

What is Abnormal?

Psychological Disorders:

Basic Concepts and Mood Disorders
Module 32

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

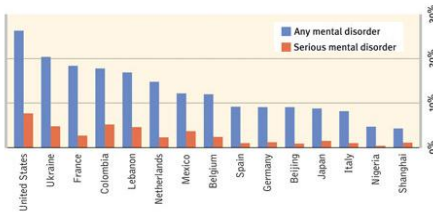
— *Ω* —

Surveys estimate that during a 1-year period,

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).



Country	Any mental disorder (%)	Serious mental disorder (%)
United States	25	10
Ukraine	22	8
France	20	5
Colombia	18	7
Lebanon	17	6
Netherlands	15	4
Mexico	14	5
Belgium	13	4
Spain	12	3
Germany	11	3
Beijing	10	2
Japan	9	2
Italy	8	2
Nigeria	6	1
Shanghai	5	1



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?

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

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

- "Clinical Psychology"




History

☞ The mentally ill were once subjected to terrible conditions in “insane asylums”

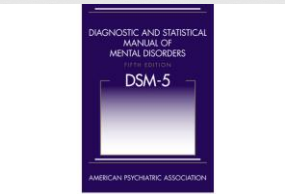
☞ This resulted in

- 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?

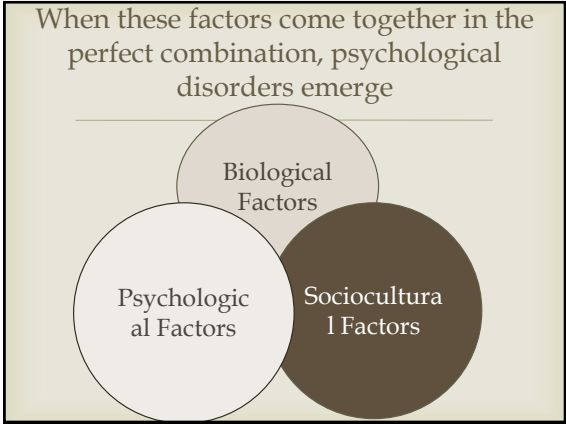



What Causes Abnormal Behavior?

Biological Factors
(genetics, biochemistry, and brain structures)

Psychological Factors
(Personality traits, coping ability, and perception)

Sociocultural Factors
(Experiences throughout life, family dynamics, and your environment)



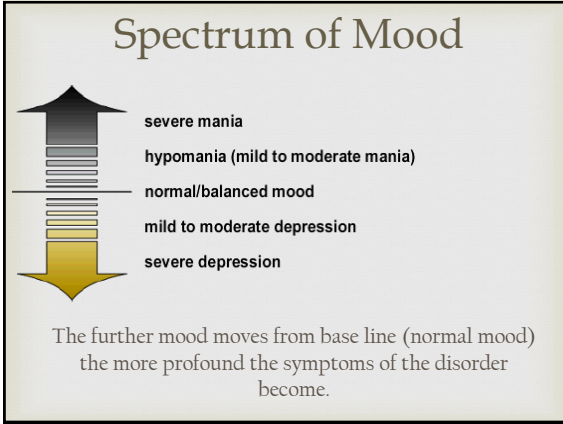


Mood Disorders

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Mood Disorders

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



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

OR

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)

❧

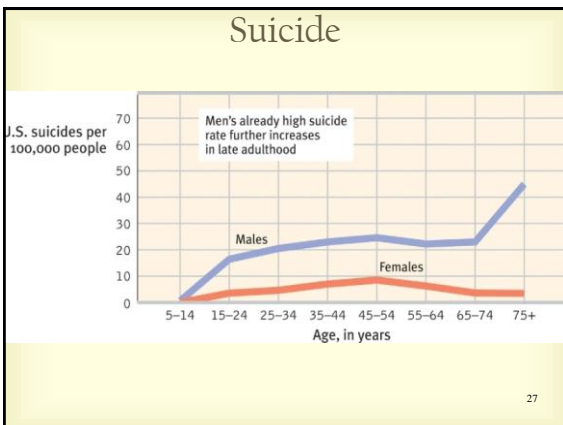
❧ Major Depressive Disorder (MDD) which is characterized by more depressive severe features which lasts for two or more weeks:

- _____
- Feelings of worthlessness
- _____




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 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

- Hyperactivity
- Impulsivity
- Flights of ideas

Mania sounds like fun, but...



☞ During periods of mania it is common for

-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

☞ 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.

☞ _____

☞ _____

-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
