

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?

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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.

The Midtown Manhattan Study (1962) reported that 55% of the general population have some form of mental illness

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### 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.

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### Sensitivity Please!

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

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### 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!

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How are people with psychological disorders portrayed in our culture?

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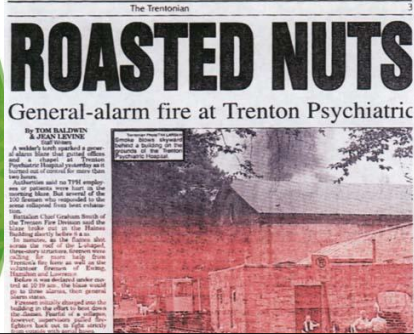
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Why is this front page article acceptable?




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Are all disorders viewed the same?

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### 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.

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Who decides what's  
**WE do!**  
 "NORMAL"?




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### 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

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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.

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Abnormal Psychology

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

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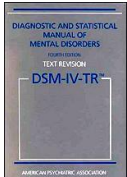
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How are disorders diagnosed?

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




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**Why do we need a system to diagnose psychiatric disorders?**

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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.

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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 homeless population.




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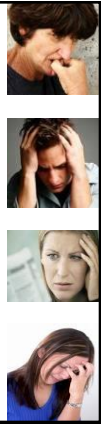
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## Feeling Anxious?

Anxiety Disorders




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### 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

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### Anxiety

- ▣ There are several types of anxiety disorders:
  - (GAD) Generalized Anxiety Disorder
  - (PTSD) Post Traumatic Stress Disorder
  - (OCD) Obsessive- Compulsive Disorder
  - Phobic Disorder

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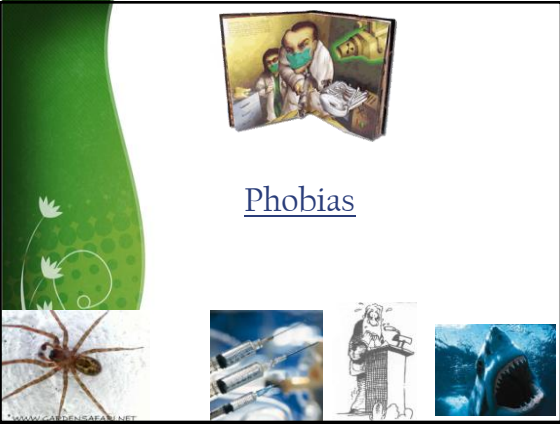
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Phobias

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What are you  
afraid of?



**THINK**

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What is a phobia?

- A *specific phobia* is an extreme and irrational fear of a specific object or situation.
- 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  
“normal fears”

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What can we learn from the  
Maury show?

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Obsessive-Compulsive  
Disorder




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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).

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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.

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What does OCD look like?




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PTSD...does trauma ever really go away?

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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

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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.

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## Mood Disorders

Depression and Bipolar



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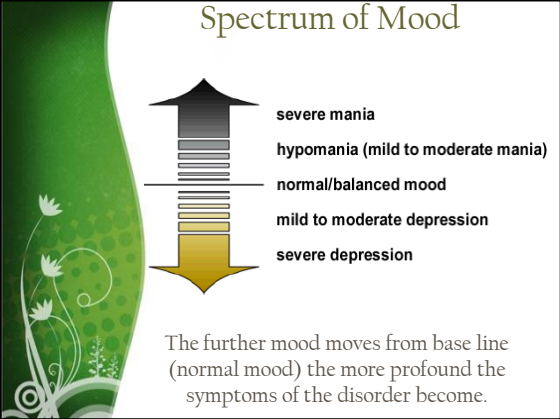
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### Spectrum of Mood



**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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### 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

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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.

**THINK**

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“Suicide is not chosen; it happens when pain exceeds resources for coping with pain.”

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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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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.”




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

This disorder is a roller coaster ride of mood




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**THINK**

Stop and 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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### 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

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### 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).




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## Schizophrenia

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.

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“You are such a psycho!”

Schizophrenia is a *psychotic disorder*, which comes from the Greek word “split mind”

- Schizophrenia is not multiple personality disorder

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## 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

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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.




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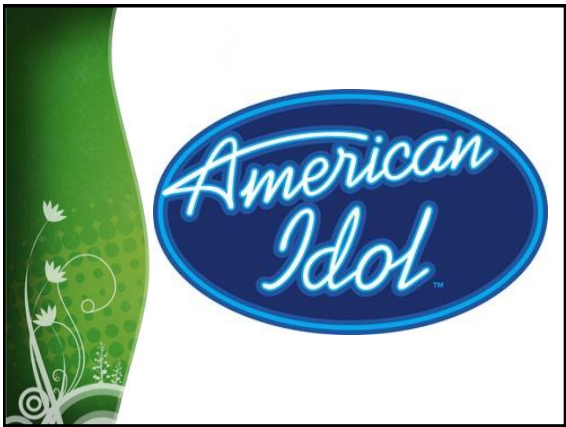
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Hi, Jesus Christ...nice to meet you.

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!"

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## 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

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## 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!"

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## Catatonic Schizophrenia

❑ This type of schizophrenia effects the motor functions/responses.

❑ This can be displayed in waxy flexibility




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### 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

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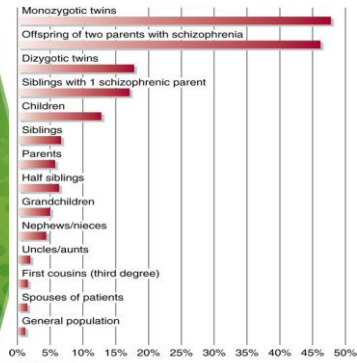
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### The Risk of Developing Schizophrenia




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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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What's Next?  
Sensation and Perception

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