

Common Signs and Symptoms of Major Mental Health Issues

In Adults: (Above 18)

- Confused Thinking
- Growing inability to cope with daily problems and activities
- Prolonged depression, sadness or irritability (2 weeks/more)
- Abrupt changes in frame of mind – extreme happiness to extreme sadness
- Excessive fears, worries and anxieties
- Strong feelings of anger/guilt
- Social Withdrawal – avoiding family and friends
- Dramatic changes in eating and sleeping habits (too much/too little)
- Inappropriate reactions to stimulus (i.e. laughing at a funeral, indifference to crucial situations)
- Hallucinations: Hearing/seeing things which are not really there
- Delusions: false belief despite invalidating evidences
- Suicidal thoughts
- Numerous unexplained physical ailments (Headache, body ache, chest pain, Irritable Bowel Syndrome etc.)



- Denial of obvious problems
- Substance use/abuse outside the individual's normal patterns
- Disinterest in activities that were previously sources of enjoyment
- Deterioration/abandonment of personal hygiene

- Recurrent disturbing thoughts, images or impulses
- Repetitive behaviors or mental acts such as constantly washing hands, counting numbers or straightening things
- Obsessed with cleaning rituals
- Doubting others excessively without adequate reasons
- Excessive dependence on others
- Hurting oneself
- Recurrent absence of fantasies and desire for sexual activity
- Recurrent extreme aversion to, and avoidance of, genital sexual contact with a sexual partner
- Premature ejaculation/delayed orgasm in men
- Persistent delay in, or absence of, orgasm following normal sexual excitement in women
- Recurrent, intense, sexually arousing fantasies, sexual urges, or behaviors involving the
 - use of non-living objects (shoes, female undergarments..)
 - dressing like opposite sex,
 - beating oneself/others,
 - peeping into other's bedroom/seeing someone undressing without their knowledge,
 - exhibiting one's genitals to strangers,
 - having sex with children who have not attended puberty



In older children and adolescents: (Age 10-18)



- ❖ Decline in academic performance (failing grades, skipping classes, or getting into trouble)
- ❖ Problem in studying
- ❖ Expression of feelings of worthlessness
- ❖ Having more trouble than usual in concentrating
- ❖ Inability to cope with problems and daily activities
- ❖ Withdrawing from the family, friends/activities that have been enjoyable in the past
- ❖ Changes in eating and sleeping habits (too much/too little)
- ❖ Excessive complaints of physical ailments (frequent stomachache, headache etc.)



- ❖ Excessive fears, worries and anxieties
- ❖ Excessive self-consciousness and anxiety in social situations
- ❖ Emotional distress (unhappiness, anger, anxiety)
- ❖ Defiance of authority, truancy, theft, and/or vandalism, setting fires
- ❖ Preoccupation with bodily inadequacies (e.g. physical appearance), excessive fear of weight gain
- ❖ Thoughts of death
- ❖ Frequent outbursts of anger
- ❖ Alcoholism/Drug abuse/Drug misuse
- ❖ Bed wetting
- ❖ Recurrent disturbing thoughts, images or impulses
- ❖ Repetitive behaviors or mental acts such as constantly washing hands or straightening things



In Younger Children: (Age 5-10)

- Changes in school performance
- Poor grades despite strong efforts
- Trouble remembering things
- Excessive worry or anxiety (i.e. refusing to go to school or bed)
- Excessive behavioral problems such as impulsivity and poor frustration tolerance
- Excessive sadness, fear, anger etc.
- Hyperactive – Fidgets with hands and feet/struggle to sit in a place for a while



- Inability to pay attention/concentrate
- Withdrawal from family and friends
- Weight loss
- Thoughts of suicide
- Persistent nightmares
- Persistent disobedience to authority, bullying, stealing, fire

setting

- Frequent Temper tantrums
- Significant difficulty in writing (spelling, reversing letters), reading, mathematics (difficulty solving ordinary, simple problems) etc.
- Persistence of childlike behavior, possibly demonstrated in speaking style
- Trouble understanding social rules and customs such as taking turns, or waiting in line
- Failure to appreciate and avoid dangerous situations such as playing in the street, or touching a hot stove



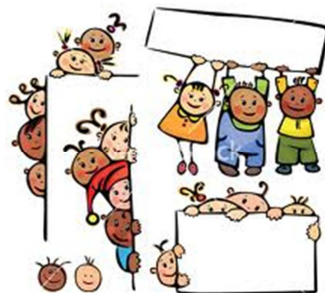
In Infants: (Below 5)



- Delayed development such as sitting, crawling, standing, walking, or talking (Mile stones)
- Difficulty learning new information/skills despite continuous effort and repetition (E.g. rhymes, colors, letters etc.)
- Repetitive motor movements such as hand or finger waving
- No eye contact with mother and not smiling back



- Persistent preoccupation with objects and disinterested in people
- A lack of curiosity or interest in the world around them
- Not able to follow directions
- No sign of initiating speech
- Unable to coordinate letters and sounds
- Loss of previously acquired skills like social skills, motor skills, language skills etc.



Note: All the given symptoms may look very familiar and not to be confused for any mental disorder and warrants consultation with the expert psychologist/psychiatrist for further treatment.

For Women (In addition with above issues)

1. Irregular periods

2. Increase in Pre-Menstrual syndrome (PMS) symptoms

3. Hair loss



4. Increase in acne (especially during times of stress like exam time)

5. Decreased chances of pregnancy

6. Weight gain (through craving for sweets) - excess fat deposits especially in stomach



7. Increase in symptoms of menstrual problems like Fibroids, Polycystic Ovaries - PCOS, Polyp etc.



Indirect Symptoms of Stress or Unhealthy Consequences of Stress

1. Increasing Smoking/Alcohol consumption/Drug Abuse
2. Increased use of prescribed medications to reduce tension
3. Use of sleep/television as an escape
4. Increased use of over-the-counter aids for sleeping or relaxing
5. Increased consumption of coffee, tea, colas, or chocolate
6. Seeing medical doctor for tension-related health problem
7. Irrational spending sprees

