

## **Commentary Article**

# **AN OVERVIEW ON PSYCHIATRY AND ITS MENTAL DISORDERS**

*Adesokun Nagina<sup>#</sup>*

**Department of Neuropsychiatry, University of Port Harcourt Teaching Hospital, Rivers, Nigeria**

### **Description**

Psychiatry is a branch of medicine that focuses on the diagnosis, treatment, and prevention of mental disorders. It plays an essential role in identifying the complex functions of the human brain and provides significant support for individuals suffering from mental illnesses. In recent years, the field of psychiatry has illustrated significant advancements, in terms of understanding mental illnesses and developing innovative therapeutic approaches. People who specialize in psychiatry must be acquainted with both the social and biological sciences, which distinguishes specialists from many other professionals in the mental health field and physicians.

The field of study investigates the activities of various organs and systems within the body as classified by the patient's objective physiology and subjective emotions. It examines mental problems, which are traditionally classified as a combination of three types: Mental illnesses, severe learning difficulties, and personality disorders. Although the focus of psychiatry remains essentially similar over the years, the diagnostic and therapeutic methods have developed and continue to improve significantly. Since the late twentieth century, psychiatry has become more biological and less philosophically separated from other medical fields.

### *Psychiatric principles and techniques*

Psychiatry is characterized by various fundamental techniques which regulate its operations. For example, the biopsychosocial method recognizes that mental diseases are caused by a complicated

combination of biological, psychological, and social variables. The diagnostic and Statistical Manual of Mental Disorders (DSM-5) provides a standardized classification system for psychiatric disorders, enabling accurate diagnosis and treatment planning. Additionally, psychiatrists employ various therapeutic approaches, including psychopharmacology, psychotherapy, Cognitive-Behavioral Therapy (CBT), and Electro-Convulsive Therapy (ECT), modifying therapy to each patient's specific requirements.

### *Common mental disorders and treatment*

Psychiatry encompasses a wide range of mental disorders, each characterized by its specific symptoms and treatment requirements. Depression, anxiety disorders, bipolar disorder, schizophrenia, and substance use disorders are the most prevalent conditions encountered in psychiatric practice. Treatment options frequently involve a combination of medications, therapy, lifestyle modifications, and assistance from a multidisciplinary team. Psychiatrists play an essential role in assessing and monitoring the progress of patients, ensuring the effectiveness of treatment plans, and implementing improvements when required.

### *Psychiatric research and innovations*

In recent years, psychiatric research has recognized significant advancement, resulting in ground-breaking environmental advancements. Neuroimaging advances have provided information on the neurological foundations of mental diseases, allowing insights into their origins

and prospective targets for treatment. Additionally, the integration of digital health technologies has facilitated the development of smartphone applications and wearable devices that help in symptom monitoring, delivering therapy, and enhancing self-care.

*Preventing stigma and developing mental health awareness*

Psychiatry involves not only with the treatment of mental diseases, but also with the stigma and

discrimination associated with them. Stigma is frequently acts as a barrier to obtaining medical treatment, aggravating the pain of people suffering from mental illnesses. Psychiatrists and mental health professionals play an important role in increasing awareness, educating the public and advocating for policy changes to enhance psychological wellness. An initiative includes world mental health day and the month of mental health awareness provides communities that eliminate common misconceptions while establishing an atmosphere of encouragement.

***Corresponding author: Adesokun Nagin, Department of Neuropsychiatry, University of Port Harcourt Teaching Hospital, Rivers, Nigeria***

**Email:** nagina.a@gmail.com

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