

常见精神疾病

Common Mental Disorders



Dr Lim Boon Leng 林汶龙医生

Psychiatrist & Medical Director

Dr BL Lim Centre For Psychological Wellness

#09-09, Gleneagles Medical Centre, 6 Napier Rd, S258499

www.PsyWellness.com.sg

- A nation-wide survey using a structured questionnaire was conducted on those aged between 15 and 69 years 对年龄介于15到69岁者展开全国问卷调查
- Overall response rate was 84.6% with a total of 2,632 respondents 回应率是84.6%,共2632人回应

- 38.3% (95% CI, 36.4 to 40.2) believed that mentally ill people were dangerous 38.3%认为精神病患是危险人物
- 49.6% (95% CI, 47.7 to 51.5) felt that the public should be protected from them 49.6%认为应保护公众免受精神病患的干扰
- A negative attitude towards mental illness correlated with greater age and less education 年纪较大和受较少教育者对精神病患持有负面看法

Stigmatising Mental Illness
丑化精神病



Mentally ill suffer in silence

By Christopher Lim

ONLY half the number of Singaporeans with mental health disorders seek any kind of treatment, and experts think part of the reason is the social stigma attached to such problems.

The reluctance to seek help for problems such as anxiety or depression was clear from the findings, announced yesterday, of the first national mental health survey by the Institute of Mental Health (IMH) between February last year and March this year.

Overall, the survey found that 3.4 per cent of Singaporeans have anxiety disorders and 5.6 per cent are victims of mood disorders.

While there is no earlier local study to directly compare these rates to, the figures show that Singapore has a lower incidence than many other countries, according to a survey by the World Health Organisation study. The United States topped the list with figures of

Half of them don't seek treatment mainly because of social stigma, Spore's 1st mental health survey shows

18.2 per cent for anxiety disorders and 9.6 per cent for mood disorders.

The IMH survey was the first major study of mental disorders since a National University Hospital study six years ago.

The release of the results comes against a backdrop of a nation troubled by such recent developments as Sars, terrorists on its doorstep and within its borders, and high unemployment as it recovers from a recession. The second quarter of last year saw record job-loss figures - the highest since the mid-80s recession - and the unemployment rate has remained above 4 per cent for some time now.

Presenting the findings, Dr Chua Hong Choon, the chief of IMH's research and clinical services, said the survey found that social stigma associated with mental health disorders

and people are therefore reluctant to come forward because of that.

"If you have a cold, you'll go to the doctor. If you have a toothache, you'll go even faster. But when it comes to mental health, it's different."

The survey also found that 40 per cent of those who sought treatment went to general practitioners and psychiatrists. The remaining 10 per cent approached the clergy, such as priests and pastors, and traditional spiritual healers such as spirit mediums.

The overall figure of 50 per cent is roughly equivalent to the global percentage of people who seek treatment for mental disorders.

Dr Chua said: "It's good for the public to know that there are people who are struggling with mental health problems. A total of 2,847 people were

surveyed, of whom 1,054 were male and 1,793 female.

Dr Chua stressed that great care was taken to ensure that all the ethnic groups were properly represented, and an equal number of representatives from each group was used in the survey.

Another finding was that the chances of having depression were related to income levels and the state of health.

People who earned less than \$1,000 a month were three times more likely than average to suffer from depression. Those who earned from \$1,000 to \$2,999 were twice as likely to be depressed.

Those with three or more medical problems were more than five times more likely to be depressed compared to two-and-a-half times for those with one or two medical problems.

Commenting on the findings, IMH chief executive Leong Yew Meng said: "We will continue to study the information very carefully to see how we respond to these figures will take some time."

'Only half the number of Singaporeans with mental health disorders seek any kind of treatment, and experts think part of the reason is the social stigma attached to such problems.'

