SHRINKTIONARY

Conditions: Quick Reference

Plain-English definitions for every conditions term on Shrinktionary, in one printable sheet.

55 entries | Updated September 6, 2026

Created and reviewed under the direction of Shariq Refai, MD, MBA, FAPA, a board certified psychiatrist.

Please read

Educational information only, not medical or legal advice. This resource is created under the direction of Shariq Refai, MD, MBA, FAPA, a board certified psychiatrist, and published by Shrinktionary, part of The Shrink Network. It's evidence informed but general, it's not a substitute for evaluation or treatment by a licensed clinician, and it doesn't create a doctor-patient relationship. It may not fit your situation or the laws and clinical standards of your area, so please do your own research and talk with a qualified professional about your circumstances. If you're in crisis or thinking about suicide, call or text 988 in the US, call 911, or go to the nearest emergency room.

Acute Stress Disorder

Also: ASD

Acute stress disorder is an intense stress reaction in the first days and weeks after a traumatic event. It looks a lot like PTSD but happens sooner and is shorter, and for many people it eases with time and support.

ADHD

Also: Attention-deficit/hyperactivity disorder, ADD

ADHD is a neurodevelopmental condition marked by ongoing patterns of inattention, hyperactivity, and impulsivity that get in the way of daily life. It often starts in childhood and frequently continues into adulthood.

Adjustment Disorder

Also: Situational depression

Adjustment disorder is a strong emotional reaction to a stressful life change that goes beyond what's expected and gets in the way of daily life. It usually eases once a person adapts or the stressor passes.

Agoraphobia

Also: Fear of open or public spaces

Agoraphobia is an anxiety disorder marked by intense fear of situations where escape might be hard or help unavailable if panic-like symptoms strike. People often start avoiding those situations, which can shrink daily life over time.

Alcohol use disorder

Also: AUD, Alcoholism

Alcohol use disorder is a medical condition in which a person keeps drinking despite harm to their health, relationships, or daily life. It ranges from mild to severe and is treatable.

Anorexia Nervosa

Also: Anorexia

Anorexia nervosa is a serious eating disorder marked by an intense fear of weight gain and a distorted view of one's body, leading to restriction that harms physical and mental health. It's treatable, and early help matters.

Antisocial personality disorder

Also: ASPD, Sociopathy

Antisocial personality disorder is a personality pattern marked by ongoing disregard for the rights of others and for social rules. It often includes impulsivity, deceit, and trouble feeling guilt or considering consequences.

Anxiety

Also: Anxiety disorder

Anxiety is the body and mind's response to perceived threat or uncertainty. It becomes a clinical condition when it's persistent, out of proportion to the situation, and gets in the way of daily life.

Autism Spectrum Disorder

Also: ASD, Autism

Autism spectrum disorder is a developmental difference in how a person communicates, relates to others, and processes the world. It's present from early childhood and shows up in a wide range of ways from one person to the next.

Avoidant personality disorder

Also: AVPD

Avoidant personality disorder is a personality pattern built around deep feelings of inadequacy and a strong fear of criticism or rejection. People with it often want closeness but hold back from relationships to avoid being hurt.

Avoidant/Restrictive Food Intake Disorder

Also: ARFID

Avoidant/restrictive food intake disorder is an eating disorder where someone limits how much or what kinds of food they eat, but not out of concern about weight or body shape.

Binge Eating Disorder

Also: BED

Binge eating disorder involves recurring episodes of eating large amounts of food with a sense of loss of control and real distress afterward. It's the most common eating disorder, and it's treatable.

Bipolar disorder

Also: Manic-depressive illness

Bipolar disorder is a mood disorder involving episodes of depression alternating with periods of mania or hypomania, which are times of unusually high or irritable mood and energy. Telling it apart from ordinary depression matters because the treatments differ.

Body Dysmorphic Disorder

Also: BDD

Body dysmorphic disorder is a condition where a person becomes intensely preoccupied with a perceived flaw in their appearance that others barely notice or don't see at all. The distress is real and it's treatable.

Borderline personality disorder

Also: BPD, Emotionally unstable personality disorder

Borderline personality disorder is a condition marked by intense emotions, unstable relationships, impulsive behavior, and a shifting sense of self. It is treatable, and dialectical behavior therapy is a well-studied approach.

Bulimia Nervosa

Also: Bulimia

Bulimia nervosa is an eating disorder involving cycles of eating that feels out of control followed by attempts to undo it. It often carries deep shame, and it's treatable.

