

## **Psychopathology**

Psychopathology is a term which refers to either the study of mental illness or mental distress, or the manifestation of behaviors and experiences which may be indicative of mental illness or psychological impairment, such as abnormal, maladaptive behavior or mental activity

Psychopathology is that branch of psychiatry which deals with the study of manifestation of behaviours and experiences indicative of mental illness.

## **Mental distress**

Mental distress is a term used, both by some mental health practitioners and users of mental health services, to describe a range of symptoms and experiences of a person's internal life that are commonly held to be troubling, confusing or out of the ordinary.

Mental distress has a wider scope than the related term mental illness. Mental illness refers to a specific set of medically defined conditions. A person in mental distress may exhibit some of the symptoms described in psychiatry, such as: anxiety, confused emotions, hallucination, rage, depression and so on without actually being 'ill' in a medical sense.

Life situations such as: bereavement, stress, lack of sleep, use of drugs or alcohol, assault, abuse or accident can induce mental distress. This may be something which resolves without further medical intervention, though people who endure such symptoms longer term are more likely to be diagnosed with mental illness.

## **Mental disorder or mental illness**

A mental disorder or mental illness is a psychological or behavioral pattern that occurs in an individual and is thought to cause distress or disability that is not expected as part of normal development or culture.

## **Mental retardation**

Mental retardation is a generalized disorder, characterized by significantly impaired cognitive functioning and deficits in two or more adaptive behaviors with onset before the age of 18. Once focused almost entirely on cognition, the definition now includes both a component relating to mental functioning and one relating to individuals' functional skills in their environment.

The term "mental retardation" is a diagnostic term designed to capture and standardize a group of disconnected categories of mental functioning such as "idiot", "imbecile", and "moron" derived from early IQ tests, which acquired pejorative connotations in popular discourse over time.

## **Insanity, craziness or madness**

Insanity, craziness or madness is a spectrum of behaviors characterized by certain abnormal mental or behavioral patterns. Insanity may manifest as violations of societal norms, including becoming a danger to themselves and others, though not all such acts are considered insanity.

In English, the word "sane" derives from the Latin adjective *sanus* meaning "healthy". The phrase "mens sana in corpore sano" is often translated to mean a "healthy mind in a healthy body". From this perspective, insanity can be considered as poor health of the mind, not necessarily of the brain as an organ (although that can affect mental health), but rather refers to defective function of mental processes such as reasoning.

A Latin phrase for "sane" is "compos mentis" (lit. "of composed mind"), and a euphemistic term for insanity is "non compos mentis".

## **Mental health**

By analogy with the health of the body, one can speak metaphorically of a state of health of the mind, or mental health. Mental health as "A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life."

One way to think about mental health is by looking at how effectively and successfully a person functions. Feeling capable and competent; being able to handle normal levels of stress, maintaining satisfying relationships, and leading an independent life; and being able to "bounce back," or recover from difficult situations, are all signs of mental health.

## **Mind**

Mind is the aspect of intellect and consciousness experienced as combinations of thought, perception, memory, emotion, will and imagination, including all unconscious cognitive processes. The term is often used to refer, by implication, to the thought processes of reason. Mind manifests itself subjectively as a stream of consciousness.

Most contemporary theories, informed by scientific study of the brain, theorize that the mind is an epiphenomenon of the brain which has both conscious and unconscious aspects.

Which attributes make up the mind is much debated. Some argue that only the *higher* intellectual functions constitute mind, particularly reason and memory. In this view the emotions—love, hate, fear, joy—are more *primitive* or subjective in nature and should be seen as different from the mind as such.

Others argue that various rational and emotional states cannot be so separated, that they are of the same nature and origin, and should therefore be considered all part of what we call the mind.

In popular usage *mind* is frequently synonymous with *thought*: the private conversation with ourselves that we carry on "inside our heads." Thus we "make up our minds," "change our minds" or are "of two minds" about something. One of the key attributes of the mind in this sense is that it is a private sphere to which no one but the owner has access. No one else can "know our mind." They can only interpret what we consciously or unconsciously communicate.

## **Soul**

Moral, spiritual and emotional nature of human being

## **Cognition**

Cognition is the scientific term for "the process of thought" to knowing. Usage of the term varies in different disciplines; for example in psychology and cognitive science, it usually refers to an information processing view of an individual's psychological functions. Other interpretations of the meaning of *cognition* link it to the development of *concepts*; individual minds, groups, and organizations

Cognition is the process of knowing and, more precisely, the process of being aware, knowing, thinking, learning and judging.

## **Intelligence**

Intelligence is an umbrella term used to describe a property of the mind that encompasses many related abilities, such as the capacities to reason, to plan, to solve problems, to think abstractly, to comprehend ideas, to use language, and to learn. There are several ways to define intelligence. In some cases, intelligence may include traits such as creativity, personality, character, knowledge, or wisdom. However there is no agreement on which traits define the phenomenon of intelligence agreed upon by a majority across the various concerned disciplines.

## **Behavioural sciences (or behavioral sciences)**

The term behavioural sciences (or behavioral sciences) encompasses all the disciplines that explore the activities of and interactions among organisms in the natural world. It involves the systematic analysis and investigation of human and animal behaviour through controlled and naturalistic experimental observations and rigorous formulations.

## **Psychology**

Psychology (lit. "study of the mind", from Greek: "breath, spirit, soul"; and *-logia* "study of") is an academic and applied discipline which involves the scientific study of human or animal mental functions and behaviors. In addition or opposition to employing scientific methods, psychologists often rely upon symbolic interpretation and critical analysis, albeit less frequently than other social sciences such as sociology.

## **Psychiatry**

Psychiatry is a medical specialty officially devoted to the treatment and study of mental disorders. It refers to a field of medicine focused specifically on the mind, aiming to *study*, prevent, and treat mental disorders in humans. It has been described as an intermediary between the world from a social context and the world from the perspective of those who are mentally ill.

## **Cognitive science**

Cognitive science is the study of mind or the study of thought. It embraces multiple research disciplines, including psychology, artificial intelligence, philosophy, neuroscience, linguistics,

anthropology, sociology and biology. It relies on varying scientific methodology (e.g. behavioral experimentation, computational simulations, neuro-imaging, statistical analyses), and spans many levels of analysis of the mind (from low-level learning and decision mechanisms to high-level logic and planning, from neural circuitry to modular brain organization, etc.).

### **Cognitive psychology**

Cognitive psychology is a discipline within psychology that investigates the internal mental processes of thought such as visual processing, memory, problem solving, and language.