默默忍受精神病的折磨 在新加坡,只有半数的精神病人寻救治疗,专家认为部分因素是出于社会的偏见

- ‘The Chinese fear being called mentally ill. Actually it’s like catching a cold’

华人最怕被人称为“神经病”，其实，它其实和感冒一样

— Actor Chow Yun Fat 艺人周润发





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Mental health problems in the world & in Singapore 世界于新加坡的精神病 问题

- 450 million suffer from mental disorders
4亿5000万人患有精神病
- 1 in 4 persons will develop a mental or behavioural disorder in their
lifetime
每4个人之中就有1人会有精神病或行为有问题
- **Anxiety & Depression:** 6.5% of population
焦虑与忧郁症:人口的6.5%
- **Minor Psychiatric Illness:** 15.7% of population
轻微精神病:人口的15.7%
- **Dementia:** 5.2% of those > 60 years
痴呆症:60岁以上者有5.2%

Overview 概况

MENTAL CONDITIONS 精神状况

MAD
疯狂

PSYCHOTIC
精神病

SAD
悲伤

NEUROTIC
神经过敏

BAD
恶劣

PD
人格失常

Mr A (A先生)

- 23 years old (23岁)
- Tertiary student 大专学生
- Initially noted to: 初期出现
 - Irritable 容易发怒
 - Left room less 少出房门
 - Stopped going out with friends 停止和朋友出外

Case History 个案

- Subsequently: 随后
- Noted to: 发现他
 - Pace around in his bedroom 在睡房里走来走去
 - Talk to himself 跟自己说话
 - Yell at imaginary people 对像想人纳吼
 - Cut telephone and electrical wires 剪断电话线和电线
- Complained of 申诉说
 - Police monitoring him with special devices 警察用特别仪器监视他
 - Heard voices mocking him and threatening to arrest him 听到嘲笑他和恫言逮捕他的声音

- Family brought him to a temple medium
 - Given a talisman 家人帶他找乩童
- Tried to commit suicide by jumping from height later that same day 当天他企图跳楼自杀

What is Mr A suffering from?
A先生患上什么病？

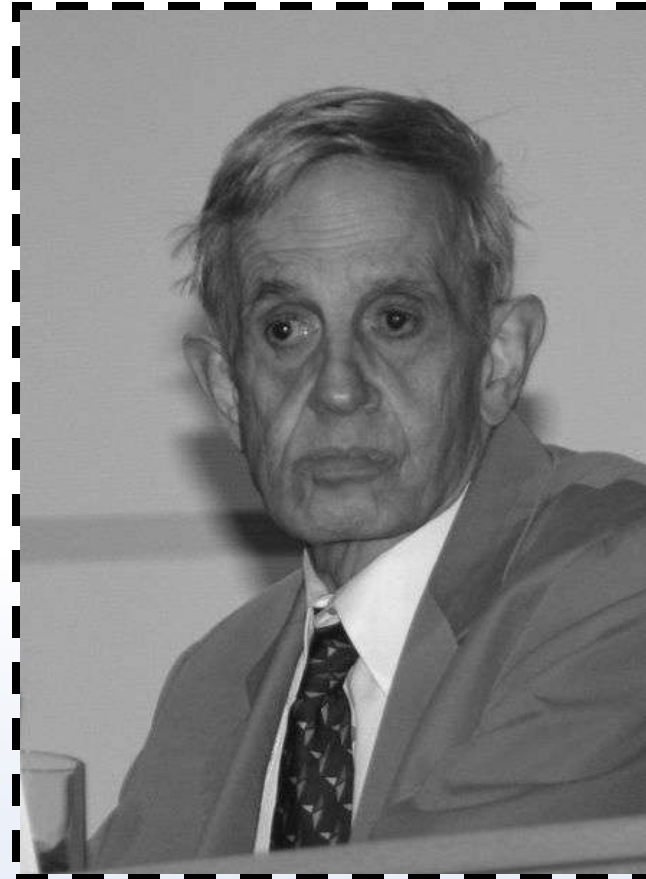


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Schizophrenia

精神分裂症

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John Forbes Nash Jr,
1994 Nobel Prize Winner, Economics
约翰·福布斯
1994诺贝尔经济学得奖人

Yammie NAM Kit-Ying 蓝洁盈



September 2008 (HK News)

- 80's TVB actress Yammie Nam Kit Ying was taken into Eastern Hospital Mental Services again on the 24th August due to being mentally unstable. Yesterday was the 8th day she was in the hospital. The doctors did not allow her to leave the hospital and she had to continue to stay there. However yesterday she phoned "Ming Pao" and hoped they could help arrange for her to leave the hospital.



