disorders

■ Delirium: acute confusional state

Dementia, of the Alzheimer's type





A) MEMORY IMPAIRMENT

- unable to learn new information, or to recall previously learned information.



B) APHASIA – language disturbance

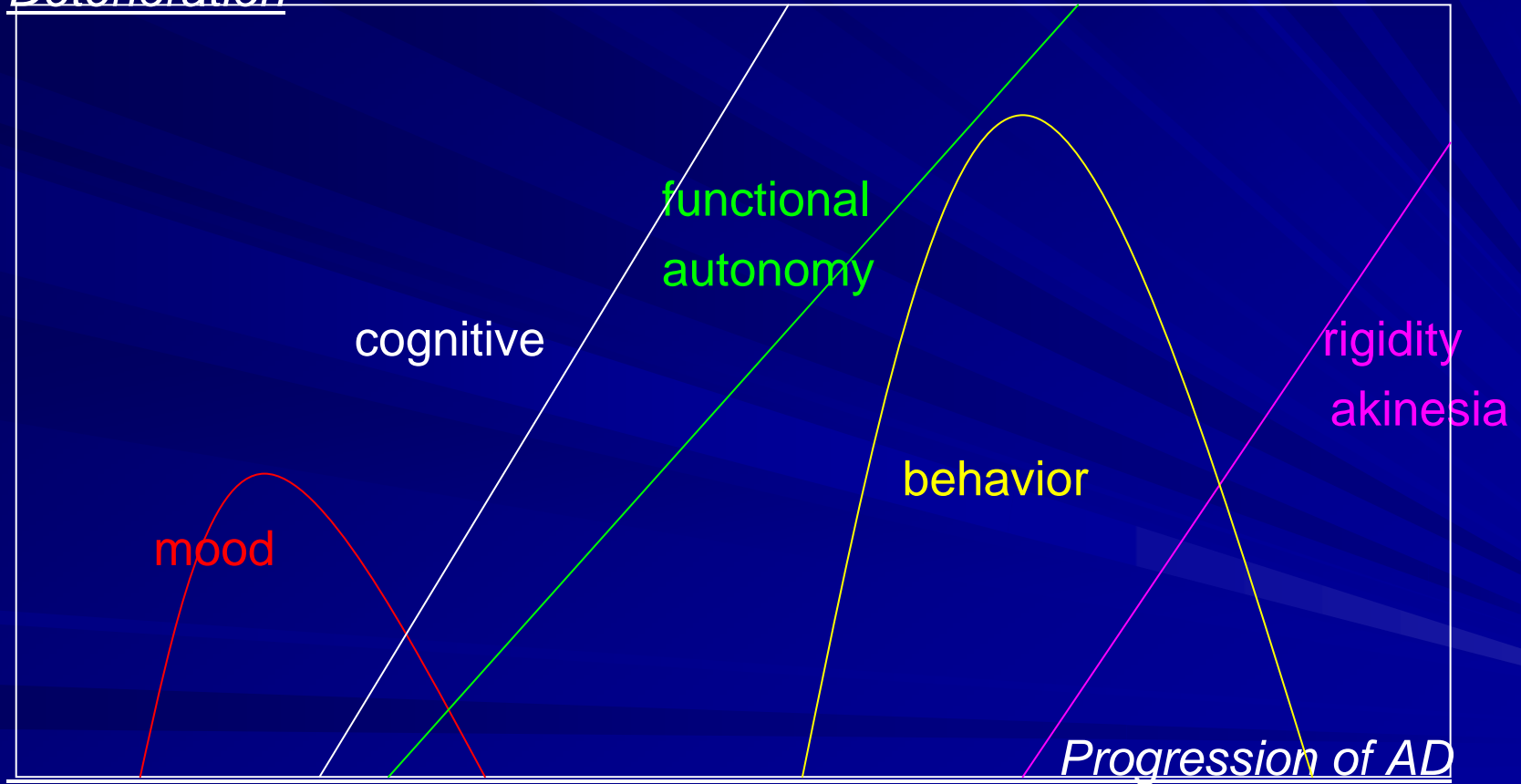
APRAXIA – impaired movement

AGNOSIA – failure to recognise/ identify objects

Impaired EXECUTIVE function

Pattern of symptoms over time:

Deterioration



- Usually the patient will be brought to see the psychiatrist for:
 - Mood
 - Cognitive
 - Behavioral problems
- Help for both patient and care-givers.

