

Psychological Disorders

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Abnormal Psychology

concerned with understanding cause and effects of mind, mood, and behavioral disorders

Evaluations of Behavior: Deviance

violates standards of conduct/expectations of group

Evaluations of Behavior: Distress

based on individual report of great personal stress

Evaluations of Behavior: Dysfunction

interferes with relationships and work; social problems

Evaluations of Behavior: Danger

danger to self or to others

Modern Theoretical Perspectives on Psychological Disorders: Psychodynamic

result of intrapsychic conflict
manifestation of early childhood experience

Modern Theoretical Perspectives on Psychological Disorders: Humanistic

what it means to be human
emphasis on own responsibility for behavior; positive regard from others

Modern Theoretical Perspectives on Psychological Disorders: Behavioral

result of classical or operant condition gone wrong

Modern Theoretical Perspectives on Psychological Disorders: Cognitive

distorted thinking
faulty perceptions

Modern Theoretical Perspectives on Psychological Disorders: Biological

abnormalities in nervous system
genetics

Modern Theoretical Perspectives on Psychological Disorders: Biopsychosocial

interaction of biological, psychological, and social factors

Diathesis (Predisposition) Stress Theory

people have different genetic vulnerabilities to particular psychological disorders
as stress increases, likeliness for disorder to appear increases

Anxiety Disorders

dread, worry, apprehension main symptom experienced
anxiety during times without control/unpredictability
cannot calm selves down; feel powerless to stop anxious feelings

Generalized Anxiety Disorder (GAD)

continuous, uncontrollable anxiety about multiple things
CONSTANTLY WORRYING
interrupts almost every aspect of life
cannot stop self from worrying; "what if..."

Panic Disorder

brief, abrupt, unprovoked repeated episodes of intense and uncontrollable anxiety
 no trigger; very random; unpredictable
 NOT LIKE PANIC ATTACKS (panic attacks are isolated events with specific triggers)

Phobias

- exaggerated fear of situation, activity, or thing
 - disrupts life; people alter lives to avoid phobia
 - acknowledge phobia is irrational
 - DIFFERENT FROM FEAR (people go out of their way to avoid trigger for phobia)
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Types of Phobias

- Specific (e.g. snakes, spiders, etc)
 - Social (e.g. embarrassing situations, public speaking, etc)
 - Agoraphobia (fear of public/open spaces)
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Post-Traumatic Stress Disorder (PTSD)

after individual has been in terrifying, life-threatening situation where harm/threat of harm was evident

victims of war, soldiers, victims of life-threatening event, victims of assault, etc
 people who do not receive support after trauma more likely to develop PTSD

Symptoms of PTSD

- uncontrollable re-experiencing (nightmares, flashbacks)
 - heightened arousal (insomnia, exaggerated startle responses, inability to concentrate)
 - active avoidance of thoughts/situations reminiscent of trauma (triggers); do not want to talk about it
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Comorbid

presence of coexisting disorder; secondary disorder

Obsessive Compulsive Disorder (OCD)

- persistent thoughts and impulses to perform rituals to relieve anxiety
 - have thoughts about thing; realize thoughts cause anxiety; want to resolve discomfort; come up with compulsion to stop obsession
 - feel powerless to stop themselves from doing compulsions and having obsessions
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OCD: Obsession

irrational thoughts/obsessions
 people with OCD KNOW that their thoughts are irrational

OCD: Compulsion

the behaviors/actions to "soothe" obsession

Mood

prolonged emotional state that can influence all aspects of thoughts and behaviors

Mood Disorders

intense and prolonged moods that can promote harmful actions and behaviors

Depressive Disorders

prolonged sadness, self-blame, and worthlessness

Major Depression: Symptoms

- irritability
 - restlessness
 - weight gain/loss
 - no change in symptom after 2 weeks
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Major Depression: Causes

- negative thought pattern; hopelessness theory
 - stressful experiences (i.e. loss)
 - genetic predisposition
 - brain mechanisms (i.e. neurotransmitters)
 - adaptive evolutionary bases (e.g. dark winters, loss of loved ones, repeated failure)
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Hopelessness Theory (Abramson)

depression results from negative thinking pattern about negative events

- negative event will have disastrous consequences
 - negative event reflects negative personal quality
 - attributes cause of negative event to something that is stable and global
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Dysthymia

- lower form of major depression
 - lasts for a longer time (2 years)
 - no happiness/optimism for a while
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Post-Partum Depression (PPD)

- after woman gives birth
 - NOT like baby blues
 - changes in hormones
 - 6 weeks after baby's birth
 - Post-Partum Psychosis: wanting to harm baby and/or self
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Seasonal Affective Disorder (SAD)

fluctuations in mood depending on seasons
dependent on light exposure

Bipolar Disorders

- mood swings in both directions (depressive/low and manic/high)
 - Bipolar I: at least 1 depressive and 1 manic episode
 - Bipolar II: high phase less extreme (hypomania=less extreme mania)
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Possible Causes of Sex Differences in Prevalence of Disorders

- tendency to report/suppress distress
 - sex expectations of clinicians
 - stress from social roles
 - response to stress
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