Introduction 简介

- *Schizo*: Splitting 分裂
- *Phrenia*: Mind 心智
- Distorted thoughts and perceptions of reality 对现实的看法与感受出现扭曲
- Fragmentation of emotional and mental activities 情绪与思绪分歧

Risk & Onset

风险与发作

- General population : 1% risk 总人口 : 1%风险
- Genetic risks 基因风险
 - One parent : 5-6% 一个家长 : 5 - 6 %
 - One sibling : 10% 一个兄弟姐妹 : 1 0 %
 - Both parents : 46% 家长两人 : 4 6 %
- Men: Late teens to twenties 男性 : 青少年至 2 0 多岁
- Women: Late twenties to thirties; menopause 女性 : 2 0 岁至到 3 0 多岁 ; 更年期



SCHIZOPHRENIA

精神分裂

Every year nearly 600 persons in Singapore will be stricken with Schizophrenia
在新加坡，每年有近 6 0 0 人患精神分裂症。

Lianhe ZaoBao & The New Paper,
14 Mar 2002

联合早报及新报
2 0 0 2 年 3 月 1 4 日

SINGAPORE
SCHIZOPHRENIA IN SINGAPORE

600 S'poreans get the disease each year

SCHIZOPHRENIA isn't as common an illness as asthma or diabetes here.

But it does have a great impact on one's life, said Dr Li Qing from the Institute of Mental Health (IMH).

He was responding to figures that show as many as 600 people are estimated to get schizophrenia here every year. And those between the ages of 18 and 25 are most susceptible, reported the Lianhe ZaoBao.

Despite this, Singaporeans do not seek treatment until their condition lapses into the serious and later stage.

A reason for this is that most do not understand this mental illness, and thus fail to recognise the symptoms.

Dr Li said: "Once a person is diagnosed with it, he would be met with prejudices when he goes out into society to work or study."

Dr Li also said that although it was impossible to treat schizophrenia completely, it was possible to stabilise the condition, if it was detected early and treated accordingly.

When this happens, the likelihood of the patient lapsing into schizophrenia again would decrease.

He would then have a chance of being accepted by society again.

Said Dr Li: "Some patients have short-term schizophrenia — this means that they only exhibit symptoms of schizophrenia for a short time."

"For patients whose symptoms are detected early, there is a chance of keeping the illness under control with appropriate treatment and preventing it from surfacing again."

According to past records, schizophrenics tended to belong to the younger age-group, with an almost equal number of male and female patients diagnosed.

However, there is a likelihood that men are more susceptible to the illness earlier — at around 18 years of age — than women, who tended to get it in their 20s.

Many people are noted to have a misconception of schizophrenia — with some believing that the patient must have incurred the wrath of "dirty things", which have caused the drastic change in his behaviour and personality.

Dr Li pointed out that about 25 per cent of schizophrenics would only seek treatment at hospitals after consulting their religious faiths for help.

They would only turn to hospitals after there was no improvement in their condition.

The main cause of schizophrenia is hereditary. Stress from daily life is only an external factor in igniting the flame to spark off the condition.

According to Mr Yang Xin Fa, a psychologist in private practice, "70 per cent of all schizophrenia cases are inherited, while 30 per cent are due to external factors".

Patients who have refused to accept their condition sometimes fall into depression and attempt to take their own lives when they are unable to cope.

Schizophrenics make up about one per cent of our local population, about the same percentage in Australia, the US and England.

