



What is Abnormal?

Psychological Disorders:

Basic Concepts and
Mood Disorders
Module 32



What percentage of the population have a psychological disorder?



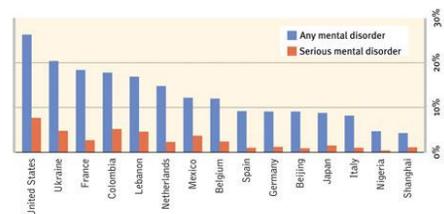
People tend to believe that psychological disorders affect a small percentage of people, but this is not so.



Surveys estimate that during a 1-year period, 22 to 23 percent of the U.S. adult population (or 44 million people) have diagnosable mental disorders, according to reliable, established criteria.

Rates of Psychological Disorders

The prevalence of psychological disorders during the previous year is shown below (WHO, 2004).



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Sensitivity Please!



The language we use when discussing psychological disorders is very important-people are not just their disorders!



Disclaimer!

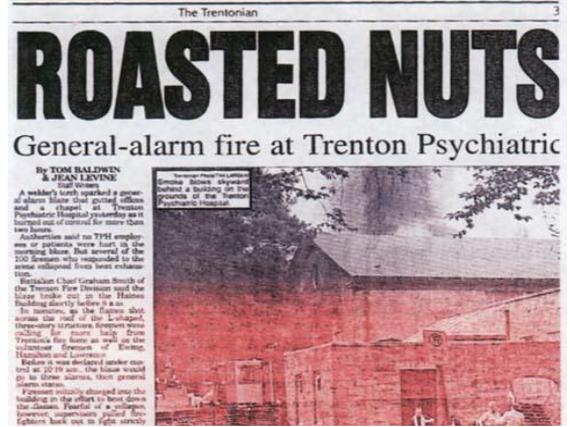


PLEASE refrain from diagnosing yourself, your friends, your parents and family, your classmates, your professors or anyone else ☺





How are people with psychological disorders portrayed in our culture?



Think about a time you were called a name based on your age, gender, race/ethnicity, religion, or sexual orientation

How did you feel at that moment? What was the purpose of that name you were called? What emotion was that other person trying to elicit from you?



Labels create stigma!

Words are used to dismiss and dehumanize people who we consider different.




Who decides what's "NORMAL"?



WE do!
The culture and society in which we live determine standards for normal and abnormal behavior

What Is Abnormal Behavior?



- ☞ Abnormal behavior is characterized as:
 - ☞ A-typical
 - ☞ Statistically infrequent or deviates from the norm
 - ☞ Maladaptive
 - ☞ It interferes with a person's ability to function effectively in the world.
 - ☞ Distressful
 - ☞ To the person who exhibits it or to the people around them

Psychological Disorders



- ☞ Deviant, distressful, and dysfunctional patterns of thoughts, feelings and actions (Comer, 2004).
- ☞ Being different (deviant) from most people in one's culture is part of this definition.
 - Standards for deviance vary from culture to culture and over time.



Abnormal Psychology



- ☞ Is the field of psychology concerned with assessment, treatment, and prevention of maladaptive behavior.

- "Clinical Psychology"

Think about the stigma of mental illness coupled with ineffective and inhumane treatments



History

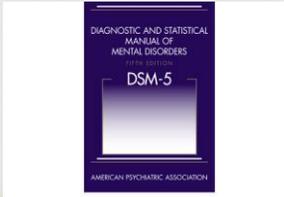
- ☞ The mentally ill were once subjected to terrible conditions in "insane asylums"
- ☞ This resulted in Deinstitutionalization:
 - This effected treatment methods
 - Accounts for a large majority of the homeless population.



How are psychological disorders diagnosed?



The *DSM 5* (2013) is the most widely used classification system currently used to make a diagnosis.



