



## What is Abnormal...anyway?

Chapter 15-Psychological Disorders

### CLASS OBJECTIVES:

How do we define abnormal behavior?

What are Anxiety Disorders?

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What percentage of the population would you guess have a psychological disorder?

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

Surveys estimate that during a 1-year period, \_\_\_\_\_

\_\_\_\_\_ have diagnosable mental disorders, according to reliable, established criteria.

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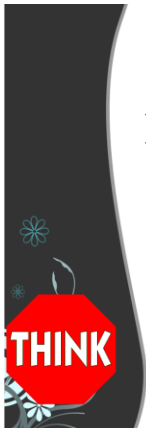
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## How are people with psychological disorders portrayed in our culture?

Think on your own...  
What images do you have about people with mental illness?

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## Labels, Labels, Labels...

These words are used to dismiss and dehumanize people who we consider different. Try to remove them from your vocabulary!



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Abnormal behavior is defined as a mental illness that affects or is manifested in a person's brain and

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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

\_\_\_\_\_

\_\_\_\_\_

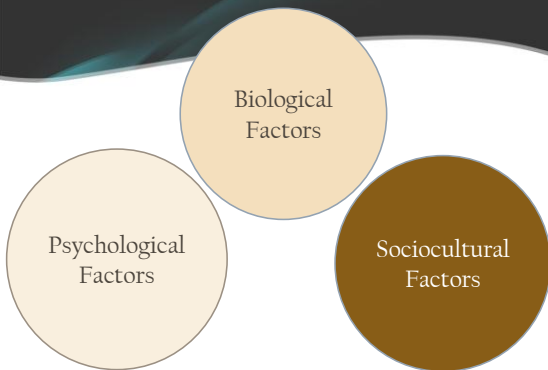
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### What Causes Abnormal Behavior?



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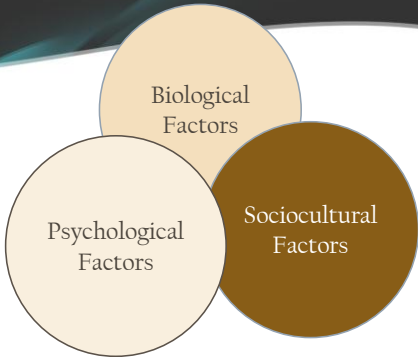
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# What Causes Abnormal Behavior?



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## Abnormal Psychology

■ Is the field of psychology concerned with assessment,

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- "Clinical Psychology"

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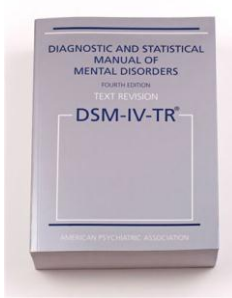
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## How are disorders diagnosed?

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



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The DSM-IV classifies individuals on the basis of five dimensions, or *axes*:

- ▣ Axis I:  
- \_\_\_\_\_
- ▣ Axis II:  
- \_\_\_\_\_
- ▣ Axis III:  
- \_\_\_\_\_
- ▣ Axis IV:  
- Psychosocial and environmental problems
- ▣ Axis V:  
- Current level of functioning

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Why do we need a system to diagnose psychiatric disorders?




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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
- ▣ \_\_\_\_\_
- \_\_\_\_\_

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## Goals of the DSM IV

- ☐ To provide a system for diagnosing disorders
- ☐ \_\_\_\_\_
- ☐ To make diagnoses consistent with research evidence and clinical experiences.

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## 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.

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## Feeling Anxious?

Anxiety Disorders




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## What does anxiety feel like?

- ☐ Anxiety is a generalized feeling of fear

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- ☐ Anxiety is often accompanied by increased physiological arousal

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## Anxiety

- ☐ Anxiety disorders involve fears that are

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- ☐ 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

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often without warning and with no specific cause.

- Panic attacks can produce severe palpitations, extreme shortness of breath, 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 neurotransmitters:

- \_\_\_\_\_

- ▣ Another theory suggests that individuals misinterpret harmless

- \_\_\_\_\_

- \_\_\_\_\_

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### What is a phobia?

- ▣ A specific phobia is an extreme and

- \_\_\_\_\_

- Significantly interferes with ones ability to function.

- Effects 7.8% of the U.S population (APA, 2005)

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Phobias should not to be confused with

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Since people tend to work around their phobias, only the most severe cases tend to seek treatment.



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Obsessive-Compulsive Disorder (OCD)

☐ OCD involves persistent, uncontrollable, thoughts and irrational beliefs

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☐ 2.6% of the U.S. population suffers from this disorder (Karno & Golding (1991).

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I just can't stop myself!!

☐ The ritual behaviors are

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



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## How Can OCD be Treated?

Medication Therapy  
Research suggests that medication

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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 thoughts by ignoring or effectively dismissing them

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



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### What is PTSD?

- PTSD involves exposure to a

\_\_\_\_\_

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

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### Symptoms of PTSD

- \_\_\_\_\_ in some way.

- Flashbacks occur when the survivor actually relives the event

- 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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