

CH 14: Psychological Disorders:

- What constitutes a disorder and what doesn't
- Mood, anxiety, dissociative, schizophrenia
- Normal vs. Abnormal, Crazy vs. Just Strange
- Charles Manson, Jeffrey Dahmer, Ozzy Osbourne, Ellen DeGeneres, Michael Jackson, Halle Berry, Ken Lay, Miley Cyrus, homeless person → categorize? → motivations?
- What Makes a "Disorder":
 - **Atypical**: different than normal
 - Thinking that "others" are after you
 - **Disturbing**: as determined by others (SOCIAL)
 - Murder, cannibalism, suicidal thoughts, talking loudly to yourself
 - **Maladaptive**: distressing/disabling, interferes w/ functioning
 - Depression, paranoia, addictions
 - **Unjustifiable**: can't be rationally justified
 - Thinking you are reincarnation of someone famous (schizophrenia)
 - Fearing that something bad is *always* about to happen (depression, anxiety)
- Classifying Disorders:
 - **Diagnostic & Statistical Manual of Mental Disorders (DSM-V)**
 - Criteria for diagnosing mental disorders
 - Classification describes clusters of symptoms:
 - Describe **symptoms**
 - Predict **future course**
 - Imply **treatment**
 - Stimulate research into **causes**
 - **OVER 400** categories
 - DSM-V Criteria for **Depression**: 5 or more symptoms present for 2-wk period (but must have 1 of first 2 → depressed mood OR no interest/pleasure)
- Issues in Understanding Disorders:
 - **How much distress & impairment** caused in person's life
 - Diagnosis = important (understand, treat)
 - Diagnosis can create **stigma, false expectations, erroneous perceptions**
- Prevalence of Various Disorders in College Students:
 - Anxiety 12%, Mood 11%, Alcohol Use 21%
- **Major Depressive Disorder**: 17%
 - "common cold" of mental disorders
 - **Symptoms**: 2+ weeks of symptoms for no obvious reason
 - **Gender**: Women almost 2x as likely to be diagnosed w/ depression
 - **Age**: Most often diagnosed in late adolescence through adulthood
 - **Gender/Age**: Females increase until age 50, then drop; Males increase until age 20, drop until age 40, increase until age 50, drop until age 60, evens out
- Causes of Depression:
 - **Biological**
 - Genetics: identical twins → 50% chance one will get it if other has had it
 - Norepinephrine & Serotonin levels = lower
 - **Social**

- Loneliness: disruptions in social relations
- o **Cognitive**
 - Learned Helplessness: can't control important things in life
 - Negative Explanatory Style: blame negative events on factors
 - **internal** (my fault)
 - **stable** (won't change)
 - **global** (affects whole life)
 - Rumination: pattern of brooding, repetitive thinking about negative events
 - Thinking about event makes it worse → increase depression
- **Major Depressive Disorder Treatment**:
 - o **Cognitive techniques**: ID negative thoughts, replace w/ adaptive thoughts
 - o **Selective Serotonin Reuptake Inhibitors (SSRIs)**: Prozac
 - o **Electroconvulsive ("shock") therapy**: extreme, not common