


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:

- Socially unacceptable
- Distressing to the person who exhibits it or _____
- _____


Criteria for abnormal behavior include

_____ ,
dysfunction, personal distress,
and violation of norms.

What do we call people labeled as abnormal?

Labels, Labels, Labels...

These words are used to dismiss and _____ people who we consider different.



Abnormal Psychology

- Is the field of psychology concerned with _____, _____, and prevention of maladaptive behavior.
- "Clinical Psychology"

How are Psychological Disorders Diagnosed?

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

Goals of the DSM IV

- To provide a system for diagnosing disorders
- _____
- To make diagnoses consistent with _____ 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 _____

 that may be related to a situation or object.

☐ Anxiety is often accompanied by _____

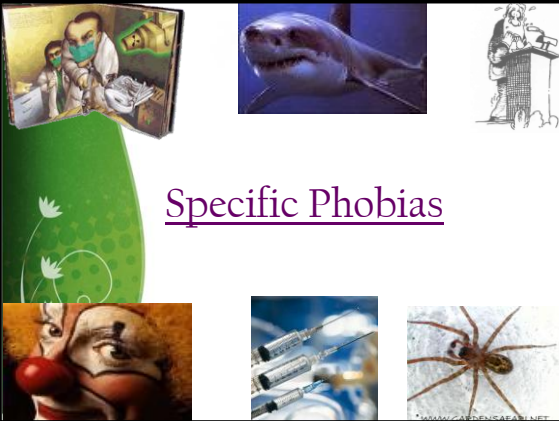
 - increase heart rate, blood pressure, and respiration



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 _____ and avoidance of specific objects or situations
 - Effects 7.8% of the U.S population (APA, 2005)




Phobias should not be confused with “normal fears”



Obsessive-Compulsive Disorder

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



Obsessive-Compulsive Disorder (OCD)

- ☐ OCD involves _____

- ☐ The *obsessions* are intrusive thoughts cause compulsive rituals _____

- ☐ 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 _____
- ▣ These compulsions are repetitive behaviors or mental acts a person feels they MUST perform.

What does OCD look like?

Next Class...

- ▣ Mood Disorders
- ▣ Psychotic Disorders
