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GLOSSARY

Addiction The state of being both physically and psychologically dependent on a substance.

Adjustment disorder A psychiatric disorder marked by inappropriate or inadequate responses to a change in life circumstances. Depression following retirement from work is an example of an adjustment disorder. A type of condition with emotional or behavioural symptoms that occurs in response to identifiable stress in a person's life.

Affective disorder (also called mood disorder) A category of mental health problems that includes a disturbance in mood, usually profound sadness or apathy, euphoria or irritability, such as is found in the disorder depressive illness.

Affective flattening A loss or lack of emotional expressiveness. It is sometimes called blunted or restricted affect.

Agoraphobia A Greek word that literally means 'fear of the marketplace'. This anxiety disorder is characterised by a fear of open, public places or of being in crowds. Agoraphobics often experience panic attacks in a place or situation from which escape may be difficult or embarrassing.

Anger The experience of intense annoyance that inspires hostile and aggressive thoughts and actions.

Anorexia nervosa (also called anorexia) An eating disorder characterised by low body weight, a distorted body image, an extreme aversion to food and an intense fear of gaining weight.

Antidepressants Medication that treats depression as well as other psychiatric disorders.

Antisocial personality A personality characterised by attitudes and behaviours at odds with society's customs and moral standards, including engaging in illegal acts.

Antisocial personality disorder A disorder characterised by a disregard for the feelings, property, authority and respect of others, for an individual's own