

# What is Abnormal?

Psychological Disorders:  
Basic Concepts and  
Mood Disorders  
Module 32

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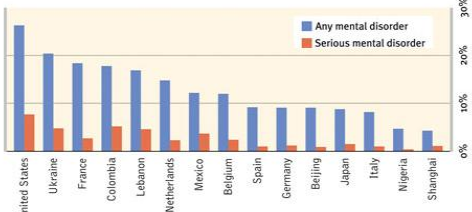
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## Rates of Psychological Disorders

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



Country	Any mental disorder (%)	Serious mental disorder (%)
United States	28	10
Ukraine	25	8
France	22	6
Colombia	21	7
Lebanon	20	7
Netherlands	18	5
Mexico	16	6
Belgium	15	5
Spain	13	4
Germany	12	3
Beijing	11	3
Japan	11	3
Italy	10	3
Nigeria	8	2
Shanghai	7	2

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## What Is Abnormal Behavior?

 Abnormal behavior is characterized as:

- \_\_\_\_\_  
Statistically infrequent or deviates from the norm
- *Maladaptive*  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
To the person who exhibits it or to the people around them

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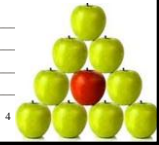
### Psychological Disorders

- ▣ Deviant, distressful, and dysfunctional patterns of thoughts , feelings and actions (Comer, 2004).
- ▣ Being different ( \_\_\_\_\_ ) from most people in one's culture is part of this definition.

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### Abnormal Psychology

- ▣ Is the field of psychology concerned with assessment,  
\_\_\_\_\_
- "Clinical Psychology"

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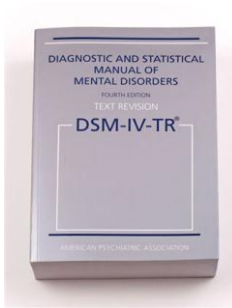
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### How are disorders diagnosed?

- ▣ The DSM IV is the most widely used classification system currently used to make a diagnosis.




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A classification system can also help clinicians make predictions about:

- ▣ The likelihood that a particular disorder will develop
- ▣ Which individuals are most susceptible
- ▣ How the disorder will progress
- ▣ What the prognosis (or outcome) for treatment



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### 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 \_\_\_\_\_

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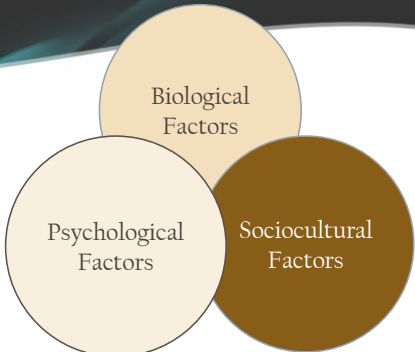
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### What Causes Abnormal Behavior?



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### Moods...

What are some everyday moods people can experience?



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### Mood Disorders

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

- \_\_\_\_\_  
- \_\_\_\_\_  
- \_\_\_\_\_

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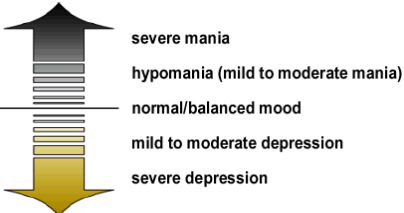
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### Spectrum of Mood



severe mania  
hypomania (mild to moderate mania)  
normal/balanced mood  
mild to moderate depression  
severe depression

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

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*Major Depressive Disorder (MDD)*

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

- \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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**How serious is depression?**

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.

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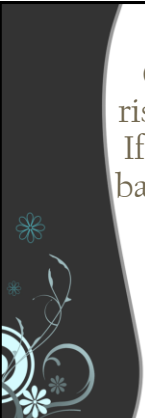
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College students are very at risk for depression and suicide. If you or someone you know is battling with feelings of suicide please refer them to a professional.

Help is always available:  
**1-800-SUICIDE**

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

This abnormally and persistently  
elevated or euphoric mood or is

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- Hyperactivity
- Impulsivity
- Flights of ideas

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(formerly called Manic-Depressive illness.)

This disorder is a roller coaster ride  
of mood

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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

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What is Schizophrenia?

Module 33




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**THINK**

How would you describe Schizophrenia?

How would you describe a person with this disorder?

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**THINK**

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.