EARLY TREATMENT

TREATMENT for diagnosed schizophrenics first involves the prescription of suitable medication.

The cost for the medication can be as little as \$10 a month or even more than \$100, depending on the prescription.

Besides taking medication, it is important for the patient to have support from his family and friends.

MEN MORE SUSCEPTIBLE

SCHIZOPHRENIA

精神分裂

- Dopamine hypothesis 多巴宁假设
 - Functional hyperactivity in: 以下功能过动
 - Mesolimbic dopamine system → positive symptoms 中层缘多巴宁系统 - 〉 积极症状
 - Mesocortical dopamine system → negative symptoms 中层皮多巴宁系统 - 〉 消极症状
- Genetic factors 基因因素
- Viral infection 病毒感染
- Psychological theories 心理理论

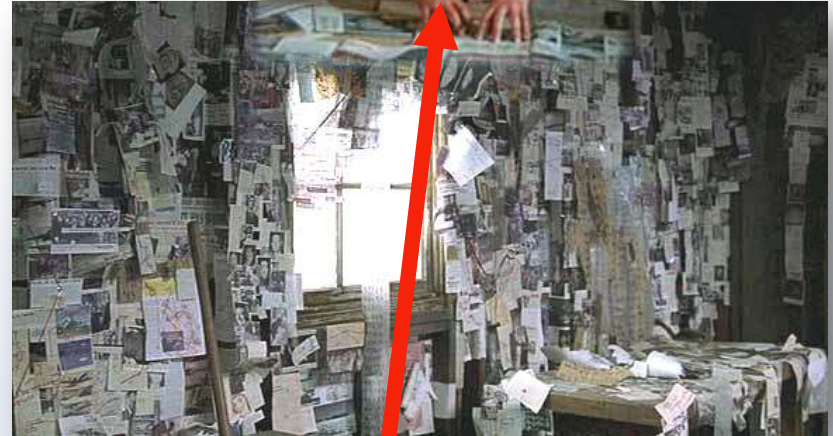
Warning Signs

警告讯号

- Personality: 性格
 - Introverted, few friends 内向，很少朋友
 - Easily suspicious 容易起疑心
- Prodrome: 前驱症状
 - Initial change is slow (as long as 2 years) 初步变化缓慢 (长达2年)
 - Non-specific 没显著症状
 - Loss of interest 提不起劲
 - Labile mood 情绪不稳定
 - Social withdrawal 离群
 - Decline in socio-occupational functions 社交 - 职业功能退化

Symptoms 症状

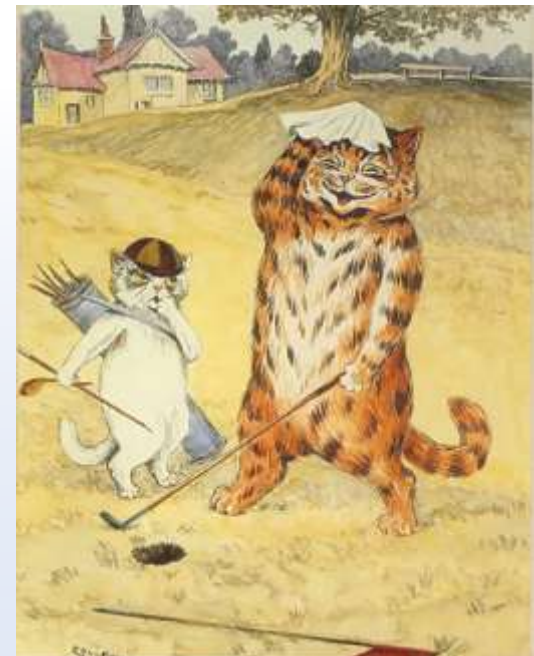
- Positive 积极
 - Hallucinations (“voices”) 幻觉 (“声音”)
 - Delusions (“beliefs”) 妄想 (“信仰”)
- Negative 消极
 - Lack of motivation 缺乏激励
 - Lack of enjoyment 缺乏乐趣
 - Asocial 离群



