

50 psychological disorders with a brief introduction and one main symptom for each:

1. Major Depressive Disorder

A persistent feeling of sadness and loss of interest in activities.

Main Symptom: Depressed mood.

2. Generalized Anxiety Disorder

Chronic and exaggerated worry and tension, even when there is little or nothing to provoke it.

Main Symptom: Excessive anxiety.

3. Bipolar Disorder

A disorder associated with episodes of mood swings ranging from depressive lows to manic highs.

Main Symptom: Manic episodes.

4. Schizophrenia

A severe mental disorder characterized by delusions, hallucinations, and disorganized thinking.

Main Symptom: Hallucinations.

5. Obsessive-Compulsive Disorder (OCD)

A disorder where people have recurring, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions).

Main Symptom: Compulsions.

6. Post-Traumatic Stress Disorder (PTSD)

A disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

Main Symptom: Flashbacks.

7. Panic Disorder

Characterized by recurrent, unexpected panic attacks and fear of having more attacks.

Main Symptom: Panic attacks.

8. Social Anxiety Disorder

A chronic mental health condition in which social interactions cause irrational anxiety.

Main Symptom: Intense fear of social situations.

9. Attention-Deficit/Hyperactivity Disorder (ADHD)

A chronic condition marked by persistent inattention, hyperactivity, and sometimes impulsivity.

Main Symptom: Inattention.

10. Autism Spectrum Disorder (ASD)

A developmental disorder that affects communication and behavior.

Main Symptom: Social communication difficulties.

11. Borderline Personality Disorder

A mental disorder characterized by unstable moods, behavior, and relationships.

Main Symptom: Emotional instability.

12. Antisocial Personality Disorder

A disorder characterized by a long-term pattern of disregard for, or violation of, the rights of others.

Main Symptom: Lack of empathy.

13. Narcissistic Personality Disorder

A disorder in which a person has an inflated sense of their own importance.

Main Symptom: Grandiosity.

14. Histrionic Personality Disorder

A disorder characterized by a pattern of excessive attention-seeking behaviors.

Main Symptom: Excessive emotionality.

15. Avoidant Personality Disorder

A disorder characterized by feelings of extreme social inhibition, inadequacy, and sensitivity to negative criticism.

Main Symptom: Social avoidance.

16. Dependent Personality Disorder

A disorder characterized by a pervasive fear that leads to "clinging behavior" and usually manifests itself by early adulthood.

Main Symptom: Excessive dependency.

17. Paranoid Personality Disorder

A disorder characterized by paranoia and a pervasive, long-standing suspiciousness and generalized mistrust of others.

Main Symptom: Distrust and suspicion.

18. Schizoid Personality Disorder

A disorder characterized by a long-standing pattern of detachment from social relationships.

Main Symptom: Emotional coldness.

19. Schizotypal Personality Disorder

A disorder characterized by severe social anxiety, thought disorder, paranoid ideation, derealization, and often unconventional beliefs.

Main Symptom: Odd beliefs and behaviors.

20. Anorexia Nervosa

An eating disorder causing people to obsess about weight and what they eat.

Main Symptom: Extreme weight loss.

21. Bulimia Nervosa

A serious eating disorder marked by bingeing, followed by methods to avoid weight gain.

Main Symptom: Binge eating.

22. Binge-Eating Disorder

A disorder characterized by regular episodes of binge eating without the compensatory behaviors found in bulimia nervosa.

Main Symptom: Eating large quantities in a short period.

23. Body Dysmorphic Disorder

A mental disorder characterized by the obsessive idea that some aspect of one's own appearance is severely flawed.

Main Symptom: Preoccupation with perceived flaws.

24. Hoarding Disorder

A persistent difficulty discarding or parting with possessions because of a perceived need to save them.

Main Symptom: Excessive accumulation of items.

25. Trichotillomania

A disorder characterized by the recurrent, irresistible urges to pull out body hair.

Main Symptom: Hair-pulling.