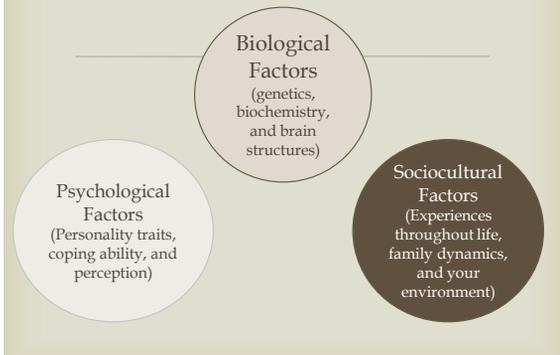
Why do we need a system to diagnose psychiatric disorders?



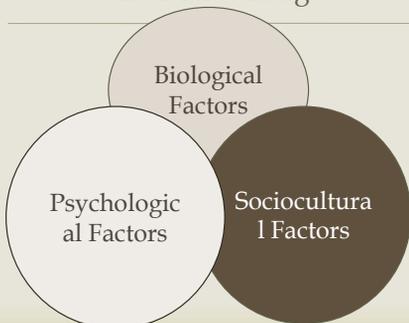
Why do some people develop psychological disorder while others do not?



What Causes Abnormal Behavior?



When these factors come together in the perfect combination, psychological disorders emerge



Mood Disorders



Psychological Disorders:
Basic Concepts and Mood Disorders
Module 32



Moods...

What are some everyday moods people can experience?



Mood Disorders

☞ Mood disorders are psychological disorders in which there is a primary disturbance of mood:

- Characterized by emotional extremes.

Spectrum of Mood



The further mood moves from base line (normal mood) the more profound the symptoms of the disorder become.



Have you ever felt depressed? What does depression feel like?

☞ Think about and write down the symptoms of depression



Review the following video clip and evaluate the behaviors of the client

Make note of the various symptoms of Major Depression. Which are cognitive symptoms? Which are physical symptoms?




Major Depressive Disorder (MDD)

☞ Major Depressive Disorder (MDD) which is characterized by more depressive severe features which lasts for two or more weeks:

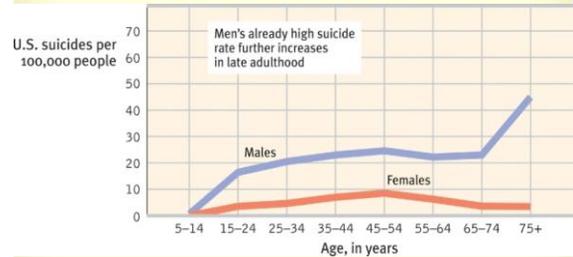
- Lethargy
- Feelings of worthlessness
- Loss of interest in family, friends or activities.



Research suggests that the incidence of depression and consequent suicide seem to be steadily increasing.

Approximately 1,000,000 people attempt suicide each year in the U.S.

Suicide



32

“Suicide is not chosen;
it happens
when pain exceeds
the resources for
coping with pain.”

College students are very at risk for depression and suicide. If you or someone you know is battling with feelings of suicide please refer them to a professional.

Help is always available:
1-800-SUICIDE



The flip side of depression-
extreme pleasure in
every activity...

☞ This abnormally and persistently elevated or euphoric mood or is referred to as “mania”

- Hyperactivity
- Impulsivity
- Flights of ideas

Mania sounds like fun,
but...



☞ During periods of mania it is common for patients to engage in destructive and very impulsive behaviors.

-Spending sprees and promiscuous behavior are very common.

People with mania typically display at least 3 of the following characteristics:

Excessive involvement in pleasurable, but risky and reckless behaviors.	Increased physical and mental activity and energy with a decreased need for sleep	Heightened mood and exaggerated optimism
Excessive talkativeness	Racing speech, racing thoughts, flight of ideas	Inflated sense of self esteem and self-confidence
Impulsiveness, poor judgment, distractibility		



Someone who alternates between depression and mania has “Bipolar disorder”

☞ This disorder is a roller coaster ride of mood

Bipolar disorder



- ☞ Bipolar disorder, affects approximately 2.3 million adult Americans – about 1.2 percent of the population.
- ☞ Men and women are equally likely to develop this illness.
- ☞ The disorder typically emerges in adolescence or early adulthood,
 - but in some cases appears in childhood.

What causes depressive disorders?



