



## Psychiatric/Mental Health Symptoms Potentially Due to Other Causes

### Kim A. Drury RN, MSN

When someone is first diagnosed as having a mental health problem or psychiatric disorder, it is advisable to have at least a thorough general medical diagnostic work-up and, if indicated, additional more specific diagnostic medical work-up to arrive at the best diagnoses and treatment.

There are certain medical conditions that in some cases cause symptoms that look like a psychiatric disorders. In other cases both general medical conditions and psychiatric disorders occur together and one affects the other. Both conditions need to be treated. At times symptoms may be due to adverse effects of certain medications. In yet other cases, the symptoms are solely due to psychiatric disorders. The following information gives you an idea of how some symptoms may or may not be totally due to psychiatric disorders.

***\*\*This information is not meant to take the place of seeing a physician, but will help you be more informed and be a better advocate for yourself and family or friends\*\*.***

<b><u>Psychiatric Disorders/ Symptoms</u></b>	<b><u>General Medical Conditions</u></b>	<b><u>Medications</u></b>
<ul style="list-style-type: none"> <li>• Changes in personality</li> <li>• Memory problems</li> <li>• Major Depressive Disorder/Depression</li> <li>• Bipolar Disorder <i>(At times symptoms of major depressive disorders and at other times symptoms of mania)</i></li> <li>• Schizophrenia/Other Psychosis</li> </ul>	<b>Nervous System Disorders:</b> <ul style="list-style-type: none"> <li>• Stroke [<i>Cerebral vascular accident (CVA)</i>]</li> </ul>	
<ul style="list-style-type: none"> <li>• Changes in personality</li> <li>• Memory problems</li> <li>• Olfactory hallucinations</li> </ul>	<ul style="list-style-type: none"> <li>• Tumors</li> </ul>	

<p><i>(Involving sense of smell; odors that no one else smells. Ex. Something burning or foul odor, but no physical cause or evidence to explain this symptom)</i></p> <ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> <li>• Schizophrenia/Other Psychosis</li> </ul>		
<ul style="list-style-type: none"> <li>• Impulse Control Problems</li> <li>• Intermittent Explosive Disorder</li> <li>• Personality Changes</li> <li>• Major Depressive Disorder/Depression</li> <li>• Bipolar Disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Traumatic Brain Injury</li> </ul>	
<ul style="list-style-type: none"> <li>• Bipolar Disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Temporal Lobe Epilepsy</li> </ul>	
<ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> <li>• Bipolar Disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Hypothalamus and Related Brain Structures- Circadian Rhythm Disturbance/“Biological Clock” <i>(Some functions have circadian rhythms/24 Hour Regulation – Ex. Body Temperature, Blood Pressure, Cortisol Levels, Sleep/Wake Cycle)</i></li> </ul>	
<ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> <li>• Psychosis <i>(Hallucinations or delusions that can occur as part of Schizophrenia, Substance Use/Abuse/Dependence , in addition to Depression or Bipolar)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Parkinson’s Disease</li> </ul>	
<ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> <li>• Bipolar Disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Huntington’s Chorea</li> </ul>	
<ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> </ul>	<ul style="list-style-type: none"> <li>• Multiple Sclerosis</li> </ul>	

<ul style="list-style-type: none"> <li>• Dementia</li> </ul>	<ul style="list-style-type: none"> <li>• Infections affecting the nervous system:</li> <li>• Encephalitis</li> <li>• HIV</li> <li>• Creutzfeldt-Jakob Disease (“Mad Cow Disease”)</li> </ul>	
<ul style="list-style-type: none"> <li>• Disorientation</li> <li>• Confusion</li> <li>• Anxiety</li> <li>• Aggression/Combative</li> <li>• Delirium (<i>periods of confusion, disorientation, decreased level of consciousness, concentration, judgement; changes in emotions and/or visual perception that begin within a few hours or a few days; symptoms come and go</i>)</li> </ul>		
<ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> <li>• Anxiety</li> <li>• Mania</li> <li>• Agitation</li> <li>• Increased aggression</li> <li>• Confusion</li> <li>• Decreased cognitive ability (<i>ex. Concentration, Information processing, judgement, decision-making</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Hepatitis C (HCV)</li> </ul>	<ul style="list-style-type: none"> <li>• Interferon + Riboviran (Used to treat HCV)</li> <li>• Steroids (<i>ex. Prednisone/Solumedrol – mood swings, agitation, psychosis</i>)</li> <li>• Heart/Blood Pressure Medications (Cardiovascular) (<i>ex. Inderol/Propranolol Clonidine/Catepres, Digitalis/Digoxin/Lanoxin</i>) depressed mood in some patients</li> <li>• Cancer meds (<i>Antineoplastics</i>)</li> <li>• Difficulty clearing any medication can result in delirium (<i>ex.kidney, liver problems</i>)</li> </ul>
<ul style="list-style-type: none"> <li>• Major Depressive Disorder/Depression</li> <li>• Bipolar Disorder</li> </ul>	<p><b>Endocrine disorders:</b></p> <ul style="list-style-type: none"> <li>• Thyroid Disease-Hypothyroidism (low)</li> </ul>	

<ul style="list-style-type: none"> <li>• Delirium</li> <li>• Anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• or Hyperthyroidism (high)</li> <li>• Diabetes Mellitus</li> <li>• Cushing's Syndrome</li> <li>• Addison's Disease (ACTH insufficiency)</li> <li>• Pituitary Gland Disease/Dysfunction - Hypopituitarism (low)/ Hyperpituitarism (high)</li> </ul>	
<ul style="list-style-type: none"> <li>• Disorientation</li> <li>• Confusion</li> <li>• Anxiety</li> <li>• Aggression/Combative</li> <li>• Delirium</li> </ul>	<p><b>Oxygen Deficits:</b></p> <ul style="list-style-type: none"> <li>• Hypoxia (<i>Decreased oxygen in bloodstream</i>)</li> </ul> <p>(<i>ex. Anemias, COPD/Emphysema/Asthma, Congestive Heart Failure, Irregular Heart Beat/Arrhythmias, Heart Attack, Stroke, Pneumonia</i>)</p>	
<ul style="list-style-type: none"> <li>• Disorientation</li> <li>• Confusion</li> <li>• Anxiety</li> <li>• Restlessness</li> <li>• Muscle twitching</li> <li>• Agitation</li> <li>• Seizures</li> <li>• Aggression/Combative</li> <li>• Delirium</li> <li>• Weakness</li> <li>• Lethargy</li> </ul>	<p><b>Electrolyte Imbalances:</b></p> <ul style="list-style-type: none"> <li>• Potassium</li> <li>• Magnesium</li> <li>• Sodium</li> <li>• Calcium</li> </ul>	

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