

Mental Illness Vs Mental Retardation

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Mental illness and Mental retardation are completely two different aspects that cannot be used reciprocally.

“Mental illness” can be defined as medical conditions that disrupts a client thinking, mood, emotions, ability to relate to others and daily activities, Mental illness has no relations with intelligence. Serious mental illnesses like psychotic and neurotic disorders which includes depression, bi-polar disorder, obsessive compulsive disorder (OCD), panic disorder, schizophrenia, post-traumatic stress disorder (PTSD) and borderline personality disorder and on the other hand.

“Mental retardation” refers to sub average intellectual functioning which impairs in social adaptation. It is the condition where the person has a lower I. Q level and has difficulties in handling with realities of daily living activities. This is usually diagnosed as tender age [1-5].

Mental illness VS Mental retardation		
Age Group	Mental illness is mainly diagnosed in adult age.	Mental retardation is present in childhood itself.
I.Q	Mental illness has no relation with I.Q.	Mental retardation has low I.Q.
Effects	Mental illness affects persons behavior, thoughts, perception, thinking, emotions.	Mental retardation affects the cognitive ability and intellectual thinking of the person.
Learning Difficulty	Learning difficulties are not usually present in mental illness, in case if present due to progression of disease can be corrected by therapies.	Those who are mental retarded have difficulty in learning and have development difficulties also.
Behavior and function	A mentally ill person may show irresolution or uncertainty between normal and irrational behavior.	A mental retarded persons are expected to behave coherently at his or her functional level.
Associated illnesses	The word mental illness covers a variety of symptoms that shows that the person is in emotional issues including: Belligerence, excessive moodiness, suspicious and mistrust, or poor emotional control.	Mental retarded person can undergo different types of mental illness with hallucinations or severe depression, other to the condition of mental retardation.
Incidence	Mental disorders fall along a continuum of severity. Even though mental illness disorders are common in the population, the main load of illness is reduced in a much smaller proportion-about 6 % or 1 in 17 illness. It is approximate that mental illness affects 1 in 5 families in America.	In general population the National incidence of mental retardation is 3%.
Treatment	According to the type of mental illness a person is affected may be prescribed anti-depressants or other medications. Different Behavior modification therapy or psychotherapy is often practiced to treat suffering from various mental illness.	Recreational activities, speech or language therapy as well as special education are proven to be beneficial for Children and adults diagnosed with mental retardation

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