



Evaluating Neurotic Disorders, Causes, Diagnosis and Treatment

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Description

Neurotic disorders, often referred to as neuroses, include a broad range of mental health conditions that cause significant distress and disruption in an individual's emotional well-being and daily functioning. Unlike psychotic disorders, neurotic disorders do not involve a loss of contact with reality, but they can still be extremely harmful. Understanding the causes, diagnosis and treatment of neurotic disorders is essential for improving the quality of life for those affected. The development of neurotic disorders is severe, involving a complex interaction of biological, psychological and environmental factors. Studies suggests that genetic susceptibility plays a role in neurotic disorders. For example, individuals with a family history of anxiety or depression are more likely to develop similar conditions. Neurotransmitter imbalances, particularly involving serotonin and dopamine are associated with the development. Adverse childhood experiences, such as neglect, abuse or parental separation can significantly influence the development of neurotic tendencies.

Early traumatic events often impact an individual's working mechanism and vulnerability to stress. Stressful life events, such as the loss of a loved one, job instability or relationship conflicts, can cause neurotic disorders. Chronic stress or prolonged exposure to high-pressure environments

further increases the risk. Certain personality traits, such as perfectionism, low self-esteem, or excessive worry, are associated with a higher likelihood of developing neurotic disorders. These traits often lead to unhealthy responses to stress, making individuals more susceptible to emotional distress. Accurately diagnosing neurotic disorders requires a thorough evaluation by a mental health professional. This process typically involves a complete analysis of the individual's symptoms, personal history and life circumstances is conducted. Mental health professionals use standardized diagnostic criteria, such as those outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), to identify specific neurotic disorders.

Neurotic disorders present with a wide range of symptoms, including excessive worry, fear, irritability and emotional instability. Common disorders under this category include Generalized Anxiety Disorder (GAD), Obsessive-Compulsive Disorder (OCD), phobias and Somatic Symptom Disorder (SSD). Effective treatment for neurotic disorders typically involves a combination of psychotherapy, medication and lifestyle adjustments. The choice of treatment depends on the severity and type of disorder, as well as individual preferences and needs. Cognitive Behavioral Therapy (CBT) is one of the most effective method for treating neurotic disorders. It helps individuals identify and

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challenge negative thought patterns, develop healthy strategies and reduce symptoms of anxiety and distress. Psychodynamic therapy shows unconscious issues and past experiences that contribute to neurotic behaviors, aiming to resolve underlying emotional issues. Exposure Therapy particularly useful for phobias and OCD, it involves gradually facing feared situations or thoughts to reduce avoidance behaviors and desensitize emotional responses. Selective Serotonin Re-uptake Inhibitors (SSRIs) and tricyclic antidepressants are commonly prescribed for neurotic disorders, particularly those involving anxiety and depression.

Conclusion

Neurotic disorders, while non-psychotic in nature, can significantly impair an individual's quality of life if left untreated. A complete understanding of their causes, accurate diagnosis and timely involvement are vital in treating these conditions. Through psychotherapy, medication and lifestyle changes, many individuals can regain control over their emotions and lead fulfilling lives. Ongoing studies and increasing focus on mental health awareness continue to improve the prognosis for those living with neurotic disorders.