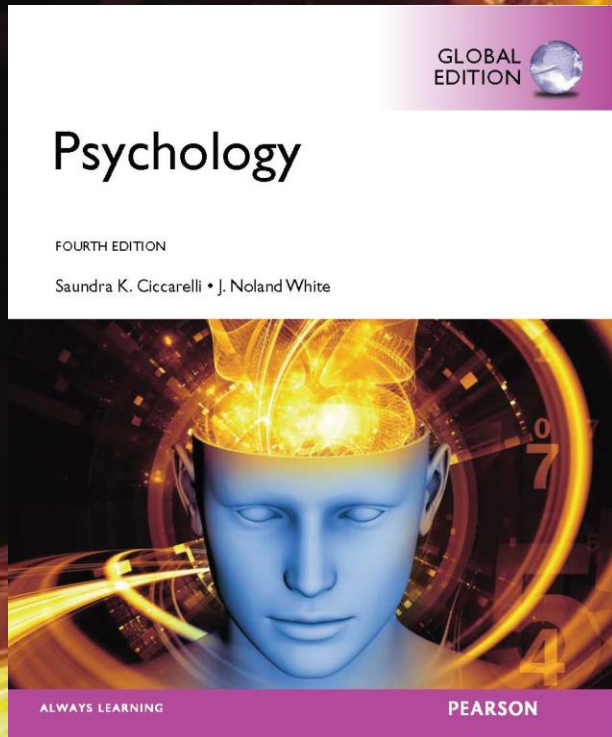


Chapter 14

Psychological Disorders



psychology
fourth edition, global edition

Definitions of Abnormality

LO 14.1 Explanations of Mental Illness and Defining Abnormal Behavior

- Psychopathology
 - the study of abnormal behavior
- Definition of abnormality
 - Is the behavior unusual?
 - Does the behavior go against social norms?
 - Does the behavior cause the person significant subjective discomfort (e.g., emotional distress)?
 - Is the behavior maladaptive, or does it result in an inability to function?
 - Does the behavior cause the person to be dangerous to self or others?

Definitions of Abnormality

LO 14.1 Explanations of Mental Illness and Defining Abnormal Behavior

- Psychological disorder
 - any pattern of behavior that causes people significant distress, causes them to harm themselves or others, or harms their ability to function in daily life

Models of Psychopathology

LO 14.2 How Disorders Relate to Biological and Psychological Models

- ***Biological*** model
 - explains psychological disorders as caused by biological changes
 - biological changes in the chemical, structural, or genetic systems of the body

Models of Psychopathology

LO 14.2 How Disorders Relate to Biological and Psychological Models

- *Psychological models*
 1. *Psychodynamic theorists*
 - abnormal behavior stems from repressed thoughts, memories, and concerns in the unconscious mind
 2. *Behaviorists*
 - abnormal behavior is viewed as a set of learned responses
 3. *Cognitive theorists*
 - abnormal behavior comes from irrational beliefs and illogical patterns of thought

Models of Psychopathology

LO 14.2 How Disorders Relate to Biological and Psychological Models

- *Sociocultural* model
 - abnormal behavior is viewed as the product of family, social, and cultural influences
 - cultural relativity: the need to consider the unique characteristics of the culture in which behavior takes place
- *Biopsychosocial* model
 - incorporates biology, psychology, and culture into a single explanation of abnormal behavior

Labeling Disorders

LO 14.3 Types of Psychological Disorders

- International Classification of Diseases (ICD)
 - an international resource published by the World Health Organization (WHO)
 - currently in its tenth edition (ICD-10)
- Diagnostic and Statistical Manual (DSM)
 - manual of psychological disorders and their symptoms
 - currently in its fifth edition (DSM-5)
 - lists over 250 different psychological disorders
 - describes typical course of illness

Labeling Disorders

LO 14.3 Types of Psychological Disorders

- **Pros**
 - establish distinct categories of diagnosis for treatment and understanding
 - provide a common language to professionals
 - allow psychological professionals to communicate clearly and efficiently
- **Cons**
 - overly prejudicial
 - bias judgment

Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

- The main symptom is excessive or unrealistic worry and fearfulness
1. Generalized anxiety disorder: excessive anxieties and worries over many activities and events

Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

2. Phobia: an irrational, persistent fear of an object, situation, or social activity
 - Social phobia (social anxiety disorder): fear of interacting with others or being in social situations that might lead to a negative evaluation
 - Specific phobia: fear of objects or specific situations or events

Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

Table 14.2

Common Phobias and Their Scientific Names

FEAR OF	SCIENTIFIC NAME
Washing and bathing	Ablutophobia
Spiders	Arachnophobia
Lightning	Ceraunophobia
Dirt, germs	Mysophobia
Snakes	Ophidiophobia
Darkness	Nyctophobia
Fire	Pyrophobia
Foreigners, strangers	Xenophobia
Animals	Zoophobia

Source: Adapted from Culbertson (2003).

Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

3. Panic disorder: panic attacks occur frequently enough to cause the person difficulty in adjusting to daily life
 - Panic attack
 - sudden onset of intense panic
 - multiple physical symptoms of stress occur
 - often with feelings that one is dying

Obsessive-Compulsive Disorder

LO 14.4 Types and Symptoms of Anxiety Disorders

- Obsessive-compulsive disorder: intruding, recurring thoughts or obsessions create anxiety that is relieved by performing a repetitive, ritualistic behavior (compulsion)

Disorders of Trauma and Stress

LO 14.4 Types and Symptoms of Anxiety Disorders

- Acute stress disorder (ASD): a disorder resulting from exposure to a major, traumatic stressor
 - symptoms include anxiety, dissociation, recurring nightmares, sleep disturbances, problems in concentration, and moments in which people seem to relive the event in dreams and flashbacks
 - lasting as long as one month after the event

Disorders of Trauma and Stress

LO 14.4 Types and Symptoms of Anxiety Disorders

- Posttraumatic stress disorder (PTSD): the symptoms associated with ASD last for more than one month

Causes of Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

- ***Biological*** explanations of anxiety disorders
 - genetics
 - chemical imbalances in the nervous system
 - more activity in amygdala and limbic system

Causes of Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

- *Psychodynamic* explanations point to repressed urges and desires that try to enter conscious, creating anxiety that is controlled by the abnormal behavior
- *Behaviorists* believe that disordered behavior is learned through both positive and negative reinforcement

Causes of Anxiety Disorders

LO 14.4 Types and Symptoms of Anxiety Disorders

- *Cognitive psychologists* believe that excessive anxiety comes from illogical, irrational thought processes
- Irrational thinking
 - magnification: interpret situations as far more dangerous, harmful, or important than they actually are
 - all-or-nothing thinking: the belief that one's performance must be perfect or the result will be a total failure
 - overgeneralization: interpret a single negative event as a never-ending pattern of defeat and failure
 - minimization: give little or no importance to one's successes or positive events and traits

Mood Disorders

LO 14.5 Types of Mood Disorders and Their Causes

- Affect: in psychological terms, *emotion* or *mood*
- Mood disorders: severe disturbance in mood

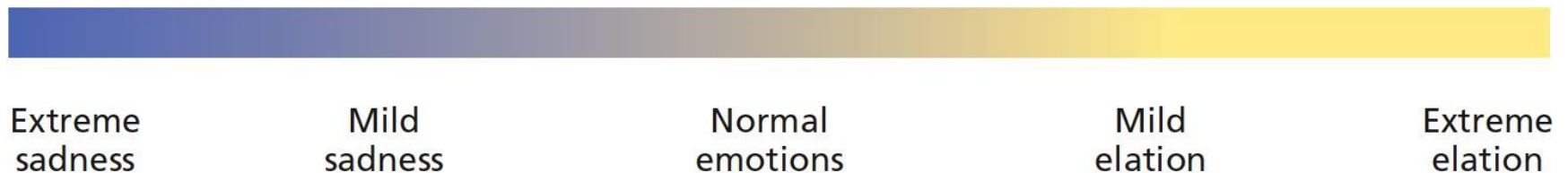


Figure 14.1 The Range of Emotions

Most people experience a range of emotions over the course of a day or several days, such as mild sadness, calm contentment, or mild elation and happiness. A person with a mood disorder experiences emotions that are extreme and, therefore, abnormal.

Mood Disorders: Types

LO 14.5 Types of Mood Disorders and Their Causes

- Major depressive disorder: severely depressed mood that comes on suddenly and seems to have no external cause
 - may include thoughts of death or suicide
 - most common of diagnosed disorders of mood
- Bipolar disorder: mood swings between depressive episodes and manic episodes
 - manic episode: a period of excessive excitement, energy, and elation or irritability

Mood Disorders: Causes

LO 14.5 Types of Mood Disorders and Their Causes

- *Biological* theories look at the function of serotonin, norepinephrine, and dopamine systems in the brain
 - genetic origins
- *Behavioral* theories link depression to learned helplessness
- *Cognitive* theories see depression as the result of distorted, illogical thinking

Eating Disorders: Types

LO 14.6 Types of Eating Disorders

- Bulimia nervosa
 - A person develops a cycle of “binging,” or overeating enormous amounts of food at one sitting, and then using unhealthy methods to avoid weight gain
- Binge-eating disorder
 - A condition involves uncontrolled binge eating but differs from bulimia primarily in that individuals with binge-eating disorder do not purge
- Anorexia nervosa
 - A person reduces eating to the point that their body weight is significantly low, or less than minimally expected
 - in adults, this is likely associated with a BMI <18.5

Eating Disorders: Causes

LO 14.6 Types of Eating Disorders

- Greatest risk factors appear to be someone being an adolescent or young adult female
- Genetic components appear to be significant

Dissociative Disorders

LO 14.7 Types of Dissociative Disorders

- Dissociative disorders: disorders in which there is a break in conscious awareness, memory, the sense of identity, or some combination

Dissociative Disorders: Types

LO 14.7 Types of Dissociative Disorders

- Dissociative amnesia: loss of memory for personal information, either partial or complete
- Dissociative fugue: traveling away from familiar surroundings with amnesia for the trip and possible amnesia for personal information
- Dissociative identity disorder (DID): disorder occurring when a person seems to have two or more distinct personalities within one body
- Depersonalization/derealization disorder: dissociative disorder in which sufferers feel detached and disconnected from themselves, their bodies, and their surroundings