Complex PTSD

Also: C-PTSD, Complex post-traumatic stress disorder

Complex PTSD describes the lasting effects of repeated or prolonged trauma, often beginning in relationships a person couldn't escape. It shares features with PTSD but adds deeper struggles with emotions, self-worth, and connection.

Cyclothymia

Also: Cyclothymic disorder

Cyclothymia is a milder, long-lasting mood condition with many ups and downs that don't reach the full intensity of mania or major depression. The shifts are real and persistent, just less severe than in bipolar disorder.

Delirium

Delirium is a sudden, fluctuating change in attention and awareness, usually caused by a medical problem. It comes on fast and tends to come and go through the day.

Delusional Disorder

Delusional disorder is a psychotic condition where someone holds one or more fixed false beliefs for at least a month, while the rest of their functioning stays relatively intact. It's a DSM-5-TR diagnosis.

Depersonalization-Derealization Disorder

Also: DDD, DPDR

Depersonalization-derealization disorder is a dissociative condition where someone persistently feels detached from themselves or that the world around them isn't real. It's a DSM-5-TR diagnosis.

Depression

Also: Major depressive disorder, Clinical depression

Depression is a persistent state of low mood, loss of interest, and decreased function that goes beyond ordinary sadness. It's a recognized medical condition, not a character weakness.

Disruptive Mood Dysregulation Disorder

Also: DMDD

Disruptive mood dysregulation disorder is a childhood condition marked by severe, frequent temper outbursts and a persistently irritable or angry mood between them. It was added to the DSM in 2013.

Dissociative identity disorder

Also: DID, Multiple personality disorder

Dissociative identity disorder is a condition in which a person experiences two or more distinct identity states, along with gaps in memory. It's strongly linked to severe, repeated trauma, often early in life.

Gambling disorder

Also: Compulsive gambling, Problem gambling

Gambling disorder is a condition in which a person keeps gambling despite serious harm to their finances, relationships, or well-being. It's recognized as a behavioral addiction and is treatable.

Generalized anxiety disorder (GAD)

Also: GAD

Generalized anxiety disorder is persistent, excessive worry across many areas of life that's hard to control and lasts most days for at least six months. It's the worry itself that becomes the problem, not any single situation.

Histrionic Personality Disorder

Also: HPD

Histrionic personality disorder is a long-standing pattern of excessive emotionality and attention-seeking. People with it often feel uncomfortable when they aren't the center of attention.

Hoarding disorder

Also: Compulsive hoarding

Hoarding disorder is an ongoing difficulty parting with possessions, no matter their actual value, because getting rid of them feels too distressing. Over time the clutter can fill living spaces and make them hard to use.

Illness Anxiety Disorder

Also: Hypochondria, Health anxiety

Illness anxiety disorder is a persistent preoccupation with having or developing a serious illness, even when little or no physical symptoms are present. It was formerly known as hypochondria.

Intermittent Explosive Disorder

Also: IED

Intermittent explosive disorder involves repeated, sudden outbursts of aggression or anger that are out of proportion to what set them off. It's a recognized DSM-5-TR diagnosis.

Major depressive disorder (MDD)

Also: Clinical depression, MDD

Major depressive disorder is the formal diagnosis behind clinical depression, defined by at least two weeks of low mood or loss of interest along with other symptoms. It's a medical condition, not a passing mood or a personal failing.

Narcissistic personality disorder

Also: NPD

Narcissistic personality disorder is a personality pattern marked by a strong need for admiration, a fragile sense of self-worth, and difficulty tuning in to other people's feelings. The confidence on the surface often sits over deeper insecurity.

Narcolepsy

Narcolepsy is a chronic neurological condition that affects the brain's control of sleep and wakefulness. It causes severe daytime sleepiness and sudden urges to sleep.

Obsessive-compulsive disorder (OCD)

Also: OCD

OCD is a condition involving obsessions, which are unwanted intrusive thoughts, and compulsions, which are repetitive rituals done to relieve the distress. The rituals bring only short-lived relief, which keeps the cycle going.

OCPD (obsessive-compulsive personality disorder)

Also: Obsessive-compulsive personality disorder, Anankastic personality disorder

OCPD is a personality pattern built around perfectionism, control, and rigid rules. People with it often hold very high standards for themselves and others, sometimes at the cost of flexibility and relationships.