Paranoid: Trying to find messages from enemy countries encrypted in newspaper



Louis Wain
(1860 - 1939)
路易斯。韦恩
(1 8 6 0 - 1 9 3 9)





“He had always been considered quite charming but odd, and often had **difficulty in distinguishing between fact and fantasy**. Others frequently found him **incomprehensible**, and his mode of speaking **tangential**. His **behavior and personality changed**, and he began to suffer from **delusions**, with the onset of schizophrenia. Whereas he had been a mild-mannered and trusting man, he became **hostile and suspicious**, particularly towards his sisters. He claimed that the **flickering of the cinema screen had robbed the electricity from their brains**. He began **wandering** the streets at night, **rearranging furniture** within the house, and **spent long periods locked in his room writing incoherently**.”

一般认为他相当迷人，虽然有点古怪，却经常**分不清事实与幻想**。其他人经常觉得他令人**难以理解**而且说话很离谱。他们行为与**性格已变化**。在精神分裂发作开始有**妄想**。以往他性格温驯和信任他人，现在却**对人充满敌意和疑心**，尤其是对他的姐妹。他声称戏院里的荧幕闪闪作亮夺取他的脑电。他开始在夜里街头徘徊，重新布置家里的家具，并长时间锁在房里胡乱写作



C o n s t a n c e C h e e 案件

她的案件牵动了新加坡人的心弦，这是一起难以圆满的爱情故事的开始



“Her immediate supervisor said that she was a loner who did not get along with the people around her.

She thought that her colleagues were talking behind her back and she confronted them. She also had disciplinary problems at work.

After she was terminated, she neglected her personal grooming and did not like to wash her long hair.

Her flat at Bedok North was in 'gross disarray' and she accumulated discarded items, to the disapproval of her mother.”

The New Paper, 17 Aug 05

她的上司说她很孤僻并且无法和周围的人来往。她认为她的同事在背后说她的坏话而向他们兴师问罪。她也有纪律问题。她被解雇后，变得不修边幅，而且不洗她的头发。她在勿洛北的组屋单位是一团糟，而且堆满废物而遭受母亲的非论。

新报 2005 年八月 17 日



“Today, she is remanded at the Changi Women's Prison. She is on trial for culpable homicide not amounting to murder. She also faces one charge of kidnapping Sindee Neo, 4, on 7 Oct 2004.

Dr X, who interviewed her on six occasions, said that she suffered from **simple schizophrenia**... characterized by a progressive development of **oddities of conduct** and an **inability to meet the demands of society**. (They) **drift downwards socially** into poverty and typically end up living in the lowest stratum of society, a typical description being that of an unemployable idler, tramp or even prostitute.”

The New Paper, 17 Aug 05

今天，她被拘押在漳宜女子监狱里。她被控以谋杀罪名，她也被控于2004年10月7日绑架4岁女童Sindee Neo。曾探访她6次的X医生说，她患有简单的精神分裂，症状是**逐渐变得行为怪异并无法应付社会的要求**，从而**沦为贫穷**而在社会底层过活，典型的写照是无业游民，一无所事甚至**沦为卖淫**

