

48% (an underestimate) of population will have a psychological disorder sometime in their life.

25% a year (see below)

We tend to think about groups/statistics, not real people (which we should be).

Younger adults and children are showing higher rates than 48% would suggest.

What is a psychological disorder?



□ Barron- Thought and behavior that are maladaptive and cause problems in individuals daily functioning. Cause them distress.

- *Abnormal*- deviates from norm (lefties, PhD's)
- *Maladaptive*- behavior is disruptive (better explanation than abnormal. But not everyone w/ disorder meets that criteria)
- *Personal Distress*- Nothing fun. Don't WANT it.

∩ *Combination of three factors make up a good definition of psychological disorders.*

Subjective aspects here.

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∩ 1 Year prevalence Rates:

- *26.2% of adults suffer from a diagnosable disorder each year.*
- Many people suffer and go untreated, or as a part of uncollected data
- *21% of Children suffer from a diagnosable disorder each year*
- Comorbidity is more than one disorder at the same time (common)

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∩ **Explaining Psychological Disorders:**

- (CLICKER QUESTION) Why do people develop psychological disorders? Chemical imbalances, environmental factors, genetics, early childhood experiences, distorted thought processes. (They all interact together)

▮ **Biological Approach**

- Abnormal behavior results from physical dysfunction. See's it as illness.
 - *Chemical imbalances*
 - *Over/Under activation, distorted thoughts*
 - *Genetics*

▮ **Psychological Explanations:**

- Result of past and present life experiences
 - *Psychodynamic- intrapsychic conflict (freud, id/superego/ego)*
 - *Behavioral- abnormal behavior is learned*
 - *Cognitive- distorted thinking (Ppl w/ depression feel hopeless, they can't succeed, that thinking leads to depression)*

▮ **Sociocultural Explanations:**

- Disorders occur within the context of society
 - *There's a contribution of society and culture into development of disorders. Never saw them in western culture until recently.*
 - **EX: Eating Disorders.** *Society influences it. America's high standards.*
 - **Pibloktoq-** *Brief psychotic disorder seen in populations in arctic circle. Brief excitement, eat poop, tear off clothes, seizures. Recover after 12-24 hours, don't remember any.*
 - **Koro-** *Seen in pop of south east asia. Hysterical. People concerned genitals are retracting into body, leading to death*
 - *Engaging in masturbation or eating tainted food to PULL genitals back out of body.*
 - *Different cultures do diff things. Some cultures, adolescents go by themselves in their rooms and don't go by people, some (U.S) rebel against parents. All need care, just show it in different ways.*
 - *Gender. Some disorders are more common in women and some in men. (These vary by culture)*

▮ **Incidence Rates of Common Psychological Disorders**

- Types of disorder Men Women

o Anxiety	19%	31%
o Depression	15%	24%
o Substance Abuse	35%	18%
o Schizophrenia	0.6%	0.8%
o Antisocial Personality	6%	1%

- *Women- (encouraged to have and talk about feelings)*
 - o *Anxiety, Depression*
- *Men- (encouraged not to talk about feelings, gay, turn to substances)*
 - o *Substance Abuse, Antisocial Personality, higher suicide rate*
- *Differences in Power. Women have to worry about threats to safety in ways that men don't. Women more likely to be targets of assault and violence.*

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□ **Mental Illness as a Myth- What causes it??**

! □ **Thomas Szaz- problems in living not mental illness.** A way to label people we don't wanna think about. If someone is crazy it's easier to ignore them. Also when we use a diagnostic label, we're taking power and responsibility away from them. Gives us a convenient way to get out of things. Need experts to help change behavior, can't do it themselves.

□ **Interactionist Approach**

- No single cause. Can't reduce abnormal or normal behavior. There's multiple forces, all work together Forces:
 - o **Diathesis- stress model**, we all have a tendency or risk towards disorders, but we need some sort of environmental event for it to manifest itself.
 - o **Biopsychosocial Model-** Biological, psychological, and social disorders. Combination of them. Our experiences change biological structure, change neurochemicals, change the way we think/interact with the world. Each of the 3 influence each other.

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□ ***Changing the way we think about the world can impact the severity of disorder and its symptoms, or even if it's there at all!***