

What is Abnormal...anyway?

Chapter 13-Psychological Disorders

CLASS OBJECTIVES:

How do we define abnormal behavior?

What are Anxiety Disorders?

What Is Abnormal Behavior?

Abnormal behavior is characterized as:

- Non- typical
- Socially unacceptable
- Distressing to the person who exhibits it or to the people around them

Criteria for abnormal behavior include statistical infrequency, dysfunction, personal distress, and violation of norms.

None of these criteria alone is adequate for classifying abnormal behavior.

Labels, Labels, Labels...

- ▣ These words are used to dismiss and dehumanize people who we consider different.



Abnormal Psychology

- ▣ Is the field of psychology concerned with assessment, treatment, and prevention of maladaptive behavior.
 - “Clinical Psychology”

How are Psychological Disorders Diagnosed?

- ▣ The *American Psychiatric Association* (APA) has devised a system for diagnosing maladjusted behavior
- ▣ The *Diagnostic and Statistical Manual of Mental Disorders*
 - Referred to as the *DSM IV* (4th edition)

Why do we need a system to diagnose psychiatric disorders?


Goals of the DSM IV

- ☐ To provide a system for diagnosing disorders
- ☐ To improve the reliability of diagnoses
- ☐ To make diagnoses consistent with research evidence and clinical experiences.


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.





Feeling Anxious?



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

Anxiety

- ☐ There are several types of anxiety disorders:
 - (GAD) Generalized Anxiety Disorder
 - (PTSD) Post Traumatic Stress Disorder
 - (OCD) Obsessive- Compulsive Disorder
 - Phobic Disorder



Specific Phobias

What are Phobias?

- ☐ *Phobic disorders* are excessive, irrational fear and avoidance of specific objects or situations
 - Effects 7.8% of the U.S population (APA, 2005)

Phobias should not to be confused with “normal fears”

Obsessive-Compulsive Disorder

OCD, OCD, OCD, OCD, OCD....

Obsessive-Compulsive Disorder (OCD)

- ☐ OCD involves persistent, uncontrollable, thoughts and irrational beliefs
- ☐ The *obsessions* are intrusive thoughts cause compulsive rituals that interfere with daily life
- ☐ 2.6% of the U.S. population suffers from this disorder (Karno & Golding (1991).

I just can't stop myself!!

- ☐ The ritual behaviors are *compulsions* that are performed by the person to reduce anxiety.
- ☐ These compulsions are repetitive behaviors or mental acts a person feels they MUST perform.

Next Class...

- ☐ Mood Disorders
- ☐ Psychotic Disorders



Mood Disorders

- Class Objectives:
- Depression
 - Bipolar Disorder
 - Schizophrenia



Depressive Disorders

- ☐ Depression is included in the category of *mood disorders* in which people show:
 - Extreme and persistent sadness
 - Despair
 - Loss of interest in activities once considered pleasurable.

☐ Depression is so prevalent that it is known as “*the common cold*” of psychiatric disorder.

- 14 to 15 million Americans are affected each year



How depressed can you be?

- ☐ The severity of depression varies because this is a spectrum disorder
- ☐ Severe depression sometimes includes thoughts of death and suicide
- ☐ People with depression may have delusions
 - False beliefs

Bipolar Disorder



Bipolar Disorder

- ☐ Someone who alternates between periods of depression and mania has "Bipolar disorder".
- ☐ This disorder is essentially a roller-coaster ride of mood.



What does Mania look like?

- ☐ The manic phase involves:
 - rapid speech,
 - inflated self-esteem
 - decreased need for sleep

Schizophrenia

- ☐ Schizophrenia is the most extreme of all psychiatric disorders
 - Effecting 1% of the population about 2 million Americans each year (Ho et al., 2003).
 - 1 in 100 people
- ☐ Schizophrenia is a devastating brain disorder that impacts almost every area of functioning.

“You are such a psycho!”

- ☐ Schizophrenia is a psychotic disorder, which comes from the Greek word “split mind”
 - Schizophrenia is not multiple personality disorder
- ☐ The symptoms of this disorder can be either positive or negative

Symptoms of Schizophrenia

- ☐ Positive symptoms:(in addition to what is typical)
 - hallucinations, delusions, racing thoughts
- ☐ Negative symptoms:(the absence of what is typical)
 - apathy, lack of emotion, poor or non-existent social functioning

Hallucinations - 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.

Hi, Jesus Christ...nice to meet you.

☐ Delusions- A fixed, unshakeable false belief

- "I'm the King of England"
- "That streetlight is sending me secret messages"
- "I'm from the planet "Gwarnon"
- The CIA, FBI, and mafia are "out to get me!"

Negative Symptoms

☐ *Negative symptoms* of schizophrenia indicate the absence of normal behavior.

- Emotional and social withdrawal
- Poverty of speech or thought
- Inappropriate /lack of emotion

The many faces of schizophrenia

☐ This disorder is divided into several subtypes:

☐ Paranoid-

- "The FBI has this room bugged! You may be in on it..."

☐ Disorganized-

- "The Dahl, Dahl, Dahl is the ultimate makeup...Elvis Presley IS John Travolta, the eagle is the mail in the home!"

Catatonic Schizophrenia

☐ This type of schizophrenia effects the motor functions/responses.

☐ This can be displayed in waxy flexibility



Name that Psychotic Disorder!

☐ Chris has started spending large amounts of time guarding his home. "They" have bugged his phone and are sending cars past his house. He believes that the CIA, FBI and mafia are "after him" for witnessing a drug deal. People everywhere are in on the plot and want to kill him.

☐ Sally appears statue-like, often staying in the same unusual position for hours. When asked, "how are you Sally?", she replies, "how are you, Sally?"

☐ At Grandma's funeral, John walks up to the casket and begins to laugh hysterically. When he is asked why he is laughing, he replies "the lemon is the way! When it fell on the ship of the Yoda night owl."

How many genes?

☐ 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

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



Survey and Good Bye...