

| Mental Illness Terms    | Definition   |
|-------------------------|--|
| agitation               | Restlessness and inc. psychomotor activity from emotional tension  |
| amnesia                 | Significant memory impairment without cognitive symptoms   |
| anhedonia               | Inability to experience pleasure, joy, intimacy, or closeness  |
| anorexia                | Loss or lack of appetite resulting in inability to eat   |
| anxiety                 | Vague apprehension with uncertainty and helplessness   |
| apathy                  | Lack of feelings, emotions, interests and concerns   |
| apraxia                 | Inability to perform organized tasks or skilled activities   |
| ataxia                  | Difficulty walking   |
| avolition               | Lack of energy and drive   |
| cachexia                | Malnutrition, weakness, and emaciation   |
| confabulation           | Confused person making up a response to a question (because true answer or word was not remembered)  |
| compulsion              | Recurring, irresistible impulse to perform some act  |
| delirium                | Acute, organic, cognitive impairment with specific precipitating stressor  |
| delusions               | False belief firmly maintained, but not shared by others, contradicted by reality  |
| dementia                | Gradual, irreversible organic mental impairment without identifiable stressors   |
| denial                  | Avoidance of disagreeable realities by ignoring or refusing to recognize them  |
| dependent               | Reliant on someone or something  |
| depersonalization       | Feeling of unreality and alienation from oneself   |
| Disturbed body image    | Sum of conscious and unconscious attitudes toward one's body   |
| dystonia                | Impaired muscle tone, usually head, neck, or tongue from med. side effects   |
| flat affect             | Absence of emotional expression  |
| flight of ideas         | Over-productive speech with rapid shifting of topic, and fragmented ideas  |
| grandiose               | Pompous, showy, impressive, or imposing behavior or thoughts   |
| hallucinations          | Perceptual distortion arising from any of the five senses  |
| hypersomnia             | Excessive sleepiness   |
| insomnia                | Disorder of maintaining or initiating sleep  |
| labile mood             | Unstable mood, rapidly shifting emotions   |
| mania                   | Elevated, expansive, or hyperactive mood. Sometimes also irritable, or violent   |
| manipulation            | Treating people like objects. Self-oriented motivation for behavior  |
| narcissism              | Egocentric attitude, fragile self-esteem, constantly seeking praise, admiration  |
| obsession               | Unwanted ideas, emotions, or impulses that repetitively forces itself into one's consciousness   |
| panic                   | Extreme anxiety with disorganization of personality, loss of rational thought, disturbed perceptions, and inability to function  |
| phobias                 | Morbid fear associated with extreme anxiety  |
| purging                 | Intentional vomiting, excessive exercising, or use of diuretics, diet pills, laxatives, or steroids to prevent weight gain   |
| rationalization         | Offering a socially acceptable or logical explanation to justify unacceptable feelings, behaviors, impulsiveness, and motives  |
| self-injury             | Deliberate harm to one's body  |
| tangential thoughts     | Thoughts and speech that stray from original discussion, never returning to original point or question   |
| tardive dyskinesia      | Late-appearing abnormal movements developing when using antipsychotic drugs. May include chewing, lip puckering, jerky or choreiform movements of arm, hand leg, ankle, and toe movements, May also include abnormal neck, trunk, and pelvis movements |
| Additional definitions: |  |
| neurosis                | Mental health problem with symptoms being unacceptable to the person affected, but not grossly violating social norms. Reality testing is intact.  |
| psychosis               | Mental health problem with regressive behavior, personality disintegration, reduced awareness, great difficulty functioning, and impaired reality testing  |