- ☞ Biological factors:
 - genetic pre-disposition
 - regulation of neurotransmitters
- ☞ Psychological factors:
 - learned helplessness
 - ruminating on negative, self-defeating thoughts
 - pessimistic perception
- ☞ Sociocultural factors
 - Poverty
 - gender differences



What is Schizophrenia?

Module 33

How would you describe a person with Schizophrenia?



What symptoms would you expect this person to display?

THINK

Schizophrenia is a psychotic disorder that is one of the most extreme of all psychological disorders.

It is also one of the most misunderstood of all psychological disorders!

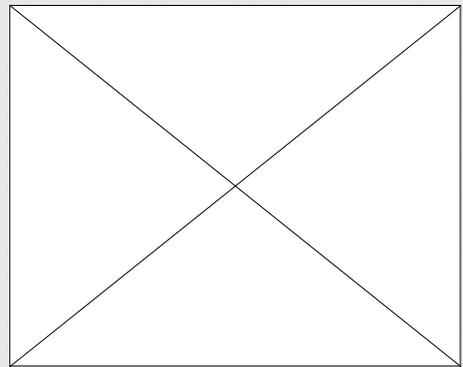
Who has Schizophrenia?

- ☞ A middle-aged man walks the streets of New York with aluminum foil under his hat, so the Martians can't read his mind.
- ☞ A young woman sits in her college classroom and hears the voice of God telling her she is a vile and disgusting person.
- ☞ You try to strike up a conversation with the supermarket bagger, but he stares at you vacantly and will say only one or two words in a flat, monotone voice.



They ALL do!

Schizophrenia is classified as a psychotic disorder. These disorders are characterized by *hallucinations and delusions*, which involve a loss of contact with reality



Schizophrenia

- ☞ A Psychotic Disorder that is characterized disorganized thinking, disturbed perceptions, and inappropriate emotions and actions.

-Effecting 1% of the population about 2 million Americans each year (Ho et al., 2003).

- ☞ Schizophrenia is a devastating brain disorder that impacts almost every area of functioning.

Positive Symptoms of Schizophrenia

- ☞ Positive symptoms refer to the addition of what is typical.
 - ☞ Not to be confused with happy
- ☞ Disorganized thinking refers to the unusual, sometimes bizarre thought processes
 - ☞ Hallucinations, delusions, racing thoughts
- ☞ Disorders of movement
 - ☞ Unusual mannerisms, body movements, and facial expressions.

Did you hear that?!



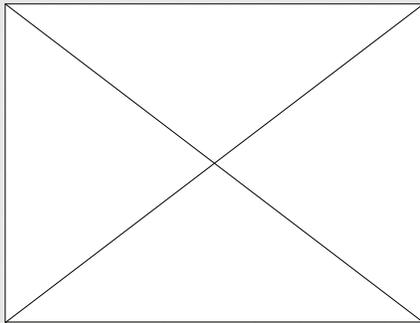
Hallucinations are also positive symptoms of schizophrenia that are evidence of perceptual disturbance.



Hallucinations are disturbed sensory perceptions that occur without external stimulus. Causing people to hear, see, taste, touch or smell what others do not.

-Auditory hallucinations are the most common.

Virtual Hallucinations



Positive symptoms



☞ Delusions are a false, unshakable belief.

-This symptom involves disorder of thought content and beliefs that are misrepresentations of reality.

☞ "That streetlight is sending me secret messages"



Disordered Movement

The individual may repeat certain motions over and over.

☞ In extreme cases, Catatonia can occur.
-This is a state of immobility and unresponsiveness that lasts for long periods of time



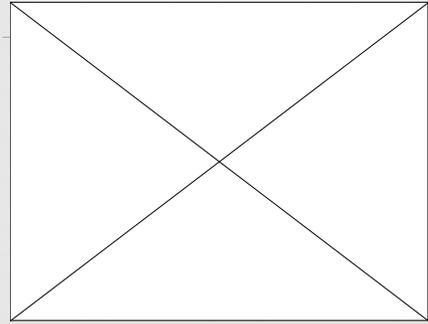
Negative symptoms



☞ These symptoms the absence of typical functions:

- flat affect: the display of little or no emotion
- social withdrawal
- behavioral deficits
- the loss or decrease of normal functions.

