

Mental Health: Screening and Treatment for Bipolar Disorder, Schizophrenia, Personality Disorders, and Eating Disorders

ASSOCIATION OF NURSE PRACTITIONERS ANNUAL CONFERENCE
SEPTEMBER 15, 2022, OKLAHOMA CITY, OK

1



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- I have no relevant financial relationships or affiliations with commercial interests to disclose.

-Maria Trapp, Ph.D.

2

Objectives

Summarize

- Summarize key features of each mental health illness

Identify

- Identify diagnostic and screening criteria and focus for each illness

Outline

- Outline best practice treatment modalities and expected outcomes

3

Bipolar Disorder

- Consists of extreme emotional highs and often extreme lows
- Usually diagnosed in late adolescence or early adulthood
- Long term condition
- NIMH reports 4.4 % of American Adults suffer from Bipolar Disorder
- Not caused by a person, situation, or event
- No actual test, diagnosed through time and exposure

4

Types of Bipolar Disorder

- Bipolar 1 Disorder: has been called manic-depressive disorder, creates dysfunctionality in life, moods are excessive and expansive.
- Bipolar 2 Disorder: individual again will experience both manic and depressed moods which alternate but the moods issues are not as severe or inhibit daily functioning
- Cyclothymic Disorder: briefer episodes of both hypomania and depression

5

Diagnostic Criteria:

To be defined as mania, the elevated mood must last at least one week and be present daily. For hypomania, though not as severely elevated, mood must last 4 consecutive days.

During these periods, 3 or more of the following concerns and behaviors are manifested:

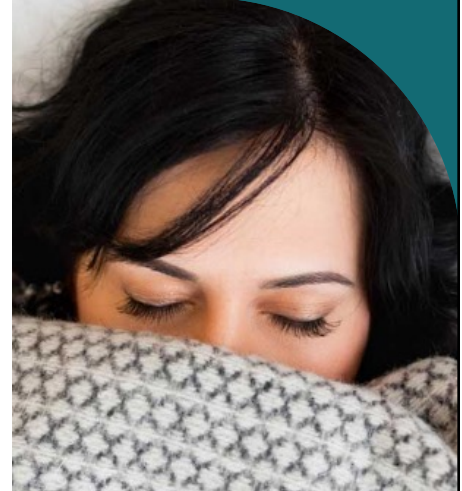
1. Grandiosity
2. Less need for sleep
3. Racing thoughts
4. Talkative
5. Easily distracted
6. Psychomotor agitation
7. Poor choices of behaviors that typically have negative consequences such as overspending

6

Diagnostic Criteria (cont):

The depressed mood feature is also significant and creates life dysfunction. The individual must manifest 5 or more of the following symptoms for at least 2 weeks:

1. Depressed mood
2. Anhedonia
3. Weight loss or decrease in appetite
4. Feeling fatigue
5. Feelings of guilt and/or worthlessness
6. Decreased concentration
7. Suicidal ideation, thoughts, or attempt



7

Treatment Options for Bipolar Disorders

Long term care with multimodalities appears to be most effective

- Mood stabilizers like lithium, valporoic acid (Depakote) or lamaotrigine (Lamictal)
- Antipsychotics such as Zyprexa, Risperdal, Seroquel, and Abilify
- Antidepressants such as Paxil
- Antidepressant-antipsychotic combo such as Symbyax which combines Prozac and Zyprexa
- Anxiolytics such as Xanax or Valium

8

Treatment Options (cont)

Combined with psychotherapy and lifestyle changes such as:

- 30 minutes of daily exercise
- Healthy diet
- 7-8 hours of sleep daily
- Abstain from alcohol
- Change unhealthy relationships



9

Schizophrenia

Combination of cognitive, behavioral, and emotional symptoms

Difficult to diagnose

Approximately 1.1% of US population

Small numbers but exceedingly detrimental

Usually diagnosed late-teens to early 30's. Peak onset of psychotic feature is mid-20's for males and late 20's for females.