PSYCHOSIS



The most interesting group of m e n t a l mental disorders

■ A group of **THOUGHT DISORDERS**.

- **Schizophrenia**

- Schizophreniform

- Schizoaffective

- Delusional disorder

- Brief psychotic disorder

- Shared psychotic disorder '*folie a deux*'

- Substance induced psychotic disorder etc.



The 5 features:

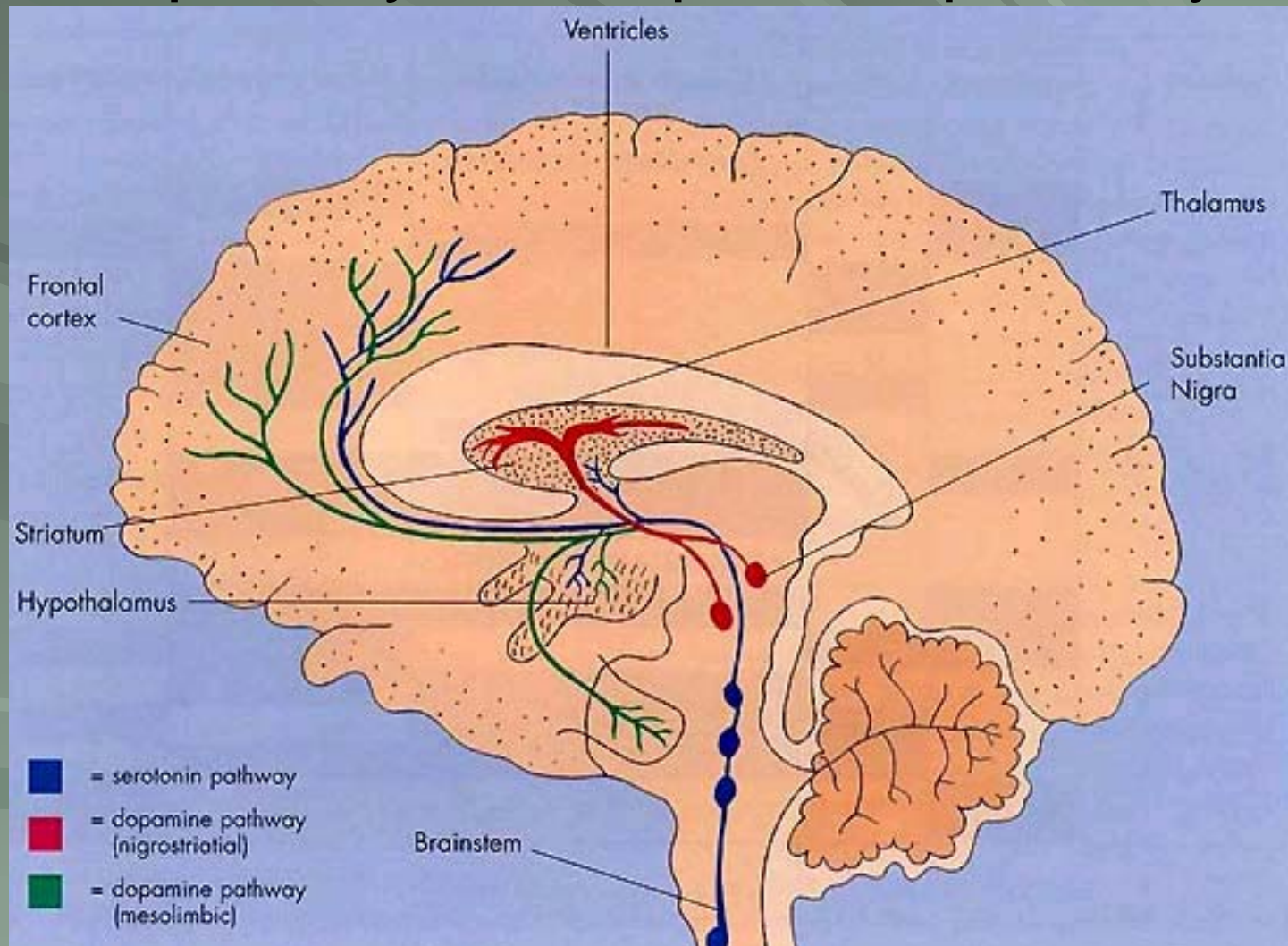
1. Delusions- usually paranoid
2. Hallucinations- usually auditory
3. Disorganised speech
4. Grossly disorganised behavior
5. Negative symptoms

