

## Introduction to Psychiatric Disorders

- The video begins by discussing psychiatric disorders, particularly focusing on mood disorders that fluctuate between high and low emotional states.
- The speaker emphasizes the importance of understanding these conditions, especially in the context of women experiencing postpartum depression and eating disorders.

### 1. Eating Disorders

- The speaker highlights two primary eating disorders: bulimia nervosa and anorexia nervosa, noting their prevalence among women, particularly those aged 19 and above.
- Bulimia is characterized by episodes of binge eating followed by self-induced vomiting, leading to dental issues and electrolyte imbalances.
- Anorexia nervosa involves an intense fear of weight gain, leading to severe restriction of food intake and a distorted body image, often resulting in hormonal disruptions and amenorrhea.
- The speaker discusses the psychological aspects of these disorders, emphasizing the importance of addressing the underlying emotional issues in treatment.

### 2. Postpartum Depression

- Postpartum depression is discussed as a significant concern for women following childbirth, with symptoms potentially emerging within a month after delivery.
- The speaker describes the emotional and psychological challenges faced by new mothers, including mood swings, loss of interest, and anxiety about their child's safety.
- Support from family and friends is crucial for women experiencing postpartum depression, as they may exhibit withdrawal and negative thoughts about their parenting abilities.

### 3. Postpartum Psychosis

- Postpartum psychosis is a severe condition that may occur within the first month after delivery, characterized by hallucinations and delusions.
- The speaker emphasizes the need for immediate medical intervention for women displaying signs of psychosis, as it poses risks to both the mother and child.

### 4. Migraine

- Migraines, often referred to as unilateral headaches, are detailed as recurring and debilitating, sometimes lasting from hours to days.
- Common symptoms include throbbing pain, nausea, vomiting, and sensitivity to light, which can significantly impact daily activities.
- The speaker suggests lifestyle modifications and medications, such as beta-blockers and anticonvulsants, for effective migraine management.

### 5. Delirium

- Delirium is described as an acute confusional state often triggered by substance misuse or withdrawal, leading to disorientation and altered mental status.
- The speaker outlines the need for comprehensive evaluations and management strategies, including hydration and monitoring of vital signs.

### 6. Somatoform Disorders

- Somatoform disorders encompass a range of conditions where individuals experience physical symptoms without a clear medical cause.
- The speaker discusses hypochondriasis, conversion disorder, and chronic fatigue syndrome, emphasizing the psychological underpinnings of these disorders.

