

Chapter 12: Psychological disorders

- Called 'abnormal psychology'
- When is a person's behavior abnormal vs. odd or weird?
 - Societal perspective - behavior that does not fit in with what is socially accepted
 - Individual perspective - behavior that fosters personal sense of unhappiness
 - Mental health professional perspective - behavior which keeps a person from functioning well
 - There is no exact distinguishing factor, often it is a quantitative difference
- Prevalence - frequency with which a given disorder occurs at a given time
 - In US mental health issues are 15% prevalent
 - Most common disorders are anxiety, phobias, and mood disorders
- Incidence - how many new cases are in a given time
- Historical views
 - Until 1800's people with mental disorders were viewed as witches, or possessed by demons
 - Treatment was cruel
 - In 1790's Philippe Pinel instituted first humane treatment with asylums
- Contemporary views
 - Biological model - physiological malfunctions of brain or endocrine system lead to mental illness
 - Psychoanalytic model - mental illness as symbolic expression of childhood conflict
 - Cognitive model - behavioral model
 - Diathesis - Stress model - mental illness arises from biological predispositions and stressful circumstances
- Classifying psychological disorders
 - Diagnostic and statistical manual of mental disorders is the main tool for classifying disorders
 - Mood disorders - peoples emotional experiences are very restricted
 - Depression - most common. Clinical depression is longer lasting and more severe. Symptoms are self blame, sleep disturbance, loss of interest. 2-3 times more prevalent in females
 - Mania/bipolar
 - Mania - euphoric, talkative, unrealistic thoughts
 - Bipolar - depression and mania alternate back and forth
 - Causes - genetic, biochemical, environmental, developmental
 - Anxiety disorders - people feel anxious for no reason
 - Specific phobia - paralyzing fear of something. Fear is unreasonable and excessive
 - Social, agora, etc
 - Panic disorders - recurring episodes of sudden, unpredictable and overwhelming terror

- Generalized anxiety disorder – prolonged, vague fears, closest to ‘neurotic’. Inability to relax
 - OCD – involuntary, repetitive, ritualistic behavior
 - Causes – evolutionary basis, genetics, psychological distress
- Psychosomatic and somatoform disorders – physical ailments caused by psychological stress
 - Tension headaches
 - Conversion disorder – when psychological distress is converted to physical symptoms
 - Hypochondriasis – when minor symptoms are interpreted as signs of a serious disease
 - Causes – traumatic past experiences, symptomatic behavior is rewarded, sometimes there are real health issues
- Dissociative disorders – when a part of a person's personality is separated
 - Dissociative amnesia – memory loss for certain events
 - Dissociative fugue – complete, temporary change in identity
 - Dissociative identity disorder – several distinct personalities emerge at different times
 - Depersonalization disorder – most common, feeling that you have changed, left your body, actions are dream like or mechanical.
- Sexual and gender identity disorders
 - Sexual dysfunction
 - Males – ED
 - Females – arousal disorder
 - Sexual desire disorder – lack of interest
 - Orgasmic disorders
 - Premature ejaculation
 - Vaginismus – muscle spasm which makes sex impossible
 - Paraphilia's – unusual situations used to obtain sexual arousal
 - Fetishes – repeated use of nonhuman objects for sexual activity.
 - Voyeurism – watching others have sex
 - Exhibitionism – exposing yourself to others
 - Frotterism – touching/rubbing others in public
 - Transvestic Fetishism – wearing clothes of opposite sex
 - Sexual sadism – inflicting pain or humiliation on your partner
 - Sexual masochism – receiving pain from your partner
 - Pedophilia – sexual attraction to children under age 13
 - Gender identity disorders – desire to become the opposite sex
- Personality disorders – disordered personality ranging from eccentrics to murders
 - Schizoid personality disorder – odd, eccentric behavior. Socially awkward
 - Paranoid personality disorder – suspicious, mistrustful, secretive
 - Dependent personality disorder – inability to make your own decisions, fear of rejection
 - Avoidant personality disorder – fearful of rejection, timid, isolated, want social contact.
 - Narcissistic personality disorder – sense of self importance, need for constant attention

- o Borderline personality disorder - impulsive and self destructive, manipulative, trouble with personal boundaries
 - o Antisocial personality disorder - charming on the surface, but constantly lying, stealing, prone to violence and crime
- Schizophrenic disorders - does not mean split personality. Thoughts are disorders
 - o Those with schizophrenia are psychotic
 - Psychotic does not equal insanity.
 - o Schizophrenia is characterized by hallucinations such as hearing voices or delusions
 - o Disorganized schizophrenia - active but aimless, giggling, grimacing, frantic gesturing
 - o Catatonic schizophrenia - severely disturbed motor activity. Mute, immobile
 - o Paranoid schizophrenia - extreme suspiciousness, complex delusions, angry reactions
 - o Undifferentiated schizophrenia - delusions, hallucinations, incoherence in absence of paranoia
 - o Causes - genetic predisposition, faulty regulation of neurotransmitters, diathesis/stress model
- Childhood disorders
 - o ADHD
 - Present in 3-5% of the population
 - More prevalent in boys than girls
 - Treated with psychostimulants
 - o Autistic disorder - failure to form strong attachments to parent. Delays in speech and disturbed motor behavior.
 - Autism falls on a spectrum from severe to mild (Asperger's)
 - Cannot understand emotions
- Gender and cultural differences
 - o Women more likely to seek help than men
 - o Strong genetic basis occurs in both men and women
 - o With environmental components, there a difference between the sexes
 - Men have more substance abuse and antisocial disorder
 - Men who are single have a higher rate of mental disorder, women who are married have a higher rate of mental disorder
 - o Ataque de nervios - seen in Latinos, feeling out of control, fainting, trembling
 - o Taijin Kyofusho - Japanese, morbid fear of being offensive to others
 - o Latah - South East Asia, socially created enhancement of startle response