Schizophrenia

Mov00063.mpg

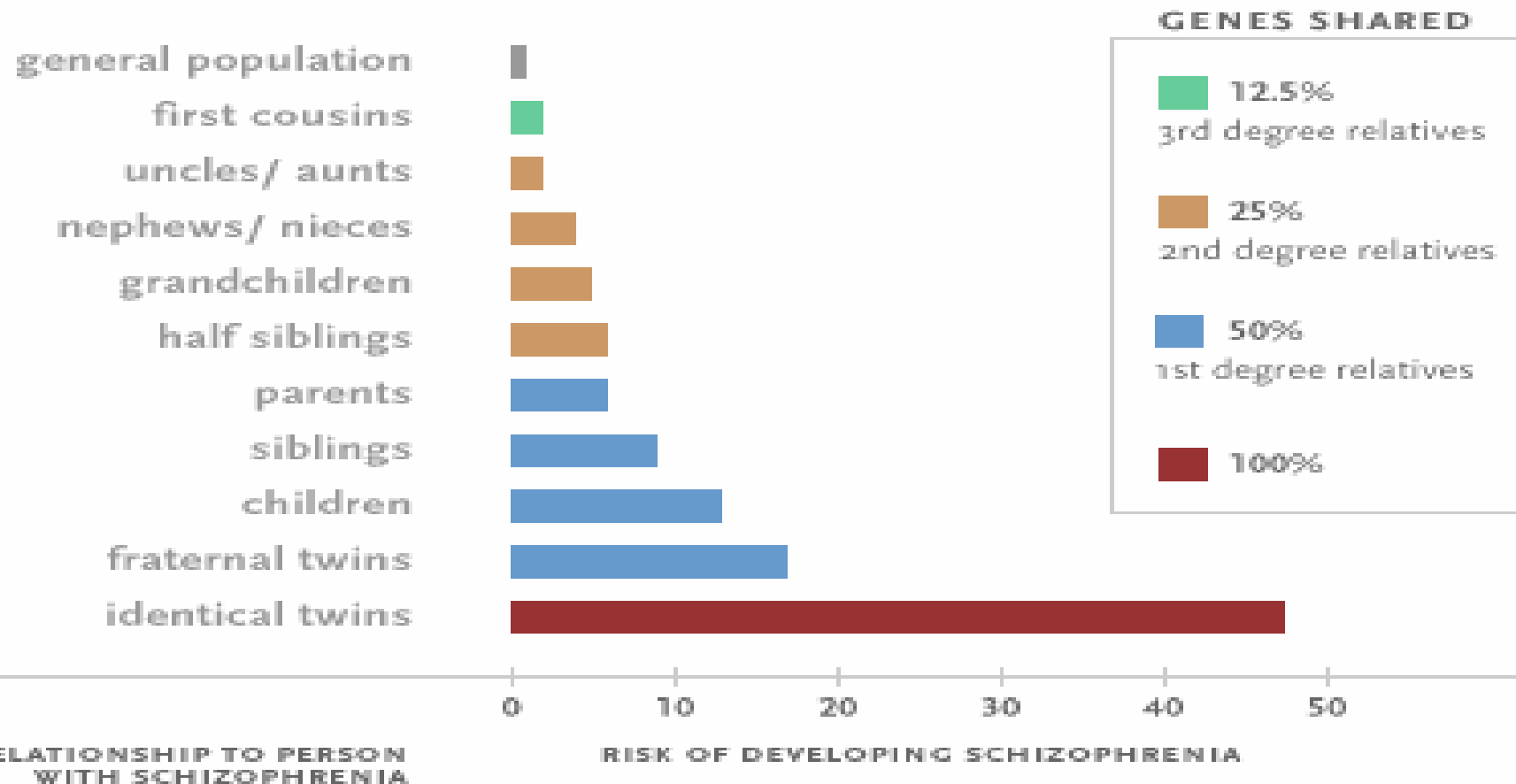


Dopamine imbalance especially in 4 dopamine pathways



Does 'madness' run in family?

