



## International Journal of Mental Health and Psychiatry

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### Editorial

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Psychiatry is the branch of medicine focused on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders. A psychiatrist is a medical doctor who specializes in mental health, including substance use disorders. There are several branches in the field of Psychology. Mental illnesses are diseases or conditions that affect how you think, feel, act, or relate to other people or to your surroundings. They are very common. Many people have had one or know someone who has. Symptoms can range from mild to severe. They can also vary from person to person. In many cases, it makes daily life hard to handle. But when an expert diagnoses you and helps you get treatment, you can often get your life back on track. The symptoms of this disease is it damage the brain results in memory loss, difficulty in remembering information and learning. The symptoms are different according to the individuals and area of brain affected. Dementia is a syndrome caused by brain cell death. Neurodegenerative disease is behind most dementias. The word dementia describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. Dementia is caused when the brain is damaged by diseases, such as alzheimer's disease or a series of strokes. Alzheimer's disease is the most common cause of dementia but not all dementia is due to alzheimer's. The symptoms of this disease is it damage the brain results in memory loss, difficulty in remembering information and learning. The symptoms are different according to the individuals and area of brain affected. Some symptoms of depression and anxiety overlap, such as problems with sleep, irritability, and difficulty concentrating. Feeling down, sad, or upset is normal. It can be concerning feeling that way for several days or weeks on end is called depression. Anxiety, or fear and worry, can happen to anyone from time to time. The behavioral disorders are the disorders related with the behaviour of a person & requires mental health assessments. It is also termed as disruptive behavioral disorders and personality disorder is a condition in which there is a specific pattern of behaviour which can be maladaptive but typically apparent & causes long term difficulties in normal functioning in society. Schizophrenia is a mental disorder that generally appears in late adolescence or early adulthood - however, it can emerge at any time in life. It is a mental disorder often characterized by abnormal social behavior and failure to recognize what is real. It is one of many brain diseases that may include delusions, loss of personality (flat affect), confusion, agitation, social

withdrawal, psychosis, and bizarre behavior. Individuals with schizophrenia may hear voices that are not there. Some may be convinced that others are reading their minds, controlling how they think, or plotting against them. This can distress patients severely and persistently, making them withdrawn. The branch of psychiatry that specializes in the study, diagnosis, treatment, and prevention of psychopathological disorders of children, adolescents, and their families, child and adolescent psychiatry encompasses the clinical investigation of phenomenology, biologic factors, psychosocial factors, genetic factors, demographic factors, environmental factors, history, and the response to interventions of child and adolescent psychiatric disorders. Child psychiatry includes medication to help control or minimize certain behaviors or thoughts. Psychological disorder is a condition in which there is a disorganization of personality, mind and emotions to seriously impair the normal psychological functions of the individual and the therapy in which a patient suffering from psychological disorder expresses his feeling to a psychiatrist, counselor, clinical social worker or any other eligible person.

Many mental conditions can be effectively treated with one or a combination of the following therapies: Medication, Psychotherapy, Group therapy, Day treatment or partial hospital treatment. There are Specific therapies, such as cognitive-behavior therapy and behavior modification.

The article titled "Prevalence of Pregabalin (Lyrica) Abuse among Healthcare Professionals in Asser Province Saudi Arabia" is published in archives of mental health and psychiatry in volume 6 issue 1 describes the first limitation concerns about the self-rated questionnaire. Self-reported answers may be exaggerated; respondents may be too embarrassed to reveal private details; various biases may affect the results. Therefore, using clinician-rated scale or structural clinical interview would be better. Further, on a self-report questionnaire, there is always the potential for recall bias, where participants may not remember details of their substance use accurately. Third, the cross-sectional study design precluded the finding of any causal association. Fourth, this sample was drawn from a single province in Saudi Arabia, limiting the generalizability to the greater population of HCPs. Despite this, we note that this is the first study examined the prevalence of pregabalin among HCPs nationally and internationally. The current research revealed that about one every nine medical staff use pregabalin and nearly half of them use it without medical prescription. Utilization rate was higher among young physicians and paramedical staff in special concern. Stress relief and euphoria sensation were the major factors behind abuse as many other drugs. It risk factors and consequences. Also, It has been addressed what is already known about substance use disorders among HCPs. More supervision and regulations for pregabalin prescription and acquisition are required to avoid the abuse among the medical staff that can get it easily due to their job nature.

International Journal of Mental Health and Psychiatry is welcoming high quality, unpublished, work within the above mentioned framework, while aspires to play a key role in shaping research and development in the field of mental health and psychiatry and quickly be acknowledged by readers, achieving a high visibility for its articles.