What is Abnormal...anyway?
Chapter 13-Psychological Disorders

CLASS OBJECTIVES:
How do we define abnormal behavior?
What are Anxiety Disorders?
What are Mood Disorders?
What is Schizophrenia?

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

People tend to believe that psychological disorders affect a small percentage of people, but this is not so.
The Midtown Manhattan Study (1962) reported that 55% of the general population have some form of mental illness.
**The Human Perspective**

One of the most important objectives for this class is for students to recognize how psychological suffering is everywhere.

You will learn about clusters of symptoms that characterize different psychological disorders, but most importantly PEOPLE suffer with these disorders everyday.

---

**Sensitivity Please!**

The language we use when discussing psychological disorders is very important - people are not just their disorders!

---

**The Disclaimer**

Please do not start diagnosing yourself, your family, friends, boyfriends/girlfriends, neighbors, classmates, professors or anyone else you can think of... 😊

This chapter will not make you a psychologist!
How are people with psychological disorders portrayed in our culture?

Why is this front page article acceptable?

Are all disorders viewed the same?
**Who’s Normal?**

- Your neighbor has physical complaints and sees several doctors weekly.
- A 22 year-old college student smokes 4-5 marijuana joints per day, has a 3.8 GPA, has a part-time job and a solid long term relationship.
- Rachel has been caught several times urinating in the corner.
- A 35 year-old very happily married man enjoys wearing women’s clothes and underwear on the weekends when he and his wife go out on the town.

**WE do! What decides what’s “NORMAL”?**

**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.

Abnormal Psychology

Abnormal Psychology is the field of psychology concerned with assessment, treatment, and prevention of maladaptive behavior.

- “Clinical Psychology”

How are disorders diagnosed?

The DSM-IV (APA, 2000) is the most widely used classification system currently used to make a diagnosis.
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?

Anxiety Disorders

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
What are you afraid of?

What is a phobia?

What is a phobia?

A specific phobia is an extreme and irrational fear of a specific object or situation.

- Significantly interferes with one's ability to function.
- Affects 7.8% of the U.S. population (APA, 2005)
Phobias should not to be confused with “normal fears”

What can we learn from the Maury show?

Obsessive-Compulsive Disorder
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.

What does OCD look like?
What is PTSD?

- PTSD involves exposure to a traumatic event during which one feels fear, helplessness, or horror.

- PTSD is an enduring and distressing emotional disorder that follows exposure to a threat.
  - This threat causes feelings of severe helplessness or fear

Symptoms of PTSD

- Re-experiencing of the trauma 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.
  - Easily startled, irritable and easily angered.
Mood Disorders
Depression and Bipolar

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.

Depressive Disorders

Depression is included in the category of mood disorders in which people show:

- Feelings of worthlessness
- Extreme and persistent sadness
- Loss of interest in activities once considered pleasurable.
- Recurrent thoughts of death and dying
Review the following video clip and evaluate the behaviors of the client.

What symptoms of depression did you see? Divide these features into physical and cognitive symptoms.

“Suicide is not chosen; it happens when pain exceeds 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
Mania includes symptoms of:

- Hyperactivity/Need for little sleep
- Development of grandiose plans (believing they can accomplish anything they desire.)
- Rapid and often incoherent speech known as “flights of ideas.”

Someone who alternates between depression and mania has “Bipolar disorder” (formerly called Manic-Depressive illness.)

This disorder is a roller coaster ride of mood

Stop and Think...
How would you describe Schizophrenia?

How would you describe a person with this disorder?
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.

They ALL do!

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

Society devalues and dehumanizes those with schizophrenia.

- People with these severe mental disorders are twice as likely to be harassed in public as people without schizophrenia (Berzins et al., 2003).
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

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 affects the motor functions/responses.

This can be displayed in waxy flexibility
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.

The Risk of Developing Schizophrenia

- Monzygotic twins
- Offspring of two parents with schizophrenia
- Siblings with 1 schizophrenia parent
- Children
- Parents
- Half siblings
- Grandchildren
- Neice/nephews
- Uncles/aunts
- First cousins (third degree)
- Spouses of patients
- General population

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

available
What’s Next?
Sensation and Perception