Schizophrenia Risks (© 1991 Irving I. Gottesman. Used by permission.)

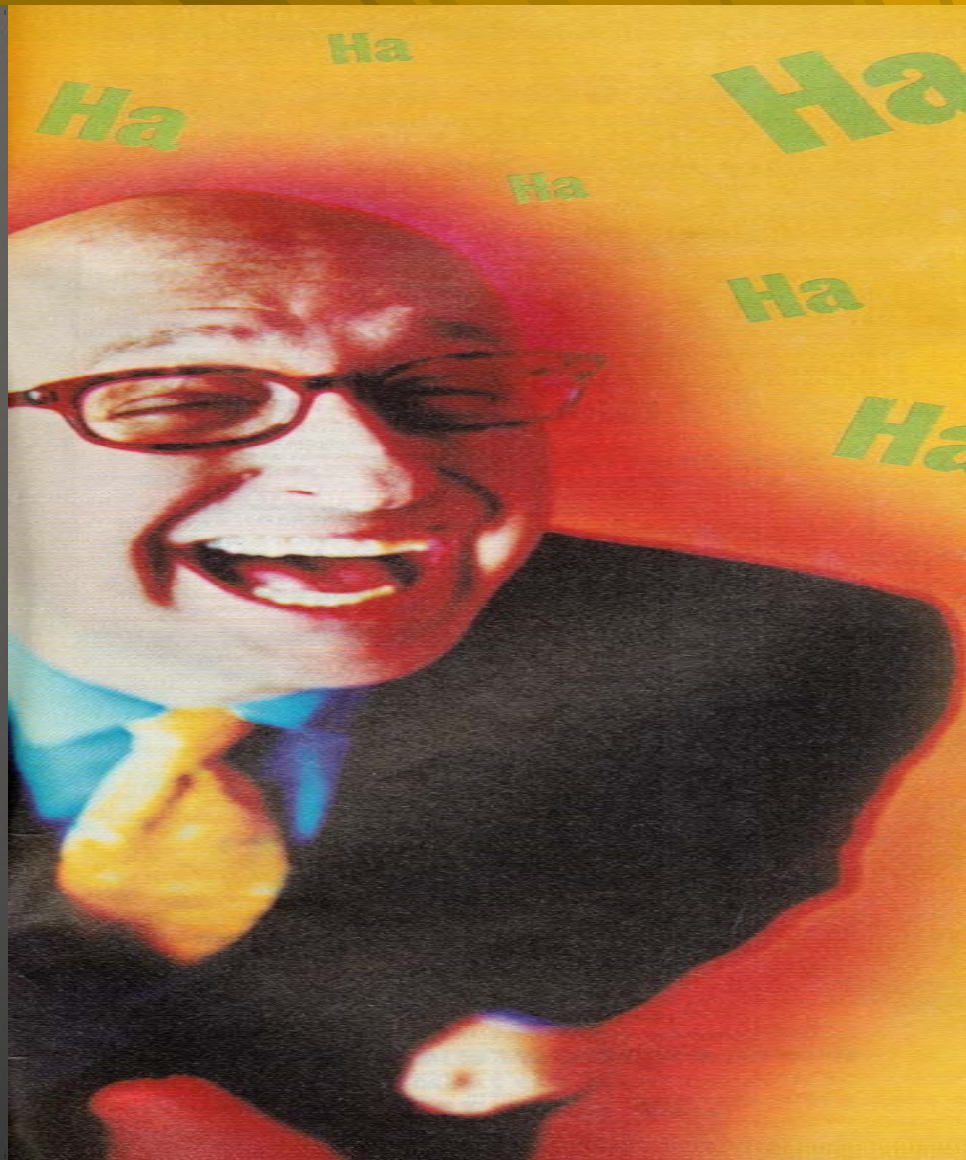


Early DETECTION, Early TREATMENT, Improved OUTCOME.