新报2005年8月17日

Common Myths 一般误解



Schizophrenia = *Spilt Personality*
精神分裂 = 性格分裂

It is caused by demon possession
鬼上身造成的

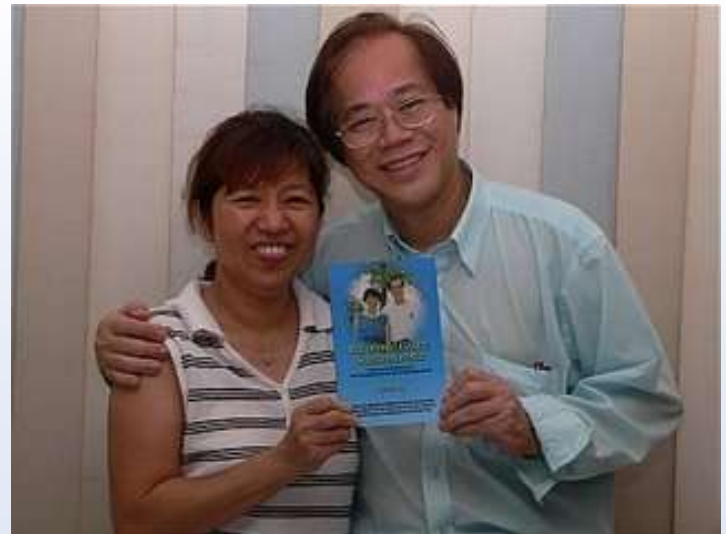
"I am not mentally ill, I am
just possessed by spirits"



Psychosis is an illness that
can be treated with
medicine and family care.

Schizophrenic patients: 精神分裂症患者

- Are always unstable 经常情绪不稳定
- Become violent anytime 随时会变得很暴力
- Can only do low-level jobs 只能做底层的工作





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Anxiety Disorders

焦虑症

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- *Anxo*: To squeeze or strangle 挤压或抢住
- *Anxieta*: Trouble in the mind about some uncertain event
脑力对未明朗事件产生不安
- Anxiety disorders: disorders that show the basic emotion of **anxiety** as the predominant symptom 焦虑症：呈现焦虑的基本情绪
- Common theme: **danger** 一般课题：危险
- Cope by **avoidance** 以回避作为应付

Simple Phobia 恐惧症

- Irrational fear in anticipation of a specific object or situation 对预计中的特殊事物或情况产生物理的害怕
 - Beyond control 无法控制
 - Leads to avoidance 导致回避
- Exposure results in anxiety response 接触会导致焦虑反应
- Examples: 例子
 - Animals - spiders, roaches, dogs, cats
蛛，蟑螂，狗，猫
 - Environment - height, water 环境：高度，水
 - Situations - lifts, planes 周围情况：电梯，飞机
 - Blood – injections, injury 血：打针，受伤



Social Phobia 社交恐惧症

- Excessive/unreasonable fear of situations where one is exposed to **scrutiny** 过度或莫名其妙的担心会被彻查
 - Afraid of exhibiting embarrassing behaviour 害怕展现尴尬行为
 - Fears that others will detect it 害怕别人看出
 - Tries to avoid the situation 设法避免这情况
- May affect education, relationships and jobs 可能影响求学，交往和工作
- Affects men and women equally 男女同样受影响
- Onset in adolescence 青春期发作

Agoraphobia 广场恐惧症

- *Agora*: Marketplace 菜市场
- Irrational fear about being in places where escape is difficult/embarrassing or help is not available 无理害怕处在很难逃出的场所或无法获救
 - Worse in crowded and enclosed public areas 在拥挤和封闭的公共场所情况更糟
 - E.g. MRT, shopping centres 如：地铁，购物中心



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Agoraphobia 广场恐惧症

- Leads to avoidance and dependence on companion
导致回避及依赖同伴
- Affects women more 女性更受影响
 - Housebound Housewife Syndrome 家庭主妇综合症
- Associated with panic disorder 和慌张症有关

Panic Disorder 慌张症

- Panic attacks: discrete periods (usually minutes) of intense fear or discomfort 慌张发作，间歇性
(通常几分钟) 的极度害怕与不安
 - Multiple physical symptoms 多种身体状态
 - Shortness of breath, choking 喘气，哽噎
 - Chest pain 胸口疼痛
 - Feeling faint 晕眩的感觉
 - Fear of impending death or losing control 害怕即将到来的死亡或失控
 - Occurs unexpectedly 不料之中发生



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Panic Disorder 慌张症

- Persistent fear of having another attack 持续害怕另一次失控
- Prevalence of 2% 普及率是2%
- Women more commonly affected 通常影响女性

