



## Mental Illness: Abnormal Functioning of Nerve Cell

Nina Peake\*

*Department of Medicine, University of Clinical Center, Dorset, UK*

### ABOUT THE STUDY

Mental health encompasses our emotional, psychological and social well-being. It affects the way we think, feel and act. It also helps determine how we manage stress, interact with others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence, adolescence to adulthood.

Although the exact causes of most mental illnesses are unknown, it is becoming increasingly clear through research that many of these conditions are caused by a combination of biological, psychological, and environmental factors.

Some mental illnesses are related to abnormal functioning of nerve cell circuits or pathways that connect specific brain regions. The nerve cells in these brain circuits communicate through chemicals called neurotransmitters. "Modifying" these chemicals through medication, psychotherapy, or other medical procedures can help brain circuits work more efficiently. In addition, defects or damage in certain regions of the brain have also been linked to certain psychiatric conditions.

Mental illnesses sometimes run in families, suggesting that people with a family member with mental illness are slightly more likely to develop the condition themselves. Susceptibility is passed down in families through genes. Experts believe that many mental illnesses are linked to abnormalities in many genes rather than just one or a few genes and that the way these genes interact with the environment is unique to each person (even pairs) identical twins). This is why a person is inherently susceptible to mental illness and does not necessarily develop it. Mental illness itself is the result of the interaction of several genes, and other factors such as stress, abuse or a traumatic event can affect or cause illness in a person with genetic susceptibility with it.

Some infections have been linked to brain damage and the development of mental illness or worsening of symptoms. For example, a condition known as childhood autoimmune neuropsychiatric disorder (PANDAS) involving Streptococcus bacteria has been implicated in the development of obsessive-compulsive disorder and other mental illnesses in children.

Defects or damage in certain regions of the brain are also linked to some mental illnesses. Some evidence suggests that disruptions in early fetal brain development or trauma occurring around the time of birth, such as loss of oxygen to the brain, may be a factor in fetal development. Certain conditions, such as the autism spectrum.

Psychological factors that can contribute to mental illness include: Severe psychological trauma experienced in childhood, such as emotional, physical, or sexual abuse significant early loss, such as the loss of a parent Abandonment Poor ability to establish relationships with others.

Certain stressors can make people susceptible to mental illness. These stressors include: death or divorce, dysfunctional family life, feelings of low self-esteem, low self-esteem, anxiety, anger or loneliness, changes in work or school, social or cultural expectations (eg, society associates beauty with thinness) Substance abuse by the person or the person's parents.

Physical and mental are equally important additives to typical fitness. For example, depression increases the risk of many types of physical problems, especially long-term conditions such as diabetes, coronary heart disease, and stroke. Likewise, the presence of persistent situations can increase the risk of intellectual disability.

**Correspondence to:** Nina Peake, Department of Medicine, University of Clinical Center, Dorset, UK, E-mail: peakeina@aol.com

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