

- **Abnormal**
 - Personal distress
 - Violation of social norms
 - Harmful dysfunction
 - Impairment
- **Beliefs about disorders**
 - **Ancient Greeks**
 - The gods punished humans by causing madness
 - Hippocrates suggested a link to the brain
 - **Middle ages**
 - “The Demonic Model” = possession by the devil
 - Punishment for sin
 - “Witches”
 - **Renaissance**
 - “Medical Model”
 - Asylums
 - Moral treatment
 - **The Modern Era**
 - 1950's
 - Dramatic change in treatment of mentally ill
 - Deinstitutionalization
 - Community mental health centers
- **Culture Bound Disorders**
 - Certain conditions are culture bound
 - Remain poorly researched
 - May be variants of conditions in Western Culture
 - E.g., social anxiety
 - Individualistic vs. Collectivistic
 - Many mental disorders appear to be universal across cultures (e.g., schizophrenia, alcoholism)
- **Misconceptions**
 - Psychiatric diagnosis is nothing more than pigeonholing
 - Psychiatric diagnoses are unreliable
 - Psychiatric diagnoses are invalid
 - Robins and Guze criteria for validity
 - Psychiatric diagnoses stigmatize people
- **Classification**
 - Psychodynamic Diagnostic Manual (PDM)
 - DSM-IV-TR Diagnostic and Statistical Manual
 - Multiaxial system
 - Diagnostic criteria
 - Warns to think organic
 - Gives prevalence rates
 - **DSM-IV**
 - **5 Axes**
 - **Clinical Syndromes—Axis 1**

- Developmental
- Learning/Attention
- Mood
- Anxiety—most prevalent of all disorders
 - 29% of us will meet criteria for an anxiety disorder at some point in our lives
 - Average age of onset=11 years
 - **Generalized Anxiety Disorder**
 - Broad spectrum worry
 - Feelings of impending negative events
 - Many topics
 - Physical symptoms: GI problems, ulcers, headaches
 - May be specific or nonspecific
 - Arousal of sympathetic nervous system
 - **Panic Disorder**
 - Abrupt attacks of acute anxiety
 - "Panic Attacks"
 - Repeated and unexpected
 - Feels like a heart attack
 - Fear of dying or going crazy
 - May last minutes or hours
 - Symptoms tend to peak in 10 min.
 - Choking, racing heart, numbness, nausea, sweatiness, shortness of breath
 - Feeling like it's all in their head
 - Some are associated with specific situations
 - Can have with or without **agoraphobia**—fear of being in a place or situation in which escape is difficult
 - Misconception—agoraphobia is a fear of crowds or public places
 - **Phobias**—Intense, irrational, sometimes debilitating fear of specific objects or situations
 - Situation avoided or endured with great distress
 - **Agoraphobia**
 - **Claustrophobia**
 - **Social Phobia**
 - Fear of public situations and scrutiny leading to embarrassment or humiliation
 - Public speaking
 - Eating in front of others
 - Writing in front of others
 - Recognize fear as excessive or unreasonable

- May lead to panic attack
 - Avoidance
 - Can be generalized if includes multiple situations
- **OCD—obsessive-compulsive disorder**
 - “If I don't do _____, bad things will happen”
 - **Obsessions**—recurrent, persistent, anxiety-provoking thoughts/images; experienced as intrusive & causes marked distress
 - Have I locked the door, are my hands clean? Etc.
 - **Compulsions**—ritualistic/repetitive behaviors or mental acts that reduce the anxiety connected with obsessions. Aimed at reducing distress
 - Ex. Checking the doors, washing hands, counting, etc.
- **PTSD—post traumatic stress disorder (PTSD)**
 - Begins with a life threatening event
 - Flashbacks/reliving
 - Intense fear
 - Avoidance
 - Nightmares
 - Overall anxiety
 - Defensiveness or aggression
- **Mood Disorders**
 - **Major depressive disorder**—low mood (feeling down/sad), little interest or pleasure in normally enjoyable activities (need at least one of these)
 - Changes in sleep, appetite, feelings of hopelessness, guilt, worthlessness, indecision, psychomotor retardation/agitation
 - Suicidal ideation
 - Far more prevalent in women
 - Maybe report more
 - **Dysthymia**—less severe but longer lasting symptoms
 - “low level depression”
 - Persists for at least 2 years
 - Chronic depression
 - **Seasonal affective disorder**—depressive episode with a seasonal pattern
 - Most common in fall or winter
 - Must occur in 2 consecutive years
 - Light therapy