

Glossary

affective disorder

A group of mental disorders involving disturbances of mood, such as elation or depression. The two main categories are unipolar and bipolar affective disorders.

consumer

A person who has directly experienced significant mental health problems and who has used the resources of the mental health system.

delusion

A false, fixed belief, such as believing that thoughts are controlled by forces outside the body. Paranoid delusions are false beliefs that cause feelings of suspiciousness and grandiosity.

dosette

A container designed to help you keep track of what medications to take and when to take them.

DSM-III-R

The Diagnostic and Statistical Manual of Mental Disorders (3rd edition, Revised). This is the main reference used by a wide range of mental health professionals for diagnosing and classifying mental disorders.

DSM-IV

The Diagnostic and Statistical Manual of Mental Disorders (4th edition); the most recent version of the above reference.

dysthymia

Also known as dysthymic disorder. A form of long-term depression in which the symptoms are not as severe as in major depression.

endogenous depression

Term applied to a depression that is thought to be due to biological and/or genetic factors, such as the depression that follows a stroke or heart attack or the depression that seems to run in families.

hallucination

A false sensory experience, such as seeing, hearing, tasting, smelling or feeling something that does not exist.

major depression

Also known as major depressive disorder. An episode of severe depression that persists for at least two weeks and interferes with daily functioning.

manic depression

Another term for bipolar disorder.

psychosis

A mental state in which the personality is severely disorganized and contact with reality is impaired.

thought disorder

A group of mental disorders characterized by disturbances in thinking processes including delusions, hallucinations, illogical thinking and severely impaired functioning.

unipolar affective disorder

A category of mood disorders that includes major depressive disorder and dysthymic disorder.