## **Terms for Psychological Conditions or Disorders**

When a person’s behavior or experience differs from the norm, they’re often labeled with various [disorders](https://www.yourdictionary.com/disorder" \l "wiktionary). But it’s important to know exactly what these disorders entail and how they are diagnosed. Some common terms for psychological disorders or conditions that you may hear are:

* **addiction** - psychological and physiological dependence on a substance or behavior
* **antisocial personality disorder** - personality disorder marked by a pattern of behaviors that are not socially acceptable
* **anorexia** **nervosa** - eating disorder characterized by the need to restrict one’s eating in order to control one’s weight
* **Attention Deficit Hyperactivity Disorder (ADHD)** - disorder marked by one’s inability to focus, sit still, or control impulsive behavior
* **bipolar disorders** - mood disorders that fluctuate between depressive and manic episodes
* **borderline personality disorder** - personality disorder in which a person exhibits impulsive, erratic behavior and unstable relationships
* **bulimia nervosa** - eating disorder marked by a person’s compulsion to binge and purge food in an effort to control their weight
* **cognitive dissonance** - state of anxiety that occurs when a person encounters information that contradicts their beliefs
* **dementia** - condition in which one experiences significant cognitive decline
* **depression** - mood disorder marked by lack of motivation, energy, and joy
* **dissociative disorders** - disorders in which a person protects themselves from emotional trauma by detaching from reality for short or long periods of time
* **eating disorders** - disorders in which one attempts to control their environment by controlling their eating habits
* **generalized anxiety disorder** - pattern of persistent worry about typical events
* **histrionic personality disorder** - personality disorder marked by one’s desire for attention and propensity for high emotions
* **hypochondriasis -**disorder in which one believes they have a serious illness or disease
* **insanity** - legal term that indicates a person’s inability to take responsibility for their actions
* **mental illness** - psychological condition that makes it difficult to function
* **mood disorders** - disorders in which one experiences rapid, volatile mood swings
* a person seeks attention by fabricating an illness (known as **Munchausen** **by proxy** in the case of a caregiver fabricating illness in a child or patient)
* **narcissistic personality disorder** - disorder in which a person’s sense of extreme importance leads to a lack of empathy
* **obsessive-compulsive disorder -**anxiety disorder characterized by an obsessive and/or compulsive need to control one’s environment
* **panic disorder** - the experience of constant and unexpected panic attacks
* **personality disorders** - patterns of behavior and experience that are not typical to one’s primary culture or environment
* **phobia** - anxiety disorder that is characterized by an extreme, irrational fear
* **post–traumatic stress disorder (PTSD)** - condition in which an environmental trigger causes a person to re-experience the stress or trauma of a traumatic event
* **psychosis** - perception that is extremely distorted and divergent from reality
* **psychosomatic** - a physical illness brought on by one’s belief that they are ill
* **schizoid personality disorder** - personality disorder that inhibits a person’s social skills and emotional processing
* **schizophrenia** - disorder in which one experiences an alternate reality, which may include hallucinations, delusions, and erratic behavior
* **substance abuse -**pattern of drug use that adversely affects one’s life