



# What is Abnormal?

Psychological Disorders:  
Module 32

Basic Concepts and  
Mood Disorders

---

---

---

---

---

---

---



What percentage of the population do you think has a psychological disorder?



---

---

---

---

---

---

---

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



---

---

---

---

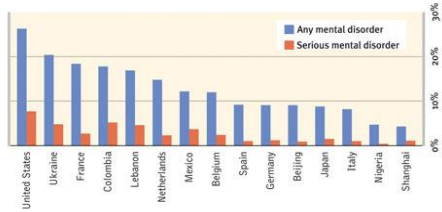
---

---

---

## Rates of Psychological Disorders

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



4

---

---

---

---

---

---

---

---

---

---



## Sensitivity Please!



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

---

---

---

---

---

---

---

---

---

---



How are people with psychological disorders portrayed in our culture?

---

---

---

---

---

---

---

---

---

---

## 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

---

---

---

---

---

---

---

---

# 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.




---

---

---

---

---

---

---

---

# 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

---

---

---

---

---

---

---

---

# 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?

---

---

---

---

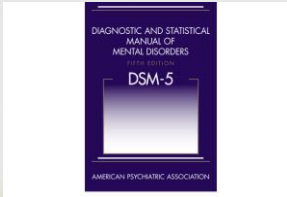
---

---

---

---

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?



---

---

---

---

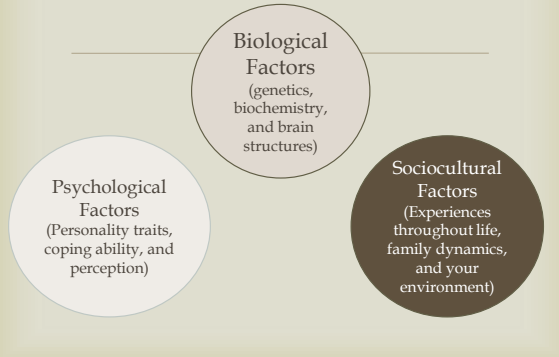
---

---

---

---

## What Causes Abnormal Behavior?



---

---

---

---

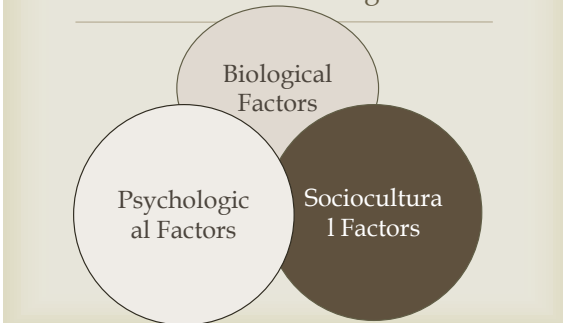
---

---

---

---

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



---

---

---

---

---

---

---

---



## Mood Disorders

Psychological Disorders:

Basic Concepts and Mood Disorders  
Module 32

---

---

---

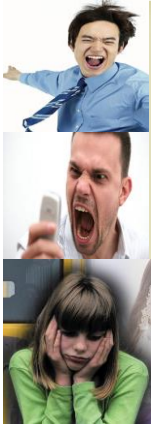
---

---

---

---

---



## 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.

---

---

---

---

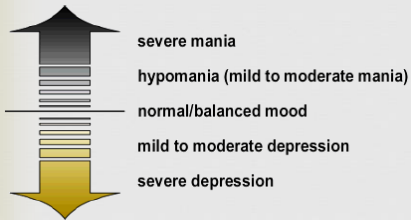
---

---

---

---

## 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 is a permanent solution for temporary problems.”

---

---

---

---

---

---

---

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

---

---

---

---

---

---

---

---