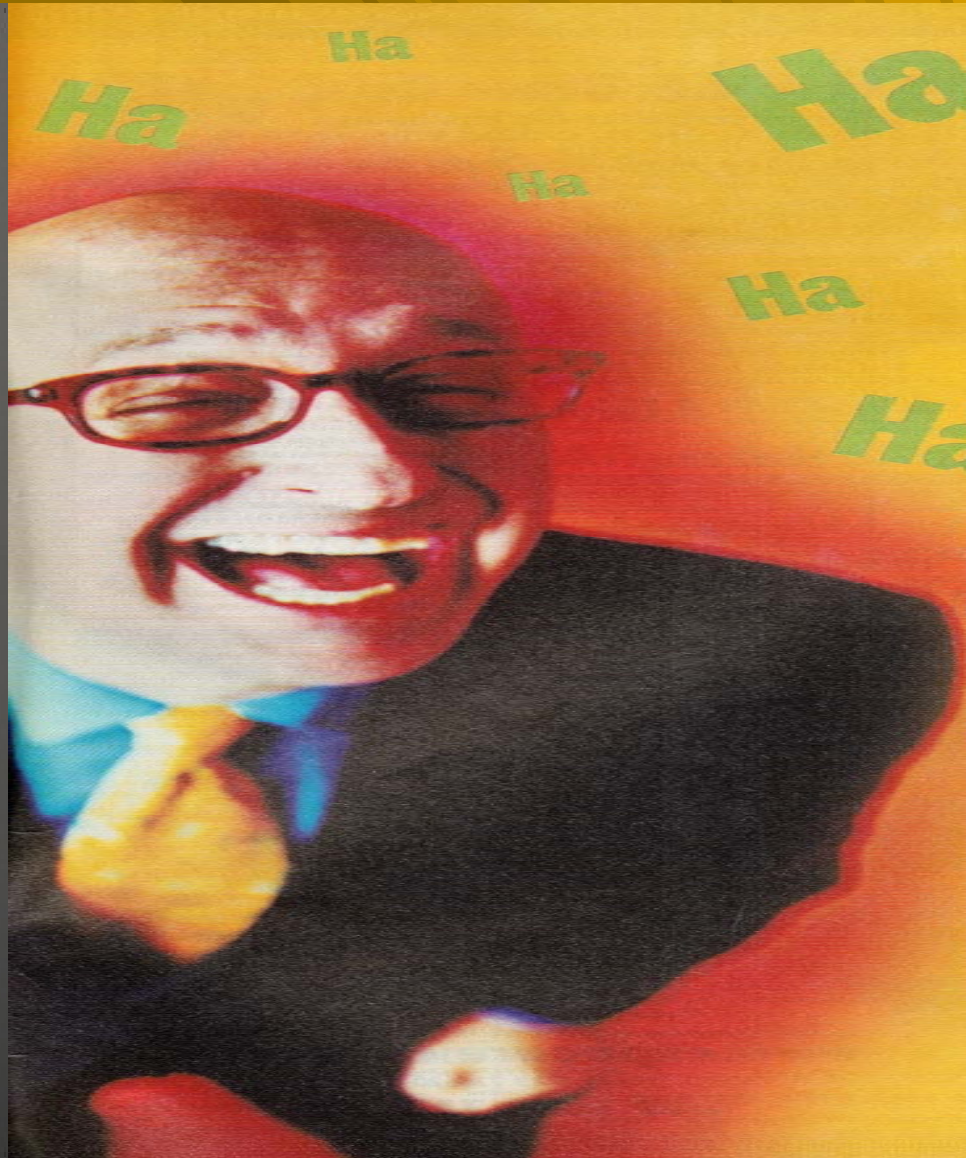




PHOTOS.COM »



M O O D D I S O R D E R S



Examples of Mood Disorders:

1. Major Depressive Disorder

2. Dysthymia

3. Seasonal Affective Disorder

1. Bipolar Disorder (manic-depressive)

2. Cyclothymia

Common Symptoms/ Signs In MDD

- Feeling sad/low mood/depressed almost everyday for 2 weeks
- Loss of pleasure/interest



