

PSY 201: Section 4 - General Psychology
Exam 4: Preparation Guide

Lecture 17: Psychological Disorders (Chapter 14)

1. What are the two ways of operationalizing psychopathology?

Statistical abnormality and social nonconformity

2. What factors influence whether we view behavior as normal or abnormal?

Situational context, cultural relativity, subjective distress

3. What is the primary diagnostic tool used and what system does it use?

DSM-5; categorical

4. How can a diagnosis be a problem? How did the Rosenhan study illustrate this?

Labeling; in Rosenhan study, mentally ill weren't actually ill

5. What are the primary mood disorders? What are the essential features or symptoms of each?

- Major Depressive Disorder: sadness, despondency, hopelessness, fatigue
- Bipolar 1 Disorder: Must include mania- loud, energetic, elevated, grandiose
- Bipolar 2 Disorder: Milder symptoms (hypomania)
- Dysthymia: Symptoms that are mild and present for awhile
- Cyclothymia: Seasonal affective disorder

6. What neurotransmitters are implicated in the presence of mood disorders?

- Serotonin
- Dopamine
- Post-partum hormones

7. What are some reasons we experience anxiety?

- Heredity and environment

8. What are the primary anxiety disorders? What are their essential symptoms?

- Generalized anxiety disorder: chronic anxiety, worrying, physiological symptoms, restlessness, fatigue, etc.
- Panic disorder: anxiety attacks, tunnel vision, racing heart, nausea, fainting, shaking
- Specific phobias:
- Agoraphobia (fear of the marketplace)

- Social phobia
- OCD
- PTSD

9. **How is PTSD different from many other anxiety disorders? (related hint: what is etiology?)**

- PTSD is the only disorder that requires a specific event for diagnosis.
- Etiology: the cause of a disease

10. **What treatments are used for anxiety disorders?**

Lecture 18: Psychological Disorders Part II (Chapter 14)

1. **How is psychosis defined? What are its two core features and what do they mean?**

- Psychosis is a withdrawal from reality marked by hallucinations and delusions, disturbed thought and emotions, and personality disorganization
- Core features: delusions and hallucinations

2. **What is the common feature of almost all psychotic disorders?**

- Disordered verbal communication (verbal salad)

3. **What are the six subtypes of delusional disorders? Be generally familiar with each (e.g., be able to identify an example). Which is most common?**

- Erotomanic- believing that everyone else is obsessed with you
- Grandiose- believe your ideas are great
- Jealous- not allowing people you love leave your sight
- Persecutory- the government/your friends/everyone is out to get you
- Somatic- delusions about health (ex. Brain is full of marbles)
- Mixed- a combination of these

4. **What are the four subtypes of schizophrenia?**

- Disorganized (bizarre thinking)
- Catatonic (unresponsiveness)
- Paranoid (related to a central theme)
- Undifferentiated (psychosis without the specific features of others)

5. **What neurotransmitter has been linked to schizophrenia?**

Dopamine

6. **What are the primary clusters of personality disorders?**

- Cluster A: odd/eccentric. Paranoid, schizoid
- Cluster B: dramatic/erratic/emotional. Antisocial, narcissistic, borderline
- Cluster C: anxious/ fearful. Avoidant, OCD, dependent

7. What are the five different personality disorders highlighted? What behaviors are typical of those, as illustrated by characters in various movies?

- Narcissistic (love themselves)
- Paranoid (someone is out to get them)
- Antisocial (convicts)
- Borderline (erratic moods, extremely sensitive -> suicidal)
- Dependent (clingy)

8. How did early treatment of mental illness start? What did our ancestors believe caused psychological problems and how were they treated?

- Trepanning- cutting holes into the skull
- Early treatments were based on the belief in demonology
- Exorcism was used to cast out evil spirits

9. Other than being the first true psychotherapy, why is it important to understand Freudian psychology?

- He looked to help patients gain insight on their inner conflicts.

10. According to Freud, what is the origin of mental illness? What is the main goal of therapy? What techniques are used in traditional Freudian psychoanalysis?

- Origin of mental illness: repressed memories, motives, and conflicts
- Main goal: to reduce internal conflicts that lead to emotional suffering
- Techniques:
 - Free association (allowing patient to say whatever comes to mind)
 - Dream analysis (analyzing the unconscious thoughts in dreams)
 - Analysis of resistance (psychologists can bring resistance (a patient resists to talk about something) into a patient's awareness)
 - Analysis of transference (the tendency of patients to transfer feelings to a therapist that correspond to those the patient had for important reasons in his or her past)

Lecture 19: Therapies (Chapter 15)

1. What are the basic aspects or dimensions most therapies can be defined by?