

# The Quality of Life of People with Mental Illnesses: Tourette Syndrome, Obsessive Compulsive Disorder, and Attention Deficit Hyperactivity Disorder

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## ABSTRACT

Tourette Syndrome, Obsessive Compulsive Disorder, and Attention Deficit Hyperactivity Disorder are mental disorders that can have many negative effects on life. The way researchers measure this is by asking those with them about their quality of life (QOL). They want to know just how socially, mentally, financially, and physically crippling life can be with these disorders. Researchers have used, but are not limited to, surveys and group discussions for this information. They want to find out as much as they can so they can better educate the world; the more educated people are about these disorders, the better quality of life someone with them can have.

## INTERESTING FACTS

### Tourette's

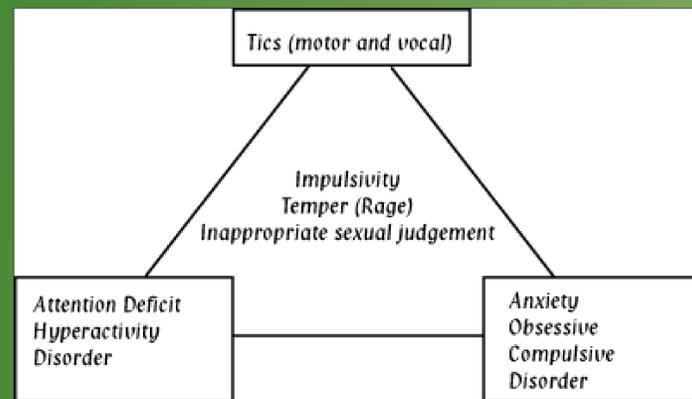
- There is no cure yet.
- Symptoms can last throughout one's entire life or completely disappear before reaching 20; many see a reduction in severity.
- Males are affected three times more likely to be affected than females.
- The most common first tic is facial related.

### OCD

- Males and females are equally affected.
- It is one of the most common undiagnosed diseases.

### ADHD

- Males are six times more likely to be affected than females.
- It is common to see this condition alongside others such as OCD, Tourette's, and Autism.
- There is evidence suggesting it is inheritable.



## METHODS

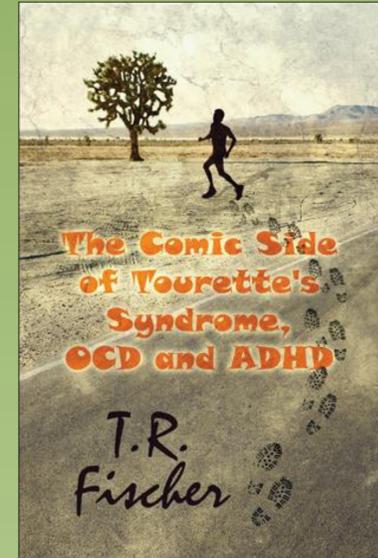
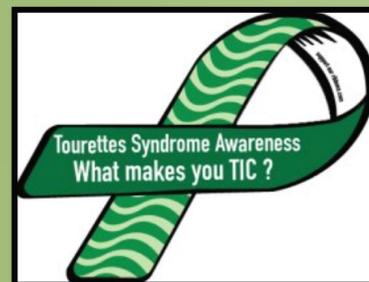
Several methods were used in the experiments about which I read. Researchers used, but were not limited to, surveys and group discussions for this information. They asked the participants to rate and/or discuss the importance of their satisfaction with their self-esteem, self-confidence, social life, and other similar factors.

## LITERATURE REVIEW

Tourette Syndrome is a neurodevelopmental disorder whose sufferers show involuntary actions known as tics. Many people are also familiar with the tendency of a Touretter to blurt out obscenities. Touretters can control these actions to the same degree that a person can control blinking; they can prolong the tic, but only for short periods of time. People with Tourette Syndrome experience emotional and behavior difficulties, and researchers are interested in the degree to which these difficulties are experienced. The quality of life (QOL) of 86 children between 8 and 18 years of age is measured based on group discussions. These recorded group discussions were guided by key questions, but the researchers really wanted to find out what these children felt and why they felt that way. The researchers wanted people to realize that there are many factors that affect the QOL of a Touretter, like the hyperactivity and obsessive compulsive aspects of the disease. The overall results of the experiment were that the QOL of a person with Tourette Syndrome is typically much worse than those without the disease (Cutler, Murphy, Gilmour, Heyman 2009).

Obsessive Compulsive Disorder (OCD) is a psychological disorder in which a person has an intense uneasiness and fear that can only be relieved by doing certain actions such as not stepping on the cracks in the ground or checking the door locks no less than a certain number of times before going to bed. OCD often has negative effects on self-esteem, school/work, and friendships (Norberg, Calamari, Cohen, Riemann 2008). 188 participants were asked to rate the "overall life satisfaction and importance" (2008) of 16 categories to them personally. The results from this experiment are that the QOL of those with OCD is consistently low. The people the researchers labeled "treatment nonresponders" have a poorer QOL than those considered "partial treatment responders" (2008). They also studied pretreatment differences and found that the treatment nonresponders said depression levels are higher while self-worth is lower than partial treatment responders (2008).

Attention Deficit Hyperactivity Disorder is also a neurodevelopment disorder. The most frequent symptoms include hyperactivity, impulsivity, and inattention (Hakkaart-van Roije 2007). It often impairs social as well as family relationships. Typical symptoms of ADHD include finding it difficult to stay seated, as well as playing noisily and talking excessively. In this article, researchers tried to find out the average medical costs and societal problems of 70 children in the Netherlands and how these affected their QOL. The data show the following: QOL of those with ADHD is significantly worse psychosocially than for others; there are no known physical effects; and the economic costs are significantly higher than for non-sufferers. Patients recorded a higher QOL six months after receiving the treatment though (2007).



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