

Mental Health Disorders and Diagnosis and Treatment

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Opinion

Your enthusiastic and mental prosperity is alluded to as emotional wellness. You might carry on with a moderately cheerful and sound life assuming you have fair psychological well-being. It helps with the exhibit of versatility and the capacity to adapt notwithstanding difficulty. A huge number of factors, for example, educational encounters or hereditary qualities, may affect your psychological wellness. Nearly one-fifth of persons in the United States suffer from mental disease, according to the National Institute of Mental Health. If you're enthusiastic about helping others, there are a variety of lucrative options available that may help you make a difference in people's lives and shape future mental health trends. Psychiatrists medical professionals who specialise in treating mental disease and a variety of problems that affect individuals of all ages are in high demand as mental health becomes more visible and services become more accessible. Non-physician providers providing counselling and support services in areas such as behavioural problems, substance misuse and other sorts of mental health concerns are also in great demand.

Our knowledge of mental disease increases as we learn more about the inner workings of the brain. Medical experts can now test people's DNA and find particular genes that are linked to various mental diseases thanks to modern technologies. Hormonal signals are also analysed and brain scans are used to detect anomalies. The more researchers learn, the better psychiatrists and other clinicians will be able to determine the origins of mental diseases and tailor treatment regimens to each patient's needs. This facilitates diagnosis on a greater scale, allowing those who previously had access to or finances for therapy to be diagnosed and treated. Patients may not even need to leave their homes to receive care in the future, since psychiatry will likely become

more individualised. Virtual therapy websites already set up online sessions for patients, allowing them to receive therapeutic support that they might not otherwise receive. This makes therapy more accessible to remote areas and persons who are hesitant to visit a therapist's office. Many insurance policies now cover these virtual treatments and advances in internet bandwidth and camera technology mean that they can be just as effective as meeting with a therapist in person.

Furthermore, changing societal understanding of mental health concerns has reduced the stigma associated with getting therapy. The acceptance that mental health problems are common and treatable is growing as the number of public figures willing to speak openly about their battles with mental illness grows. Recent discoveries in genetics and genomics, neurobiology, cognitive neuroscience, neuroimaging and pharmacology are posing a growing number of challenges to conventional wisdom about the aetiology, classification and treatment of psychiatric disorders, necessitating a rethinking of research methods and approaches. Psychiatry is currently undergoing significant intellectual turmoil and confronting some striking contradictions. Recent gene discovery successes have validated the utility of long-suspected categorical diagnoses while undermining foundational elements of the same diagnostic schemes. Antidepressants and antipsychotics remain among the top selling therapeutic agents in the United States, despite the fact that much of the pharmaceutical industry is withdrawing from psychiatric research. Despite the fact that increased public awareness has focused national attention on the importance of treating psychiatric disorders, the legitimacy of psychiatry as a medical discipline is still debated, as it has been for decades and a shamefully large proportion of seriously and chronically mentally ill people are treated in the justice system rather than the healthcare system.

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