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## Where to learn more...

**National Alliance on Mental Illness**  
[nami.org](http://nami.org)

**American Psychological Association**  
[apa.org](http://apa.org)

**Ohio Psychological Association**  
[ohpsych.org](http://ohpsych.org)

**National Institute of Mental Health**  
[nimh.nih.org](http://nimh.nih.org)

**WebMd Mental Health Center**  
[webmd.com/mental-health](http://webmd.com/mental-health)

**For Men**  
[womenshealth.gov/mens/mental/](http://womenshealth.gov/mens/mental/)



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## May is Mental Health Awareness Month!

With pharmaceutical ads on TV, awareness campaigns, and with more and more people who are willing to talk about mental illness, it has become increasingly difficult for the average person to distinguish among the many different labels and diagnoses. Below is a listing of the most commonly diagnosed anxiety and mood disorders.

### Anxiety Disorders

There are a number of recognized disorders that fall under the general category of "anxiety disorders." Like any mental health concern, the difference between "normal" anxiety and an anxiety disorder is not always clear, but here are some of the symptoms associated with the most common anxiety disorders.

#### Generalized Anxiety Disorder

Generalized anxiety disorder, or **GAD** as it is often called, is characterized by persistent worry that you experience throughout the day, more days than not, for at least two weeks. Sometimes described as "free-floating anxiety," the worry GAD sufferers experience often seems to be without a specific cause and/or attached to virtually everything you experience.

#### Panic Disorder

A person with panic disorder experiences what are called "panic attacks." These are not just simply bouts of intense anxiety. Instead, a panic attack involves a number of physical symptoms, often including shortness of breath and/or hyperventilation and a racing, pounding heart, as well as psychological symptoms often including a feeling of impending doom and a need to escape the current situation. Some people with panic disorder are so afraid of having a panic attack that they avoid going out in public, a condition known as **agoraphobia**.

#### Obsessive Compulsive Disorder

People with obsessive compulsive disorder, also known as **OCD** deal with obsessions, which are repetitive and disturbing thoughts (such as thinking your hands are constantly dirty, that you didn't lock the house, or that something bad will happen to a relative) and accompanying compulsions, which are related behaviors you feel absolutely compelled to do (such as frequent hand washing or checking behaviors).

#### Social Phobia

Finally, those with social phobia suffer from crippling anxiety that makes it impossible for them to interact normally in groups of people or in 1-on-1 situations. This disorder is often referred to as **social anxiety disorder**.

## Resources to remember

**National Suicide Hotline**  
1-800-273-TALK (8255)

Muskingum Counseling Center  
2845 Bell Street  
Zanesville, OH 43701-1794  
(740) 454-9766  
[www.sixcounty.org](http://www.sixcounty.org)

## Contact Us

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Available on campus  
Mondays 9am-3pm



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## Mood Disorders

Just as with anxiety disorders, it can be difficult to say whether a mood problem constitutes a disorder. Grief, for example, is a normal part of dealing with the death of a loved one and is often accompanied by the symptoms of depression. When symptoms seriously affect functioning over a specified period of time, however, a mood disorder diagnosis might be made. Here are some of the most common:

### Major Depressive Disorder

Commonly referred to as clinical depression, a major depressive disorder may be diagnosed when a person is exhibiting significant depressive symptoms for longer than two weeks. These symptoms included fatigue, lose of interest in normal activities, sleep problems (either sleeping excessively or not being able to sleep), and change in eating patterns (either overeating or loss of appetite), as well as negative thoughts, feeling sad, excessive crying, and sometimes suicidal ideation.

### Dysthymic Disorder

Dysthymic disorder can be thought of as a mild, long lasting depression. People experiencing **dysthymia** generally function adequately (unlike sufferers of major depression, whose function is impaired) but report feeling unhappy or dissatisfied over the course of two or more years.

### Bipolar Disorder

Formerly known as manic-depressive disorder, bipolar disorder is characterized by shifts between depressive episodes (with symptoms similar to those of major depression) and manic episodes, periods of high energy and often reckless behavior.

## Treatment Options

### Counseling/Psychotherapy

Working with a psychologist, social worker, mental health counselor, or other professional to reduce your symptoms and improve your mood is often a good option for proactively dealing with both anxiety and depression.

### Medication

There are a multitude of pharmacological treatment options available for both anxiety and mood disorders. These can be prescribed by your general practice physician or by a psychiatrist, and often work best when used in conjunction with psychotherapy.

### Bibliotherapy

This is just a fancy way of saying reading. There are a variety of self-help books available. One of the best is *Feeling Good* by David Burns.

If you or someone you know has questions about mental health issues or would like to talk to someone about a specific concern, contact Dr. Chad Corbley in counseling services for more information. He can provide counseling as well as a list of community mental health resources.