Man with Schizophrenia



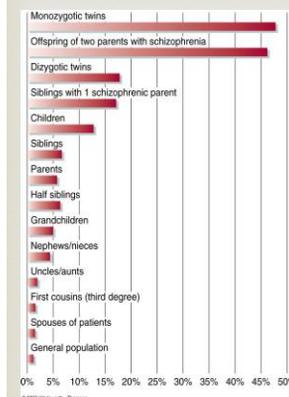
What Causes Schizophrenia?



☞ The more genes you share, the more likely you will develop schizophrenia.

☞ You have the greatest chance (48%) of having schizophrenia if your identical twin does.

☞ If both of your parents have schizophrenia you have a 46% chance of developing the disorder



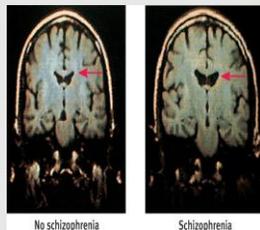
Genetic Risk of Developing Schizophrenia

Genetic Factors



☞ But not all identical twins share a diagnosis of schizophrenia, so genes cannot be the whole story.

☞ Brains of identical twins, one with schizophrenia and the other without.



There is NO cure and even with treatment people with schizophrenia are likely to experience life-long difficulties.

Feeling Anxious?

Module 34
Other Disorders



What does anxiety feel like?

- ☞ Anxiety is a generalized feeling of fear and apprehension that may be related to a situation or object.
- ☞ Anxiety is often accompanied by increased physiological arousal
 - ☞ increase heart rate, blood pressure, and respiration

Although there are many anxiety disorders with very different symptoms, they share one common feature.

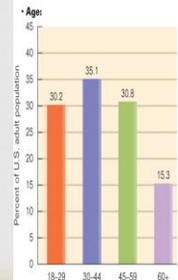
These are disorders in which anxiety is a characteristic feature or the avoidance of anxiety seems to motivate abnormal behavior.

Anxiety disorders involve clinically significant distress and impairment in daily function:

- ☞ Generalized anxiety disorder (GAD)
- ☞ Phobias
- ☞ Panic disorder
- ☞ Post Traumatic Stress Disorder (PTSD)
- ☞ Obsessive-compulsive disorder (OCD)
- ☞ Hoarding Disorder*
- ☞ Body Dysmorphic Disorder*
- ☞ Trichotillomania*
- ☞ Excoriation*

Demographics (for lifetime prevalence)

- **Sex:** Women are 60% more likely than men to experience an anxiety disorder over their lifetime.
- **Race:** Non-Hispanic blacks are 20% less likely and Hispanics are 30% less likely, than non-Hispanic whites to experience an anxiety disorder during their lifetime.



Panic Disorder

- ☞ Involves recurrent, sudden onsets of intense apprehension or terror, often without warning and with no specific cause.

-Panic attacks can produce severe palpitations, extreme shortness of breath, chest pains, trembling, dizziness, and feelings of helplessness



Causes

- ☞ Biological theories suggest that this may stem from problems involving either or both of two neurotransmitters:
 - Norepinephrine and GABA
- ☞ Another theory suggests that individuals misinterpret harmless indicators of physiological arousal as an emergency

Phobias

Anxiety disorders



What are you afraid of?



What is a phobia?

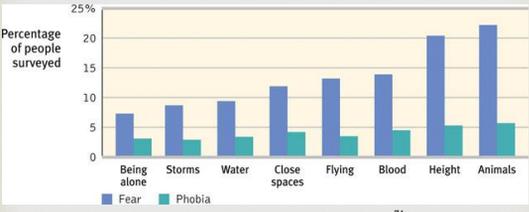
- ☞ A specific phobia is an extreme and irrational fear of a specific object or situation.
- ☞ Significantly interferes with ones ability to function.
- ☞ Effects 7.8% of the U.S population (APA, 2005)



Phobias should not be confused with “normal fears”

Phobias

Phobias are marked by a persistent and irrational fear of an object or situation that disrupts behavior.



