

In Class Notes: Test 4

Psychological Disorders Part 1

What is Normal?

- psychopathology: scientific study of mental, emotional, and behavioral disorders
- can operationalize in a variety of ways
 - statistical abnormality
 - very high or low scores on some dimension
 - Ex: IQ, Anxiety, Depression, Personality
 - social nonconformity
 - disobeying or ignoring public standards for acceptability
 - being eccentric is not necessarily crazy
 - too strictly following social norms can be bad
- Factors to consider
 - situational context
 - crying spells, sleeping all day, uninterested in socializing, loss of appetite=symptoms=depression=grief
 - cultural relativity
 - judgments are made relative to one's cultural values
 - Ex: hearing voices (in our cultural=schizophrenia)(in another cultural=could be divine voices, respectable)
 - subjective distress
 - personal feelings of pain, unhappiness
- Core Feature= is it maladaptive?
 - behavior causing more problems than it is solving
 - is their condition making life worse for them

Classifying Psychological Disorders

- Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (5th Edition)
 - designates lists of observable symptoms for a particular disorder
 - categorical system=places things in categories
 - it is a presents or absence of a particular symptoms (you either have it or you don't)
 - descriptive- not much emphasis placed on etiology (the cause)
 - a-theoretical
 - causes difficult to investigate

- utility/function
- problem with diagnosis=labeling
 - stigma (makes people think negative things about themselves)
 - Rosehan Study
 - took undergrad students and they went to a psychiatric hospital to admit themselves
 - they were hearing voices, they went in and got diagnosed
 - then they said they didn't hear them anymore
 - they will always have that diagnosis
 - thought psychiatric hospitals were dehumanizing people
 - no visitors
 - a place for people in society that we do not understand or just simply do not want around

Mood Disorders

- characterized by strong disturbances in emotion
 - 9.5% of the US population meet the criteria for mood disorders
- characterized by emotional extremes
 - depressive disorders
 - symptoms: sadness, despondency, hopelessness, fatigue, worthlessness, sleeping/eating changes
 - major depressive disorder
 - over two week period, 5 or more of the following
 - depressed/sad mood
 - anhedonia (lost of interest in things that used to be fun)
 - change in eating/appetite/weight
 - sleep
 - motor activity (depressed people move slowly)
 - fatigue
 - self-worth
 - concentration
 - thoughts of death
 - Between 10-25% of women and 5-12% of men have had this
 - usually hits you in the mid-20s
 - dysthymia
 - when you are depressed or sad your whole life
- Bipolar disorders

- symptoms: have depressive symptoms but also must include mania
loud, energetic, elevated, hyperactive grandiose
- Bipolar I disorder
 - at least 1 week of three or more:
 - inflated self-esteem or grandiosity
 - decreased need for sleep
 - more talkative/pressured speech
 - flight of ideas/racing thoughts
 - distractibility
 - increased goal-directed activity
 - excessive involvement in pleasurable activities
 - called a manic episode= people don't really want treatment
- Bipolar II Disorder
 - milder symptoms (hypomania)
- cyclothymia
 - have periods of increased "hyper" behavior
- Seasonal Affective Disorder
 - people's mood changes depending on the time of the year

Causes of Mood Disorders

- biological factors
 - related to serotonin and dopamine
 - if someone in your family was depressed you are more likely to have depression
 - hormones (post-partum=happens after childbirth)

Anxiety Disorders

- Anxiety= feelings of apprehension, dread, uneasiness
 - adaptive and normal for most people
- Considered a disorder if it's so intense it interferes with daily life
 - used to be called nervous breakdown
- Adjustment disorder
 - when you do not adjust well to a change in your life
 - emotional disturbance related to common life experiences
- Generalized Anxiety Disorder (GAD)
 - chronic anxiety, worrying, physiological symptoms, restlessness, fatigue, etc
 - 3.1% of Americans, usually starts in early 30s, ore women than men