10

Diagnostic Criteria for Schizophrenia

Impairment in thinking, irrational emotional responses, and illogical or unsettling behaviors

- One of the following for at least one month:

1. Delusions
2. Hallucinations
3. Disorganized speech
4. Catatonic behavior
5. Negative symptoms (examples: flat emotions, apathy, won't talk, withdrawn)

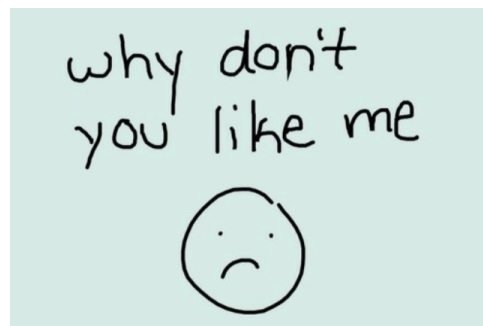


11

Diagnostic (cont)

1, 2, or 3 must be present and 3 out of the previous 5 for diagnosis.

- Life disturbance such as fired from job, self-care or relationship issues
- Duration must be 6 months or more
- The disturbance is not caused by substance use or a medical condition



12

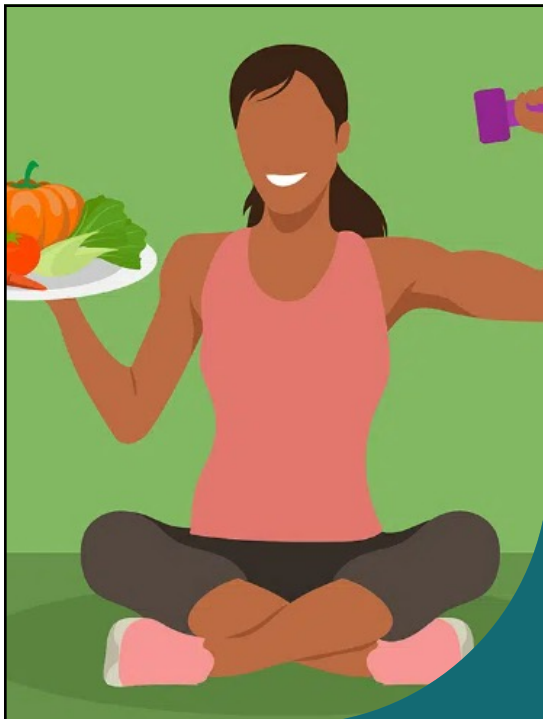
Treatment for Schizophrenia

Combination of antipsychotic medications and therapy (when symptomatically stable). Newer antipsychotics do not have the same issues with TD



1. Abilify
2. Rexulti
3. Vraylar
4. Latuda
5. Zyprexa
6. Fanapt

13



Treatment (cont)

A long-acting antipsychotic injectable may be preferred (every 2-4 weeks)

1. Abilify Maintena
2. Invega Sustenna
3. Respiradal Consta

Individual therapy, social skills training, family therapy and supported employment.

Support groups for both family and individual.

Hospitalization may be needed at times.

Low stress and healthy lifestyle.

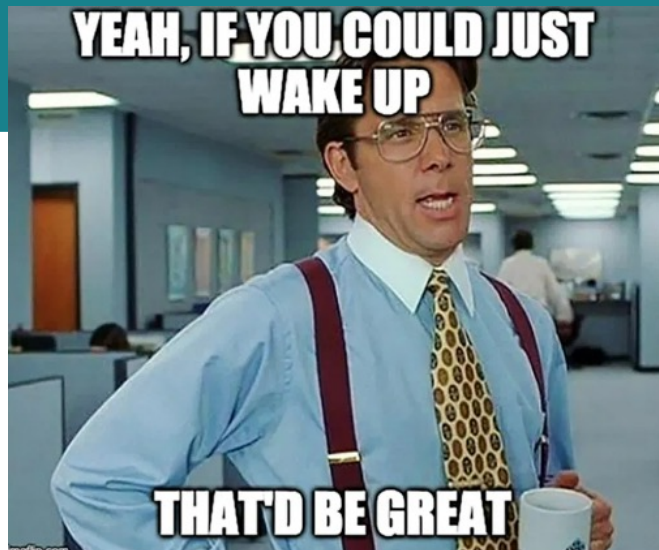
14

Personality Disorders


- 10 personality disorders according to the DSM 5
- Tend to appear in adolescence to early adulthood
- They are enduring and chronic
- Create dysfunction in most areas of life including work, relationships and goals
- Individuals with PD do not recognize they have an issue
- 10% of the population and up to half of the psychiatric population are thought to have PD

15

Still with me?