- Changes in appetite/ body weight

- Changes in sleep pattern



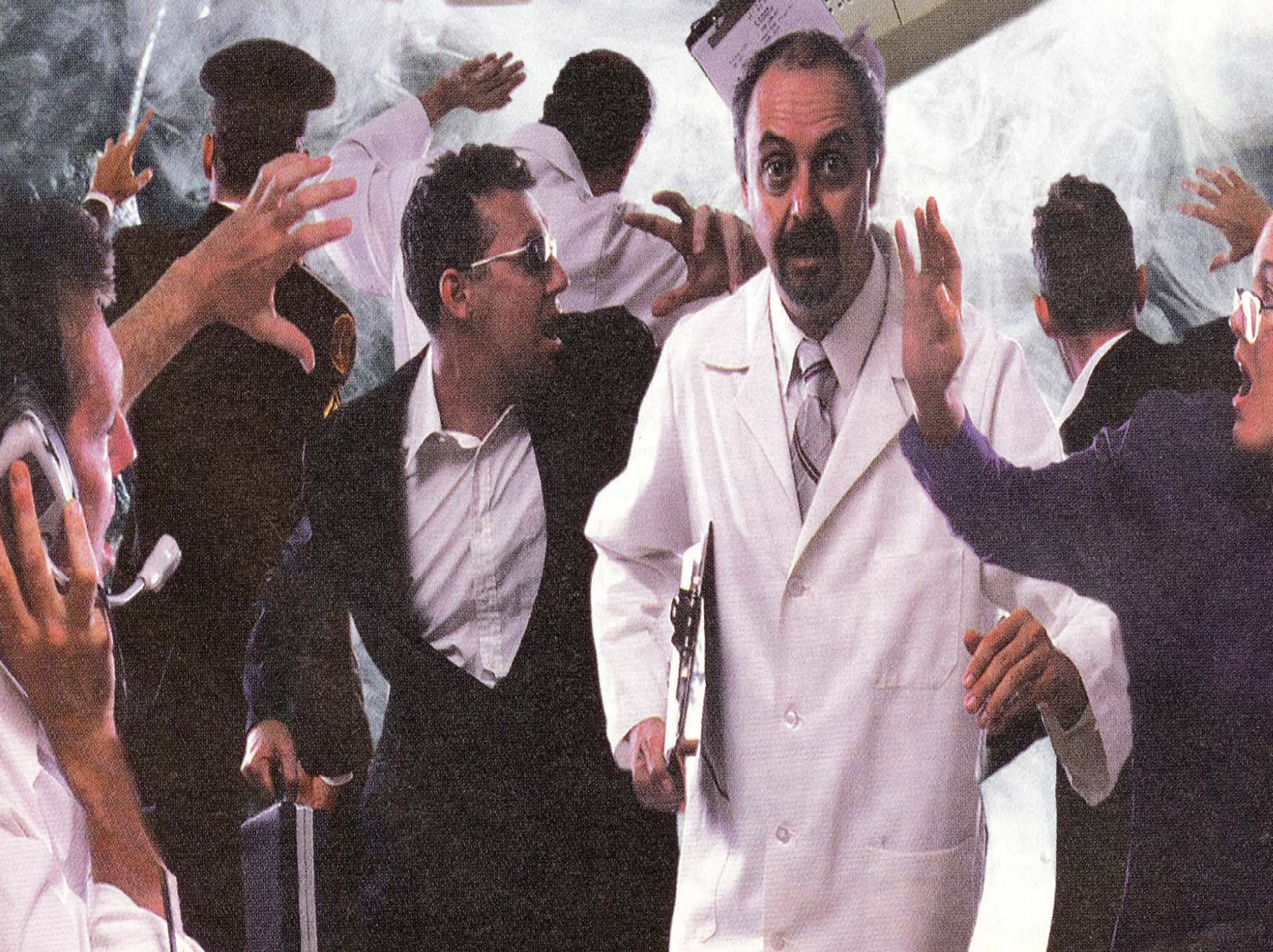
- Lethargy, easily tired
- Impaired concentration
- Psychomotor retardation (or agitation)
- Thoughts of worthlessness, hopelessness....

SUICIDE – THOUGHTS, PLANS, ATTEMPTS



Suicide rates

- 60% of all suicides in the world are in Asia-Pacific.
- According to W.H.O.:
 - 31/100000 Sri Lanka
 - 25/100000 Japan
 - 14/100000 China, Germany
 - 13/100000 Australia
 - 11/100000 USA
 - 7/ 100000 UK



ANXIETY DISORDERS:

- A group of very common mental disorders.
- 2-3 in 10 people have some form of anxiety disorders.
- Examples of anxiety disorders:
 - **Panic disorder**
 - Phobias: specific & social
 - Generalised Anxiety Disorder
 - Post traumatic Stress Disorder
 - Obsessive Compulsive Disorder etc.