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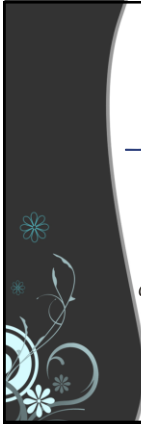
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Schizophrenia is classified as a *psychotic disorder*. These disorders are characterized by *hallucinations and delusions*, which involve a loss of contact with reality

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Schizophrenia

- A *Psychotic Disorder* that is
  - 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.

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Positive Symptoms of Schizophrenia

- - Hallucinations, delusions, racing thoughts
- *Disorders of movement*
  - Unusual mannerisms, body movements, and facial expressions.

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Hallucinations –

Causing people to hear, see, taste, touch or smell what others do not.

- Auditory hallucinations are the most common.

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

Delusions-

- "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!"

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**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

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## Negative symptoms

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

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## Understanding Schizophrenia

Schizophrenia is actually a cluster of disorders. The subtypes share common features, but also have distinctive symptoms.

TABLE 33.1 Subtypes of Schizophrenia

<i>Paranoid</i>	Preoccupation with delusions or hallucinations, often with themes of persecution or grandiosity
<i>Disorganized</i>	Disorganized speech or behavior, or flat or inappropriate emotion
<i>Catatonic</i>	Immobility (or excessive, purposeless movement), extreme negativism, and/or parrotlike repeating of another's speech or movements
<i>Undifferentiated</i>	Many and varied symptoms
<i>Residual</i>	Withdrawal, after hallucinations and delusions have disappeared

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## 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

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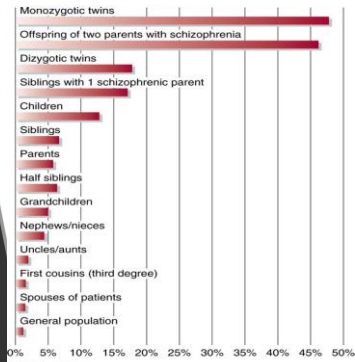
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### The Risk of Developing Schizophrenia




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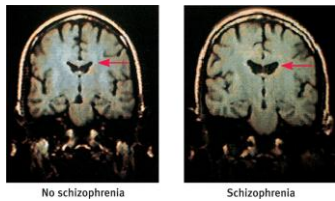
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### Genetic Factors



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

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




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Feeling Anxious?

Module 34  
Other Disorders

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What does anxiety *feel* like?

- ☐ Anxiety is a generalized feeling of fear  
\_\_\_\_\_
- ☐ Anxiety is often accompanied by increased physiological arousal
  - increase heart rate, blood pressure, and respiration

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Anxiety

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

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### Panic Disorder



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

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\_\_\_\_\_

chest pains, trembling, dizziness, and feelings of helplessness

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### Causes



- ▣ Biological theories suggest that this may stem from problems involving either or both of two \_\_\_\_\_

\_\_\_\_\_

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- ▣ Another theory suggests that individuals misinterpret harmless

\_\_\_\_\_

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## What are you afraid of?




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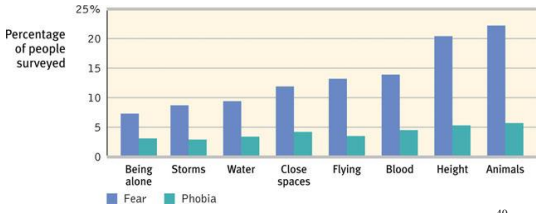
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## Phobias

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



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Phobias should not to be confused with

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If you know what to look for you can learn from the Maury Show!



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## Obsessive-Compulsive Disorder




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## Obsessive-Compulsive Disorder (OCD)

- ☐ Obsessive-compulsive disorder is marked by \_\_\_\_\_  
\_\_\_\_\_
- ☐ 2-3% of the U.S. population suffers from this disorder.

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## How Can OCD be Treated?

### Medication Therapy

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### Causes of OCD

- There is research which supports the idea that this disorder has both

\_\_\_\_\_

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- The cognitive perspective suggests that individuals with OCD have an inability to turn off negative, intrusive

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### PTSD...does trauma ever really go away?



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### What is PTSD?

- PTSD involves exposure to a

\_\_\_\_\_

\_\_\_\_\_

- PTSD is an enduring and distressing emotional disorder that follows exposure to a threat.

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### Symptoms of PTSD

▣ Re-experiencing of the trauma in some way.

- \_\_\_\_\_  
\_\_\_\_\_

▣ Avoidance of places or people that remind you of the trauma.

▣ Dysfunctional *emotional response*.

- \_\_\_\_\_

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### 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:

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Some researchers are more interested in the resiliency

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