


CHAPTER 15



Psychological Disorders

Chapter 15

Class Objectives

- What are Mood Disorders?
 - Depression, Mania and Bipolar
- What are Psychotic Disorders?
 - Schizophrenia

Moods...

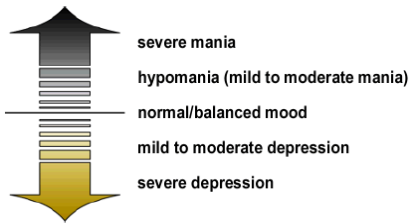


THINK on your own...
What are some everyday moods people can experience?

Mood Disorders

- Mood disorders are psychological disorders in which there is a primary disturbance of *mood*:
 - This mood disturbance can include cognitive, behavioral, and somatic (physical) symptoms, as well as interpersonal difficulties.

Spectrum of Mood




The further mood moves from base line (normal mood) the more profound the symptoms of the disorder become.


Depressive Disorders

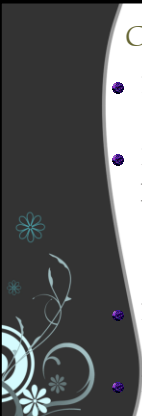
- The severity of depressive disorders varies. There are two depressive disorders:
 - *Major Depressive Disorder (MDD)* which is characterized by more severe features
 - *Dysthymic Disorder* which is a more chronic depression with fewer symptoms than major depression





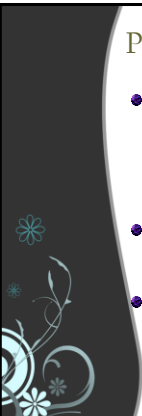
Have you ever felt depressed? What does depression feel like?






Cognitive Symptoms of Depression


- Feelings of worthlessness
- Loss of interest in activities normally pleasurable
 - Inability to experience "fun" from life (*Anhedonia*)
- Diminished ability to concentrate
- Recurrent thoughts of death and dying



Physical symptoms of Depression

- Noticeable loss of energy- (fatigue)
 - Physical disturbance (*vegetative symptoms*)
- Changes in appetite and weight
- Sleep disturbance
 - Insomnia
 - Hypersomnia







How serious is depression?

Research suggests that the incidence of depression and consequent suicide seem to be steadily increasing.

Approximately 750,000 people attempt suicide each year in the U.S.



“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

What causes depressive disorders?

- Biological factors:
 - genetic pre-disposition
 - regulation of neurotransmitters
- psychological factors:
 - learned helplessness
 - ruminating on negative, self-defeating thoughts
 - pessimistic perception
- Sociocultural factors
 - Poverty
 - gender differences

The flip side of depression-
extreme pleasure in every
activity...



This abnormally and persistently
elevated or euphoric mood or is
referred to as "mania"

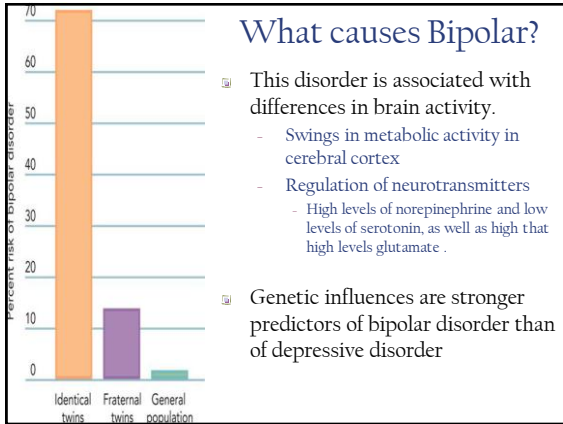
- Hyperactivity
- Impulsivity
- Flights of ideas

Someone who alternates
between depression and mania
has "Bipolar disorder"

(formerly called Manic-Depressive illness.)

This disorder is a roller coaster ride
of mood





THINK

How would you describe Schizophrenia?

How would you describe a person with this disorder?

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.

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

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.

Symptoms of Schizophrenia

- ▣ Positive symptoms: (in addition to what is typical)
- ▣ *Thought disorder* refers to the unusual, sometimes bizarre thought processes
 - Hallucinations, delusions, racing thoughts
- ▣ *Disorders of movement*
 - Unusual mannerisms, body movements, and facial expressions.



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!"




People with schizophrenia often lack insight (awareness) and have *disorganized* thoughts and speech.



Disordered Movement

- ▣ The individual may repeat certain motions over and over.
- ▣ In extreme cases, Catatonia can occur.
 - This is a state of immobility and unresponsiveness that lasts for long periods of time



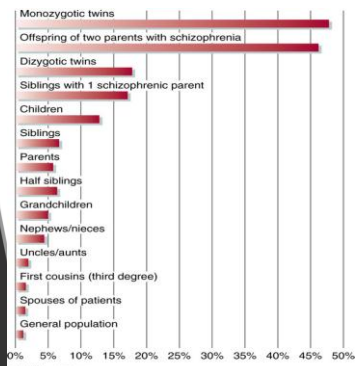
Negative symptoms

- ▣ These symptoms the absence of typical functions:
 - flat affect: the display of little or no emotion
 - social withdrawal
 - behavioral deficits
 - the loss or decrease of normal functions.

What Causes Schizophrenia?

- ▣ 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
