Treating Psychiatric Disorders with Care

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Psychiatry is the branch of medicine that deals with diagnosis, prevention, and treatment of mental disorders related to behaviour, cognition, mood, perceptions, etc. Journal of Psychiatry is an open access peer reviewed international journal that provides a platform for the Researchers of Psychiatry discipline to publish innovative ideas in Psychiatry and outcomes of their research in all the fields of Psychiatry. In the Volume 19, Issue 3 of the journal scientific articles related to various psychiatric disorders and their treatment were published.

In his research Hariri studied about the relationship of Vitamin D with depression & anxiety. He concluded that people with low vitamin D levels may suffer from depression and anxiety and the intensity of depression and anxiety is inversely proportional to the vitamin D level [1]. Säämänen et al. examined the association of five-factor model personality fragmentation dimensions with borderline personality disorder symptoms in depressed psychiatric patients. Authors found that higher levels of borderline personality disorder symptoms have significant associations with higher personality fragmentation [2-4].

Tonarelli et al. conducted a meta-analysis to measure the efficacy of Acceptance and Commitment Therapy (ACT) in treatment of psychosis. Their studies showed that ACT is a promising adjunctive therapy for psychosis [3]. Shushpanova et al. investigated the effects of chronic alcohol abuse on Benzodiazepine receptor (BzDR) in various areas of the human brain [5].

Their studies showed that Chronic exposure to ethanol results in non-uniform adaptive changes of BzDR leading to the modulation of GABA type A receptor complex (GABAAR) that reduces neuromediation of Gama Amino butyric acid (GABA). The authors have shown that diminished affinity of the central and peripheral receptor occurred for the alcoholic patients in the prefrontal cortex area and in the caudate nucleus. According to the author this study confirms the presence of the specific regulatory system which acts as a mediator for neuroplasitcity with relation to the GABA/BzDR receptor and alcohol addiction [4].

Coaccioli et al. in their research article reported that meditation is the best non-pharmacological approach for almost any types of chronic pains [4]. Elkkö et al. described the importance of considering even the traumatic events for assessing the effects of posttraumatic reactions [6]. Abebe et al. found that the prevalence of anxiety was high in people living skin problems [7]. Restifo in his research article described about the relation of Vitamin D Deficiency and Insufficiency and their Role in Growing Levels of Depression and Anxiety in Saudi Arabia. J Psychiatry 19: 360.


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