16



Types of Personality Disorders

- There are three types of groups called “clusters”
- Each cluster has shared key features and symptoms that align them
- It is possible for a person to have more than one overlapping PD
- Generally, interfere with self-image, insensitivity to others, lack of personal boundaries, irresponsibility, and inconsistency

17

Cluster A

Characterized by eccentric or odd behaviors

Paranoid Personality Disorder: somewhat pervasive in US population

Schizoid Personality Disorder

Schizotypal Personality Disorder

18

Cluster B

Characterized by dramatic or erratic behaviors

Antisocial Personality Disorder: unconventionally tends to show up in childhood

Borderline Personality Disorder

Histrionic Personality Disorder

Narcissistic Personality Disorder

19

Cluster C

Characterized by anxiety and fear

Avoidant Personality Disorder

Dependent Personality Disorder

Obsessive-Compulsive Personality Disorder

20

Diagnosis for Personality Disorders

- Difficult to diagnose
- Difficult to treat
- Chronic and pervasive patterns that interfere with all areas of life
- Symptoms affect 2 or more of the following areas:
 - Thoughts
 - Emotions
 - Relationships
 - Impulse control
- Behaviors cannot be explained by other factors

21

Treatment of Personality Disorders



- Few studies that confirm effective evidence-based treatment
- Psychotherapy such as DBT, CBT, and family therapy
- Medications
 - Antidepressants
 - Anxiolytics
 - Antipsychotics
 - Mood stabilizer
- And as always, good health hygiene

22



Eating Disorders

- Eating Disorder affect about 9% of the population
- Considerable genetic predisposition
- Second deadliest mental health illness
- One death every 52 seconds
- Often co morbid with other mental health issues such as anxiety and depression

23

Types of Eating Disorders

Binge Eating Disorder

Bulimia Nervosa

Anorexia Nervosa

Pica

Rumination Disorder

24

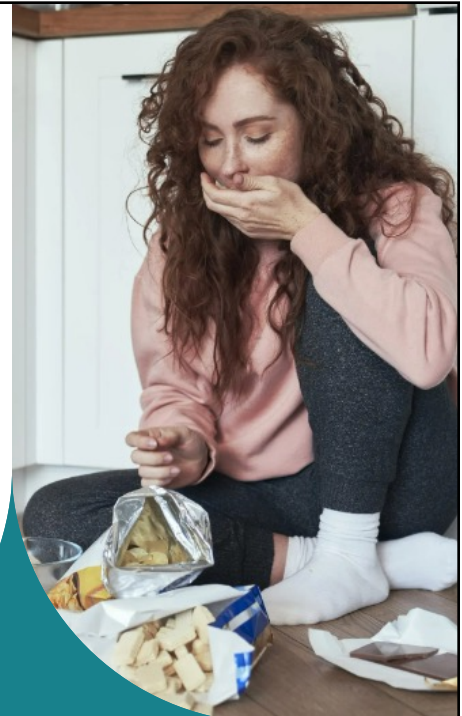
Binge Eating Disorder

- Main feature comprised of episodes of eating a great quantity of food in a short period of time with an inability to stop.
- Emotional upheaval will be part of the episode. It is not followed by any purging behaviors.
- The individual is usually overweight or obese.
- Median age of onset is 21 years old


25

Bulimia Nervosa

- The illness is comprised of binge eating episodes followed by compensatory behaviors such as purging or fasting, and/or excessive exercise.
- They also have emotional upheaval but unlike binge eating disorder, these individuals usually fall in a normal weight category.
- Median age of onset is 18 years.



26



Anorexia Nervosa

- The patients continually restrict their intake leading to low body weight relative to their age, sex, and size.
- They have a paralyzing fear of weight gain and do not see themselves in a realistic perspective.
- Even when they are severely underweight, they still see themselves as overweight.
- Median age of onset is 18 years old.

27

Treatment Options for Eating Disorders



- Multiprofessional team is most effective including:
 - Mental health professional
 - Registered dietician
 - Medical provider
 - Family members/support network

28

Treatment of Eating Disorders



- Goals are to normalize eating patterns, develop problem solving/coping skills, and improve relationship with food
- CBT, family-based therapy, and group cognitive behavioral therapy
- Educate about nutrition and body, practice meal planning, strategies to avoid dieting or bingeing
- Antidepressants are helpful with some issues
- Hospitalization
- Residential treatment programs
- Day treatment programs

29

Health Problems Associated with Eating Disorders

- Digestive issues
- Heart problems and HBP
- Malnutrition
- Mental health comorbidities
- Problems with fertility and menstruation
- Dental problems
- Diabetes type 2
- High cholesterol
- Back/joint pain

30

Questions?



31

Resources

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32