26. Excoriation Disorder

A disorder characterized by the repeated urge to pick at one's own skin.

Main Symptom: Skin picking.

27. Dissociative Identity Disorder

A disorder characterized by the presence of two or more distinct personality states.

Main Symptom: Multiple identities.

28. Dissociative Amnesia

A disorder characterized by an inability to recall important personal information, usually after a traumatic or stressful event.

Main Symptom: Memory loss.

29. Depersonalization/Derealization Disorder

A disorder marked by periods of feeling disconnected or detached from one's body and thoughts (depersonalization) or from the surroundings (derealization).

Main Symptom: Feeling of detachment.

30. Somatic Symptom Disorder

A disorder characterized by an extreme focus on physical symptoms that causes major emotional distress and problems functioning.

Main Symptom: Excessive focus on physical symptoms.

31. Illness Anxiety Disorder

A disorder characterized by excessive worry that one has a serious illness despite few or no symptoms.

Main Symptom: Preoccupation with having or acquiring a serious illness.

32. Conversion Disorder

A disorder characterized by neurological symptoms that cannot be explained by medical evaluation.

Main Symptom: Neurological symptoms without a medical cause.

33. Factitious Disorder

A disorder in which a person acts as if they have an illness by deliberately producing, feigning, or exaggerating symptoms.

Main Symptom: Faking illness.

34. Oppositional Defiant Disorder (ODD)

A disorder in children marked by defiant and disobedient behavior to authority figures.

Main Symptom: Argumentative and defiant behavior.

35. Conduct Disorder

A disorder in children and adolescents involving persistent, repetitive behaviors that violate the rights of others or societal norms.

Main Symptom: Aggressive behavior.

36. Intermittent Explosive Disorder

A disorder characterized by sudden episodes of unwarranted anger.

Main Symptom: Aggressive outbursts.

37. Kleptomania

A disorder characterized by an irresistible urge to steal items.

Main Symptom: Compulsive stealing.

38. Pyromania

A disorder characterized by an impulse to start fires.

Main Symptom: Setting fires.

39. Alcohol Use Disorder

A pattern of alcohol use that involves problems controlling drinking, being preoccupied with alcohol, or continuing to use alcohol even when it causes problems.

Main Symptom: Uncontrollable drinking.

40. Substance Use Disorder

A condition in which the use of substances leads to clinically and functionally significant impairment or distress.

Main Symptom: Compulsive substance use.

41. Gambling Disorder

A disorder characterized by a persistent and recurrent problematic gambling behavior.

Main Symptom: Compulsive gambling.

42. Insomnia Disorder

A disorder characterized by persistent problems falling and staying asleep.

Main Symptom: Difficulty sleeping.

43. Hypersomnolence Disorder

A disorder characterized by excessive sleepiness during the day.

Main Symptom: Excessive daytime sleepiness.

44. Narcolepsy

A chronic sleep disorder characterized by overwhelming daytime drowsiness and sudden attacks of sleep.

Main Symptom: Sudden sleep attacks.

45. Sleep Apnea

A serious sleep disorder in which breathing repeatedly stops and starts during sleep.

Main Symptom: Interrupted breathing during sleep.

46. Restless Legs Syndrome

A disorder characterized by an uncontrollable urge to move the legs, usually because of an uncomfortable sensation.

Main Symptom: Urge to move legs.

47. Paraphilic Disorders

Disorders characterized by intense sexual fantasies or behaviors involving non-normative targets or activities.

Main Symptom: Atypical sexual interests.

48. Gender Dysphoria

A disorder characterized by a conflict between a person's physical or assigned gender and the gender with which they identify.

Main Symptom: Distress about gender identity.

49. Acute Stress Disorder

A disorder characterized by the development of severe anxiety and dissociative symptoms that occur within one month after exposure to an extreme traumatic stressor.

Main Symptom: Severe anxiety.

50. Adjustment Disorder

A disorder characterized by emotional or behavioral symptoms in response to a stressful event or situation.

Main Symptom: Emotional distress in response to stressors.