
Professional Certificate in Mental Health and Physical Disabilities

Understanding Mental Health and Physical Disabilities

Understanding Mental Health and Physical Disabilities Glossary

A

Anxiety: A feeling of worry, nervousness, or unease about something with an uncertain outcome. It is a common mental health issue that can interfere with daily activities.

B

Bipolar Disorder: A mental health condition characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

C

Cognitive Behavioral Therapy (CBT): A type of psychotherapy that helps individuals identify and change negative thought patterns and behaviors to improve mental health.

Chronic Pain: Persistent pain that lasts for weeks, months, or even years, which can significantly impact a person's physical and mental well-being.

D

Depression: A mood disorder that causes persistent feelings of sadness, hopelessness, and loss of interest in activities. It can affect how a person thinks, feels, and behaves.

E

Eating Disorders: A group of mental health conditions that cause unhealthy eating habits and a preoccupation with body weight and shape. Examples include anorexia nervosa, bulimia nervosa, and binge eating disorder.

F

Fibromyalgia: A chronic disorder characterized by widespread musculoskeletal pain, fatigue, sleep disturbances, and mood issues. It is often accompanied by other physical and mental health conditions.

G

Generalized Anxiety Disorder (GAD): A common anxiety disorder characterized by excessive, uncontrollable worry about everyday things. It can interfere with daily activities and quality of life.

H

Human Immunodeficiency Virus (HIV): A virus that attacks the body's immune system, specifically the CD4 cells (T cells), making the individual more susceptible to infections and diseases.

I

Intellectual Disability: A developmental disorder that affects a person's intellectual abilities and adaptive functioning. It is characterized by limitations in intellectual functioning and difficulties in daily living skills.

J

Joint Pain: Discomfort, soreness, or stiffness in any of the body's joints, which can be caused by various factors such as injury, arthritis, or other medical conditions.

K

Kinesiology: The scientific study of human movement, focusing on how the body moves and functions. It is often used in physical therapy and rehabilitation to improve mobility and overall health.

L

Learning Disabilities: Neurodevelopmental disorders that affect the brain's ability to receive, process, store, and respond to information. Examples include dyslexia, dyscalculia, and attention-deficit/hyperactivity disorder (ADHD).

M

Migraine: A common type of headache characterized by intense throbbing or pulsing pain, often accompanied by sensitivity to light, sound, or smells. It can significantly impact a person's quality of life.

N

Narcissistic Personality Disorder: A mental health condition characterized by a grandiose sense of self-importance, a constant need for admiration, and a lack of empathy for others. It can affect relationships and social interactions.

O

Obsessive-Compulsive Disorder (OCD): An anxiety disorder characterized by recurrent, intrusive thoughts (obsessions) and repetitive behaviors or mental acts (compulsions) that the individual feels driven to perform.

P

Panic Disorder: An anxiety disorder characterized by sudden, repeated episodes of intense fear or panic attacks. These attacks can occur without warning and may lead to physical symptoms such as chest pain, shortness of breath, or dizziness.

Q

Quality of Life: The overall well-being and satisfaction a person experiences in various aspects of life, including physical health, mental health, social relationships, and personal fulfillment.

R

Rehabilitation: The process of restoring or improving physical, mental, or cognitive abilities lost or impaired due to injury, illness, or disability. It may involve therapy, exercises, and other interventions to promote recovery and independence.

S

Schizophrenia: A severe mental disorder characterized by distorted thoughts, perceptions, emotions, and behaviors. It can cause significant disruptions in daily functioning and social interactions.

Stress: The body's response to external or internal pressures or challenges, often resulting in physical, emotional, or mental strain. Chronic stress can negatively impact overall health and well-being.

T

Traumatic Brain Injury (TBI): Damage to the brain caused by a sudden trauma or blow to the head. It can result in physical, cognitive, emotional, or behavioral changes that may require rehabilitation and support.

U

Underweight: A body weight that is lower than what is considered healthy or normal for a person's age, height, and gender. Being underweight can be a sign of malnutrition or an underlying medical condition.

V

Visual Impairment: A condition that affects a person's ability to see clearly, either partially or completely. It can result from various eye diseases, injuries, or conditions that impact vision.

W

Wellness: An active process of making choices towards a healthy and fulfilling life, encompassing physical, mental, emotional, and social well-being. It involves self-care, healthy habits, and seeking support when needed.

X

X-Ray: A type of imaging test that uses electromagnetic radiation to create detailed images of the inside of the body, including bones, organs, and tissues. It is commonly used in diagnosing fractures, infections, or other medical conditions.

Y

Yoga: A mind-body practice that combines physical postures, breathing exercises, meditation, and relaxation techniques to promote overall health and well-being. It can help reduce stress, improve flexibility, and enhance mental clarity.

Z

Zenith: The highest point or peak of something, such as a person's physical or mental capabilities. It represents the optimal level of performance, health, or well-being that an individual can achieve.