Case history

- Mr. BC, a 35 y-old man was rushed to A&E late at night.
- c/o chest pain, palpitation, hyperventilation, sweating, fainting, impending doom of having a 'heart attack'.
- Further history showed patient has been complaining of chronic abdominal pain, 'tension around the neck' and unexplained headaches for the past 2 years, even though he has done many tests that showed normal results...

Features of a PANIC ATTACK!

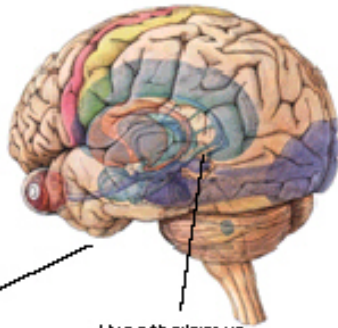
- Palpitations
- Chest pain/ discomfort
- Shortness of breath/ smothering
- Choking sensation
- Nausea, abdominal distress
- Sweating
- Trembling

- Dizzy, unsteady, faint
- Derealisation, depersonalisation
- Fear of losing control/
‘going crazy’
- Fear of ‘dying’

- Pupillary dilatation
- Diarrhoea
- Urinary urgency etc...

Stressors
Cold, pain, exertion,
noise, sleep deprivation,
bereavement, divorce, loneliness, academic stress

Central Nervous System



Peripheral Nervous System



intestinal & gene-
related peptides

**Pancreatic
Hormones**



Hypothalamus

Endocrine System

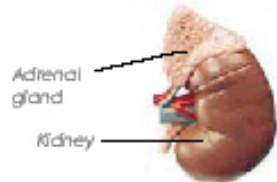
Pituitary Hormones



Hypothalamus
Pituitary gland

ACTH, growth hor-
mone, TSH, prolactin

Adrenal Hormones



Adrenal gland
Kidney

cortisol, glucocorticoids,
adrenaline, noradrenaline

Immune System

Autonomic Nervous System



“The BRAIN is like a
CENTRAL
supercomputer,
it controls the
NERVOUS and
HORMONAL systems,
and influence the IMMUNE
system of human body.”

So far we have identified 5 mental disorders...

- Children: **Autism**
- Elderly: **Dementia (Alzheimer's)**
- Adults: **Schizophrenia**
 Major Depressive disorder
 Panic disorder

What can we do to help?

- 1) **Identify cases**
- 2) Bring the patients for consultation
- 3) Relevant investigations
- 4) Diagnosing of cases
- 5) **Treatment with medication**
- 6) Combination with psychotherapy
- 7) Social rehabilitation if indicated
- 8) Regular follow-ups.

Some of the medications used:

ANTIPSYCHOTIC
(haloperidol, sulpiride, olanzapine)

STIMULANTS
(methylphenidate,
amphetamines)

ANTIDEPRESSANT
(clomipramine, fluvoxamine,
escitalopram)

MOOD STABILISER
(carbamazepine, valproate,
lamotrigine)

ANTI ANXIETY
(lorazepam, alprazolam, clonazepam)

INHIBITORS/ MODIFIER
(donepezil, rivastigmine, memantine)

Autism, with ADHD:

STIMULANTS
(methylphenidate,
amphetamines)

Dementia

ANTIPSYCHOTIC

(haloperidol, sulpiride, olanzapine)

ANTIDEPRESSANT

(clomipramine, fluvoxamine,
escitalopram)

ANTI-ANXIETY

(lorazepam, alprazolam, clonazepam)

INHIBITORS/ MODIFIER

(donepezil, rivastigmine, memantine)

Schizophrenia

ANTIPSYCHOTIC

(haloperidol, sulpiride, olanzapine)

ANTI-ANXIETY

(lorazepam, alprazolam, clonazepam)

Major Depressive Disorder

ANTIDEPRESSANT
(clomipramine, fluvoxamine,
escitalopram)

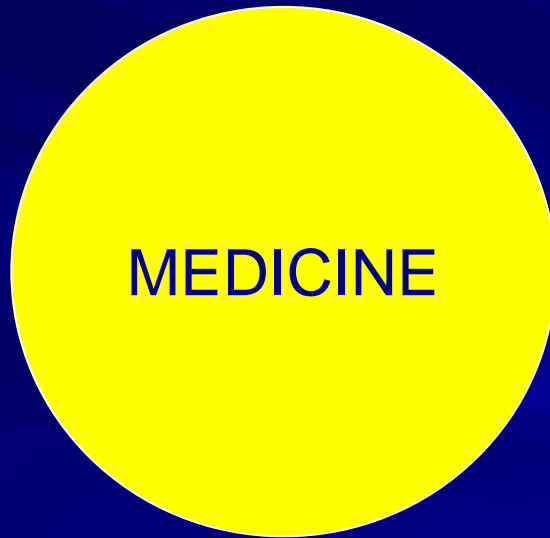
MOOD STABILISER
(carbamazepine, valproate,
lamotrigine)

