

## A brief discussion on three common mental disorders

Naval Garg

*Delhi Technological University, New Delhi 110042, India; naval.garg785@gmail.com*

---

### ARTICLE INFO

Received: 30 December 2023

Available online: 31 December 2023

doi: 10.59400/apr.v2i1.1375

Copyright © 2023 Author(s).

*Applied Psychology Research* is published by Academic Publishing Pte. Ltd. This article is licensed under the Creative Commons Attribution 4.0 International License (CC BY 4.0).  
<https://creativecommons.org/licenses/by/4.0/>

Mental disorders are complex and multifaceted issues that affect individuals across all societies, including modern ones. Several factors, such as information overload, blind materialism, sedentary lifestyle, sleep disruption, and lack of face-to-face interactions, contribute to growing instances of mental disorders. While advancements in understanding and treating mental health conditions have been made, modern society has its own unique challenges that can contribute to the prevalence and manifestation of these disorders. A growing number of concerns are raised about mental diseases, which is also one of the main topics of Volume 2, Issue 1 of *Applied Psychology Research*. Three prevalent mental illnesses discussed in this issue are eating disorders, autism, and job burnout.

Disordered eating behaviors do not meet the diagnostic criteria for an eating disorder, but are precursors to eating disorders. Some examples are binge eating, dieting, self-induced-vomiting, laxatives, the use of diuretics, fasting, and excessive exercise<sup>[1]</sup>. Bulimics' compensatory behavior disorders encourage the emergence of health issues that may potentially result in the patient's death<sup>[2]</sup>. Yet, there are still many complex and serious health issues associated with bulimia nervosa, and there are now no proven preventative measures in place<sup>[3]</sup>. Szymanska et al. shared their review of unconventional compensation methods used by patients with bulimia nervosa<sup>[3]</sup>.

Autism is characterized by difficulties in emotional, verbal, and nonverbal expressions, as well as social interaction disorders. Patients who suffer from this condition typically like repetitive tasks and restricting behaviors. People with autism may experience a variety of difficulties and negative effects on their day-to-day life. Therefore, it is critical and crucial to prevent and treat this sickness. It is challenging to offer autistic patients effective therapy options, nevertheless. The fact that autism has multiple causes and that it is impossible to determine which of them is the primary cause is one of the reasons it is so difficult to treat<sup>[4]</sup>. Moreover, the symptoms of autism are often varied, necessitating individualized instruction and care based on the primary symptoms, which further complicates treatment<sup>[4]</sup>. Even though treating autism is challenging, there are effective treatment options being investigated, and some researchers have

made significant discoveries. According to Krupa-Kotara et al.<sup>[5]</sup>, sensory diagnosis gives parents specific knowledge of therapeutic techniques that are useful in supporting the daily development of children on the autism spectrum, in addition to assisting them in understanding their children's behaviors and the underlying causes of them. Researchers studying autism treatment could find this treatment option illuminating.

Physical or emotional tiredness due to work-related stress is known as occupational burnout. Additionally, it could have a lot of unfavorable effects that lower people's quality of life. Plemmenos et al.<sup>[6]</sup> state that lower levels of mental resilience and quality of life are associated with higher degrees of professional burnout and its component characteristics (emotional and mental disengagement, psychological issues, psychosomatic disorders, and mental dysfunction). Taking proactive measures to address job burnout may assist in preventing the detrimental effects it causes. A lot of people keep a close eye on the research being done on how to address job burnout, as it is a frequent societal phenomenon. It is critically anticipated that workable solutions to this problem will be found.

We are proud that *Applied Psychology Research* released this issue and will continue to collect high-quality articles. Lastly, we deeply appreciate everyone who contributes their time and energy to this journal.

## **Conflict of interest**

The author declares no conflict of interest.

## **References**

1. Unikel-Santoncini C, de León Vázquez CD, Rivera Márquez JA. Disordered eating behaviors and psychological correlates among overweight and obese freshmen college students. *Salud Mental* 2016; 39(3): 141–148. doi: 10.17711/SM.0185-3325.2016.012
2. Komorowska-Szczepanska W, Hansdorfer-Korzon R, Barna M, et al. Psychiatric bulimia as an interdisciplinary problem (Polish). In: *Nutrition and the Environment*. University of Management in Gdańsk; 2016. pp. 70–78.
3. Szymanska M, Barylska K, Stefański Ł, Grajek M. Unconventional compensation methods used by patients with bulimia nervosa. *Applied Psychology Research* 2023; 2(1): 550. doi: 10.59400/apr.v2i1.550
4. Yuan R, Gao Y, Shen Y, et al. New progress in the etiology and treatment of autism (Chinese). *Advances in Psychology* 2020; 10(5): 580–588. doi: 10.12677/AP.2020.105072
5. Krupa-Kotara K, Kosiorz M, Barylska K, Grajek M. Sensory integration disorders in children with autism spectrum disorder—A review study. *Applied Psychology Research* 2023; 2(1): 548. doi: 10.59400/apr.v2i1.548
6. Plemmenos N, Vlastos DD, Theofilou P. Burnout, mental resilience and quality of life in Greek professionals of public and private sector: Which is the impact of demographic, occupational and psychological variables? *Applied Psychology Research* 2023; 2(1): 361. doi: 10.59400/apr.v2i1.361