- Excessive worry over life's circumstances 过度担心生命的周遭
 - Fearful anticipation 可怕的预感
 - Future events 未来事件
- Common symptoms: 一般症状：
 - Restlessness 坐立不安
 - Muscle tension 肌肉紧绷
 - Irritability 容易发怒
 - Tiredness and sleep problems 疲劳和睡眠问题
- Prevalence rate of 1.5% 普及率是1.5%
- Women more affected than men 女人比男人更容易受影响

- Mr E, 45-year-old man E先生，45岁男人
 - Unemployed and single 失业又单身
 - Living with parents 和父母同住
- Excessive fear of dirt and germs 过度害怕尘污和细菌
 - Washed hands 30-40x/day, 5 min each time 每天洗手30-40次，每次5分钟
 - Showered 3x/day, 1 hour each time 每天冲凉3次，每次1小时
 - Did not dare to take public transport for fear of dirt 因为害怕尘污而不敢乘搭公共交通工具

- Siblings are lawyers and pastors 兄弟姐妹的律师和牧师
 - Kept reprimanding him 经常谴责他
- Pt ended up not showering at all for one month 病患最终一整个月不冲凉
 - Unable to restrict showering time 无法限制冲凉时间
 - Resulted in a bad stench 导致睡床发臭

What is Mr E suffering from?
E先生患了什么病？



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Woody Allen





David Beckham



- **Obsessions:** Persistent, recurrent and intrusive thoughts that cause anxiety 强迫：持续，重复和侵入性的想法而导致焦虑
 - Pt recognises thoughts as excessive 病患知其想法是过度的
 - Pt tries unsuccessfully to suppress them 病患曾尝试但无法抑压他们
- **Compulsions:** Repetitive behaviours or rituals in response to obsessions 冲动：对强迫试行为所做出的重复行为或仪式
 - Aimed at reducing the anxiety 其目的是减低焦虑

- Local incidence: 0.3% 本地发病率：0.3%
- Females slightly more prone 女性稍微为易受影响
- Onset in early adulthood 再成年期之初发作
- Causes: 起因：
 - Basal ganglia (caudate) and frontal lobe dysfunction 低神经节（尾状）及额叶功能失调
 - Biochemical abnormalities 生物化学不正常
 - Genetic factors 基因因素

Obsessive-Compulsive Disorder 强迫冲动症



- Common themes: 一般课题：
 - Contamination 污染
 - Most common 最常见
 - Frequent hand washing or bathing 常洗手或冲凉
 - Associated with shame and disgust 和羞耻及反感有关
 - Pathological doubt 病理置疑
 - Results in checking 检验结果
 - Associated with guilt for forgetting 和遗忘的内疚感有关
 - Symmetry 对称
 - Others 其他
 - Sexual themes 性侵犯
 - Violent themes 暴力
 - Blasphemous themes 亵渎神明



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Treatment 治疗

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BIO-PSYCHO-SOCIAL 生理-心理-社会

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- Medication 药物
 - Antipsychotics 抵精神病
 - Haloperidol
 - Chlorpromazine
 - Risperidone
 - Antidepressants 抵忧郁症
 - Fluoxetine
 - Fluvoxamine
 - Mood stabilizers 稳定情绪
 - Sodium valproate
 - Lithium carbonate
 - Anxiolytics 抵焦虑症
 - Lorazepam
 - Diazepam

- Psychoeducation 心理教育
- Supportive therapy 支援治疗
- Cognitive-behavioural therapy 认识行为治疗
 - Behaviour therapy 行为治疗
 - Interpersonal therapy 人际治疗
 - Group therapy 集体治疗
- Psychodynamic therapy 心里互动治疗

Social 社会

- Social work 社工
 - Family psychoeducation 家庭心理教育
 - Financial assistance 财务协助
- Community nursing 社区护理
 - Reintegration into society 重新融入社会
- Occupational therapy 职业治疗
 - Social skills 社交技巧
 - Vocational skills 职业技能





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谢谢！

下载讲义：

<http://www.PsyWellness.com.sg/old-age-psychiatry.html>

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