Opioid use disorder

Also: OUD

Opioid use disorder is a medical condition in which a person keeps using opioids despite harm to their health, relationships, or daily life. It ranges from mild to severe and is treatable.

Oppositional defiant disorder

Also: ODD

Oppositional defiant disorder is a childhood condition marked by an ongoing pattern of angry mood, argumentative or defiant behavior, and vindictiveness that goes beyond typical ups and downs.

Panic disorder

Also: Panic syndrome

Panic disorder is a condition involving recurrent, unexpected panic attacks along with persistent worry about having more or changes in behavior to avoid them. The fear of the next attack becomes its own problem.

Persistent depressive disorder

Also: Dysthymia, Chronic depression

Persistent depressive disorder is a chronic form of depression in which low mood lasts most of the day, more days than not, for at least two years. The symptoms tend to be lower in intensity than major depression but longer lasting.

Post-traumatic stress disorder (PTSD)

Also: PTSD

PTSD is a condition that can develop after a traumatic event, marked by intrusive memories, avoidance, negative shifts in mood and thinking, and a body stuck on high alert. It reflects how trauma can change the way the brain processes danger.

Postpartum depression

Also: Perinatal depression, Postnatal depression

Postpartum depression is a form of depression that can occur during pregnancy or in the weeks and months after giving birth. It is more intense and longer lasting than the brief mood dip often called the baby blues.

Premenstrual Dysphoric Disorder

Also: PMDD

Premenstrual dysphoric disorder is a severe form of premenstrual difficulty that brings intense mood and physical symptoms in the days before a period. It's a recognized medical condition, not just bad PMS, and it's treatable.

Prolonged Grief Disorder

Also: PGD

Prolonged grief disorder is intense, persistent grief that lasts well beyond what's expected and keeps interfering with daily life. It became a formal DSM-5-TR diagnosis in 2022.

Schizoaffective disorder

Also: Schizoaffective psychosis

Schizoaffective disorder is a condition that combines features of schizophrenia, such as hallucinations or delusions, with major mood episodes of depression or mania. It sits between two diagnoses and shares features of both.

Schizoid Personality Disorder

Schizoid personality disorder is a lasting pattern of detachment from relationships and limited emotional expression, where someone genuinely prefers being alone. It's a DSM-5-TR diagnosis.

Schizophrenia

Also: Schizophrenia spectrum disorder

Schizophrenia is a serious mental health condition that affects how a person thinks, perceives reality, and functions. It can involve hallucinations, delusions, and changes in motivation and emotion, and it responds best to early, ongoing treatment.

Schizotypal Personality Disorder

Schizotypal personality disorder is a lasting pattern of social discomfort, odd beliefs or perceptions, and eccentric behavior. It's a DSM-5-TR diagnosis in the schizophrenia spectrum group.

Seasonal affective disorder

Also: Seasonal depression, Winter depression, SAD

Seasonal affective disorder is a form of depression that follows a seasonal pattern, most often arriving in the late fall and winter and easing in spring. It is more than a passing case of the winter blues.

Separation anxiety disorder

Also: SAD

Separation anxiety disorder is intense, ongoing fear about being apart from the people a person is most attached to. It goes beyond what fits the person's age and can interfere with daily life.

Social anxiety disorder

Also: Social phobia

Social anxiety disorder is an intense, persistent fear of being judged, embarrassed, or scrutinized in social or performance situations. It's more than shyness, and the fear is strong enough to disrupt everyday life.

Somatic symptom disorder

Also: SSD

Somatic symptom disorder is when a person has real physical symptoms along with excessive worry, thoughts, or behaviors about them. The distress and focus on the symptoms are out of proportion and disrupt daily life.

Specific phobia

Also: Simple phobia

A specific phobia is an intense, persistent fear of a particular object or situation that is out of proportion to the actual danger. People often go to great lengths to avoid the thing they fear.

Substance use disorder

Also: Addiction, SUD

Substance use disorder is a condition in which a person keeps using alcohol or other drugs despite the harm it causes. It ranges from mild to severe and is treatable.

Tourette syndrome

Also: Tourette disorder, TS

Tourette syndrome is a neurological condition that causes tics, which are sudden, repeated movements or sounds a person makes without meaning to. It often begins in childhood.

Trichotillomania

Also: Hair-pulling disorder

Trichotillomania is a condition where a person repeatedly pulls out their own hair, leading to noticeable hair loss. The pulling can feel hard to resist and is often followed by relief, then distress.

Learn more: see all conditions terms at shrinktionary.com/categories/conditions