

Which mental health disorder is it?

Read the sentences below and decide which mental health disorder is it describing. Use the mental health disorder from the table below and select the correct answers from 1-8.

depression (1)	obsessive compulsive disorder (2)	post-traumatic stress disorder (3)	eating disorder (4)
bipolar disorder (5)	general anxiety disorder (6)	autism (7)	schizophrenia (8)

1. A person who is diagnosed with this disorder has an unhealthy relationship with food.
2. This disorder can cause mood swings, that include emotional highs (mania) and lows (depression). This disorder is also called “manic depression”
3. This disorder belongs in the group of brain development disorders. A person who is diagnosed with this disorder might have challenges with social skills, such as communication. It is mostly diagnosed in children.
4. This disorder is also known as OCD. It is characterised by uncontrollable thoughts and/or behaviours, the person who has this disorder feels an urge to repeat the behaviour over and over.
5. This disorder is characterised by an intense sadness and a lack of energy, interest and pleasure in previously enjoyable activities

6. This disorder belongs in the group of psychotic disorders. It involves seeing or hearing things that don't exist and having disorganised thoughts and ideas
7. This disorder is characterised by feeling very anxious, worried and nervous about health, money, family, work or school without a reason. A person who is diagnosed with this disorder always thinks the worse will happen.
8. This disorder is also known as PTSD. It happens after a person has experienced a shocking, scary or dangerous event, such as a car accident.