

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?

Have you ever known
someone diagnosed with a
psychological disorder or
on psychiatric medication?



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 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?

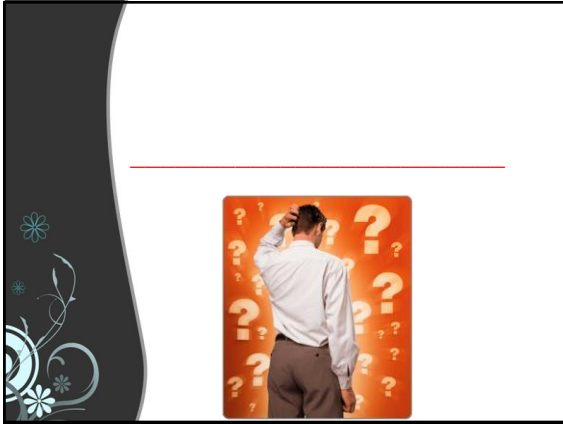
Think on your own...
Take a moment to think/write some images you have about people with mental illness.

THINK


Labels, Labels, Labels...

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





What Is Abnormal Behavior?

 Abnormal behavior is characterized as:

- _____
- _____
- Distressing to the person who exhibits it or to the people around them

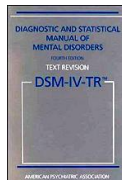
Criteria for **abnormal behavior** include statistical infrequency, dysfunction, personal distress, and violation of norms.

Abnormal Psychology

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

How are disorders diagnosed?

- _____ 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 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
 - _____
 - _____

Feeling Anxious?

Anxiety Disorders



What does anxiety *feel* like?

- Anxiety is a generalized feeling of fear and _____
- 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



Phobias




What are you afraid of?



What is a phobia?

- A specific phobia is an extreme and irrational fear of a specific object or situation.
- _____
- _____
- Effects 7.8% of the U.S population (APA, 2005)



Phobias should not to be confused with _____

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

With proper treatment, the vast majority of phobia

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 _____
- ▣ These compulsions are repetitive behaviors or mental acts a person feels they _____



Let's see what it's like to struggle with OCD

Each of you will be given a counting compulsion. As you read the following paragraph, tell yourself that you absolutely **MUST** count all the times the letter "e" occurs in the passage.

Here are your OCD rules!

You cannot read the passage and then go back and count. Your compulsion requires that you must count as you read.

You can't keep track on paper or on your fingers and because you have OCD you'll probably worry that you made a mistake and start again.

Children who have OCD often have hidden or silent compulsive rituals. These hidden rituals often confuse teachers who may look at a child and not realize what is going on internally that may make it almost impossible for the child to function normally at times. Young children often don't realize that what they are doing is "abnormal," and older children, teens, or adults are often embarrassed by their rituals and won't tell you about them.




How Can OCD be Treated?

Medication Therapy

Research suggests that medication is effective in treating OCD.

PTSD...does trauma ever really go away?



What is PTSD?

- ▣ PTSD involves exposure to a traumatic event during which one feels _____.
- ▣ PTSD is an enduring and distressing emotional disorder that _____.
- This threat causes feelings of severe helplessness or fear

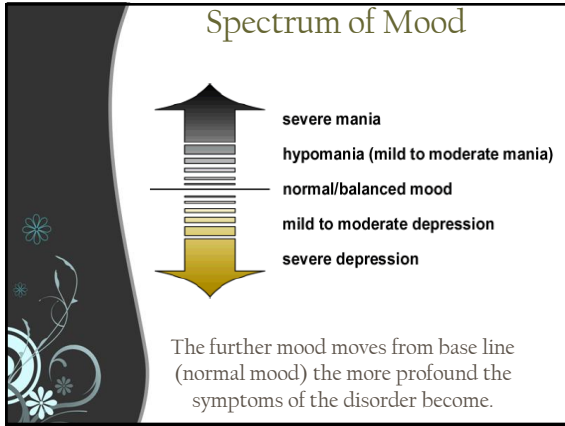
Symptoms of PTSD

- ▣ Re-experiencing of the trauma in some way.
 - _____
 - _____
- ▣ Avoidance of places or people that remind you of the trauma.
- ▣ Dysfunctional *emotional response*.
 - _____
 - _____




Mood Disorders

Depression and Bipolar



Depressive Disorders



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

- _____
- Extreme and persistent sadness
- Loss of interest in activities once _____
- Recurrent thoughts of death and dying

“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:

-Development of grandiose plans (believing they can accomplish anything they desire.)



Someone who alternates between depression and mania has _____

(formerly called Manic-Depressive illness.)



This disorder is a roller coaster ride of mood

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.

Schizophrenia is classified as a *psychotic disorder*. These disorders are characterized by *hallucinations and delusions*, which

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

■ Schizophrenia is the most extreme of all psychiatric disorders

- _____

- 1 in 100 people

■ Schizophrenia is a devastating brain disorder that impacts almost every area of functioning.

Symptoms of Schizophrenia

■ _____ (in addition to what is typical)

- hallucinations, delusions, racing thoughts

■ Negative symptoms: (_____)

- 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.

- _____



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!"

The many faces of schizophrenia

■ This disorder is divided into several subtypes:



- "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 effects the _____

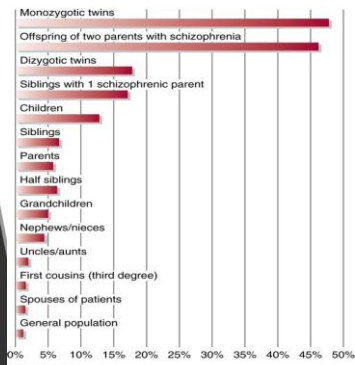
■ This can be displayed in waxy flexibility



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



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





What's Next?

Social Psychology
