

Ch. 12 Psychological Disorders

- What Defines a Psychological Disorder?
 - o Unusual
 - o Faulty interpretation of society
 - o Personal Distress
 - o Self defeating
 - o Dangerous
- Classifying Psychological Disorders
 - o Diagnostic and Statistical Manual
 - Observable behaviors
 - List of symptoms
 - Global Assessment of Functioning (GAF)
 - o Many revisions
- Prevalence
 - o Affect a wide variety of people
 - o 50_ million Americans
 - o Ages 25 to 45
 - o NIMH 1 in 4 adults; 1 in 5 children
- **Anxiety Disorders**
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- o Phobias
 - Specific Phobias
 - Excessive fear of objects
 - o Claustrophobia
 - Social Phobia
 - Fear of scrutiny or humiliation
 - Agoraphobia
 - Fear of places where there might be no escape
 - o Panic Disorder
 - Abrupt attack of anxiety
 - Physical symptoms
 - Series of attacks
 - o Generalized Anxiety Disorder
 - Persistent Anxiety
 - Number of stressors
 - Free Floating
 - Physical symptoms
 - Tension
 - Irritability
 - Insomnia

- Shakiness
- Sweating
- o Obsessive Compulsive Disorder
 - Obsessions
 - Recurrent thought
 - Anxiety-provoking
 - Cannot control
 - Compulsion
 - Thoughts or behaviors that reduce anxiety
 - Irresistible urge
 - Repeat an act or ritualistic
- o Posttraumatic Stress Disorder
 - Anxiety due to a traumatic event
 - Helplessness, horror or intense fear
 - Re-experiencing
 - Hyper-Arousal
 - Avoidance
- o What Causes Anxiety Disorders?
 - Learning Theory- **conditioned**
 - Modeled