Panic disorder

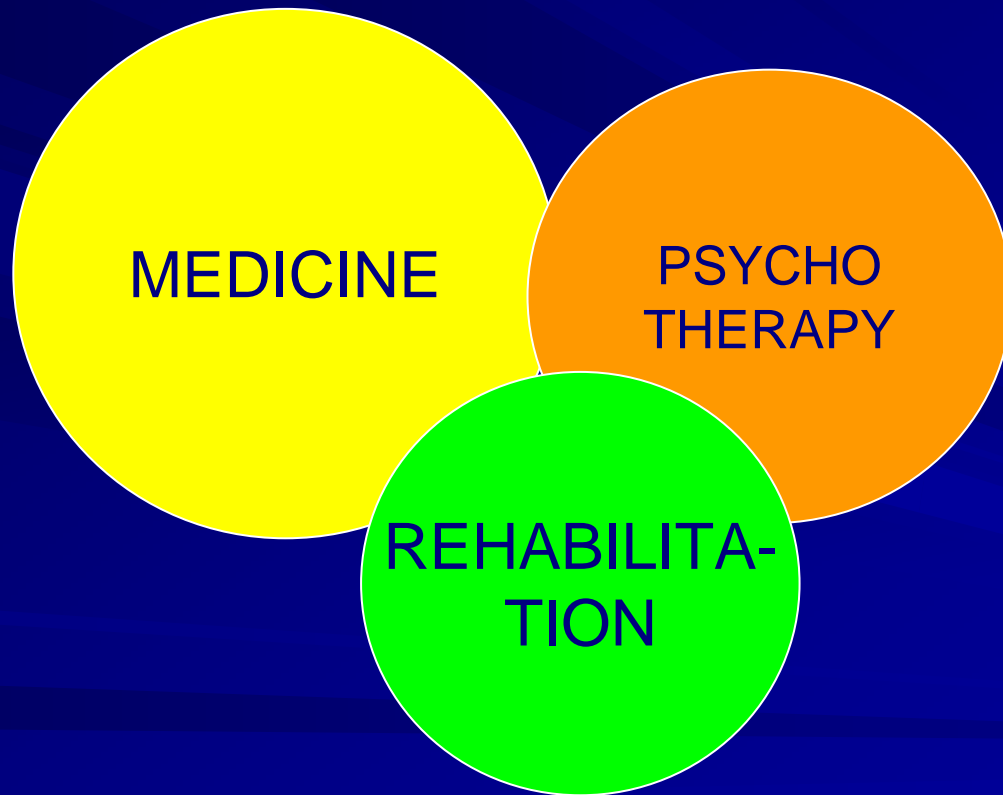
ANTIDEPRESSANT
(clomipramine, fluvoxamine,
escitalopram)

ANTIANSIETY
(lorazepam, alprazolam, clonazepam)

Holistic approach to treatment



Holistic approach to treatment



A glowing brain with neural pathways highlighted in yellow and blue. The brain is shown in a cross-section, with the glowing lines representing the complex network of neurons and synapses. The overall color palette is warm, with yellows, oranges, and reds, giving it a sense of energy and activity.

In summary:

1) Psychiatric disorders are very common.

2) Majority of people who see a psychiatrist are for emotional & behavioral problems, not 'mad'.

3) Do not hesitate to seek help.

4) Psychiatric disorders are treatable.

5) Early diagnosis and treatment improve prognosis.

A tropical resort poolside scene. In the foreground, a clear blue swimming pool is visible. Behind the pool, there is a wooden deck with several lounge chairs and white patio umbrellas. A thatched roof structure is on the left, and several tall palm trees are scattered throughout the background. The sky is overcast.

THANK

YOU

~δο ενφρω α γοοδ ωεεκενδ! Δρ.ΟνγΒΚ