Category	Fear (%)	Phobia (%)
Being alone	~7	~3
Storms	~8	~3
Water	~9	~3
Close spaces	~11	~4
Flying	~13	~3
Blood	~14	~4
Height	~20	~5
Animals	~22	~5

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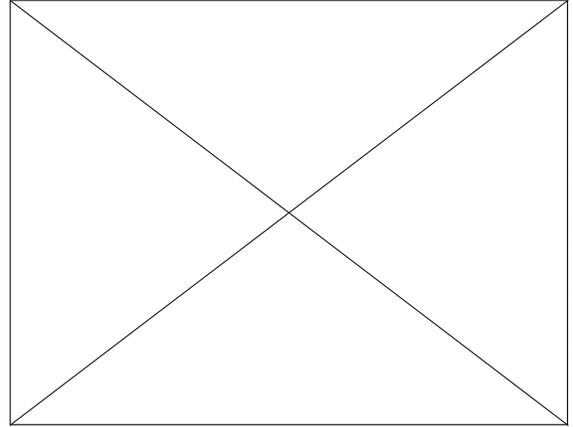
Review the following clip and identify the behaviors most associated with phobias



Will I have to live with this forever?



- Once a phobia develops, it tends to be chronic and last a lifetime, making treatment very important (Anthony, et al., 1997).
- With proper treatment, the vast majority of phobia patients can completely overcome fears and live symptom-free.



Obsessive-Compulsive & Related Disorders

What does OCD look like?



Obsessive-Compulsive Disorder involves unwanted, persistent, and intrusive thoughts and repetitive behaviors.

Obsessions are unwanted thoughts, images or urges that cause distress and interfere with daily life.

These obsessions are usually nonsensical thoughts, images or urges that the individual tries to resist or eliminate.



I just can't stop myself!!

☞ Compulsions are repetitive and seemingly purposeful behavior performed in response to uncontrollable urges

-Or according to a ritualistic or stereo-typed set of rules

☞ Compulsions are performed by the person to reduce anxiety.



Obsessions	Commonly Associated Compulsions
Fear of contamination	Washing, cleaning
Need for symmetry, precise arranging	Ordering, arranging, balancing, straightening until "just right"
Unwanted sexual or aggressive thoughts or images	Checking, praying, "undoing" actions, asking for reassurance
Doubts (eg, gas jets off, doors locked)	Repeated checking behaviors
Concerns about throwing away something valuable	Hoarding

How Can OCD be Treated?

- ☞ Medication Therapy
 - Research suggests that medication is effective in treating OCD.



Hoarding Disorder

People who hoard have an uncontrollable urge to keep items that have no utility or value.



Causes of Obsessive Disorders

- ☞ There is research which supports the idea that this disorder has both neurological and/or genetic components.
- ☞ The cognitive perspective suggests that individuals with OCD have an inability to turn off negative, intrusive thoughts by ignoring or effectively dismissing them

Does trauma ever really go away?

Trauma and Stressor-Related Disorders



What is a Traumatic Event?



What is PTSD?

- ☞ PTSD involves exposure to a traumatic event during which one feels fear, helplessness, or horror.
- ☞ PTSD is an enduring and distressing emotional disorder that follows exposure to a threat.
- ☞ This threat causes feelings of severe helplessness or fear

Symptoms of PTSD

- ☞ Re-experiencing of the trauma in some way.
 - ☞ Flashbacks occur when the survivor actually relives the event
- ☞ Avoidance of places or people that remind you of the trauma.
- ☞ Dysfunctional emotional response.
 - ☞ Easily startled, irritable and easily angered.

Why Do People Develop PTSD?

- ☞ One cause of PTSD is the traumatic event itself, but not everyone who experiences the a traumatic event develops PTSD.
- ☞ Other factors influence the development of this disorder:
 - ☞ History of previous traumatic events, such as abuse and psychological disorders
 - ☞ Cognitive factors such as perception
 - ☞ Genetic predispositions

Some researchers are more interested in the resiliency of those who do not develop PTSD.

Treating PTSD

- ☞ Most clinicians agree that people with PTSD should face the original trauma to develop effective coping procedures to overcome the disorder
- ☞ Imaginal Exposure
- ☞ (VR) Virtual Reality Therapy