Dissociative Disorders: Causes

LO 14.7 Types of Dissociative Disorders

- *Biological* explanations point to lower than normal activity levels in the areas responsible for body awareness in people with dissociative disorders
- *Psychodynamic* explanations point to repression of memories, seeing dissociation as a defense mechanism against anxiety
- *Cognitive and behavioral* explanations see dissociative disorders as a kind of avoidance learning

Schizophrenia

LO 14.8 Main Symptoms, and Causes of Schizophrenia

- Schizophrenia: a severe disorder in which the person suffers from disordered thinking, bizarre behavior, and hallucinations, and is unable to distinguish between fantasy and reality

Schizophrenia: Symptoms

LO 14.8 Main Symptoms, and Causes of Schizophrenia

- Delusions: false beliefs held by a person who refuses to accept evidence of their falseness
 - delusions of persecution
 - delusions of reference
 - delusions of influence
 - delusions of grandeur (or grandiose delusions)
- Hallucinations: false sensory perceptions, such as hearing voices that do not really exist
- Disorganized: Speech and thought disturbances
- Catatonia: statue-like immobility
- Flat affect: a lack of emotional responsiveness

Schizophrenia: Symptoms

LO 14.8 Main Symptoms, and Causes of Schizophrenia

- Positive symptoms:
 - excesses of behavior or occur in addition to normal behavior
 - hallucinations, delusions, and distorted thinking
- Negative symptoms:
 - less-than-normal behavior or an absence of normal behavior
 - poor attention, flat affect, and poor speech production

Schizophrenia: Causes

LO 14.8 Main Symptoms, and Causes of Schizophrenia

- **Biological** explanations focus on dopamine, structural defects in the brain, inflammation, and genetic influences

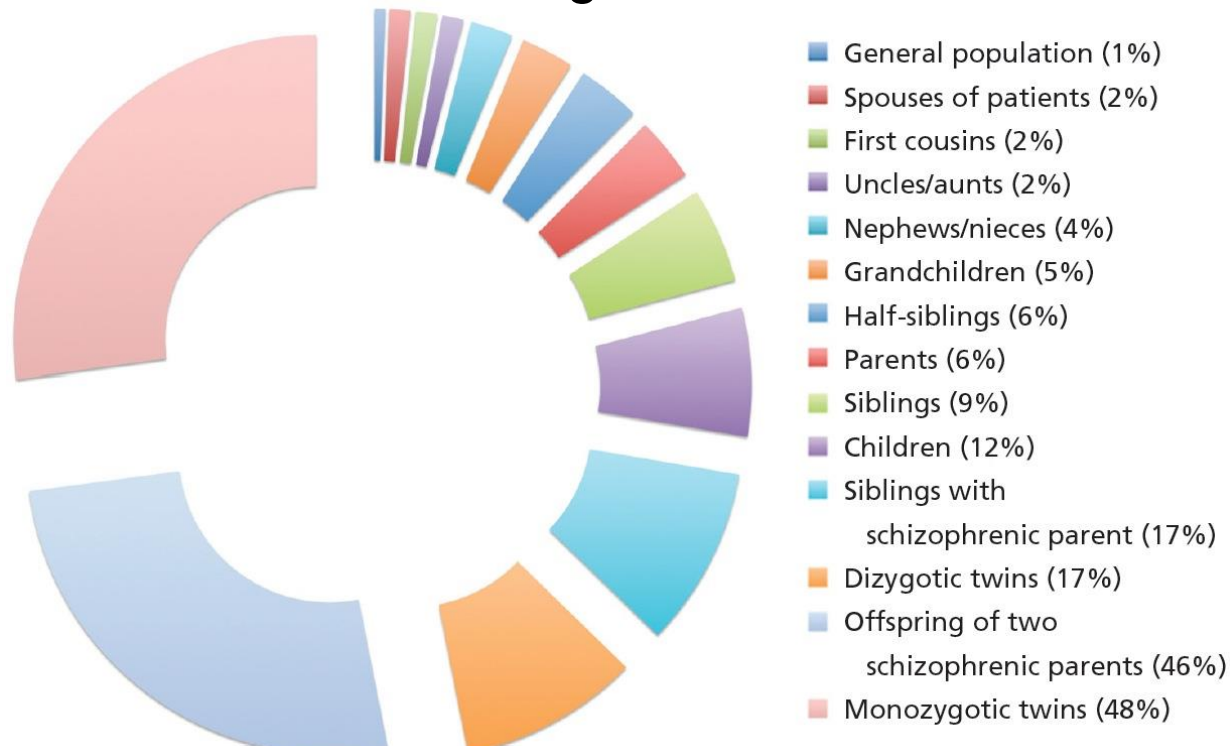


Figure 14.2 Genetics and Schizophrenia

This chart shows a definite pattern: The greater the degree of genetic relatedness, the higher the risk of schizophrenia in individuals related to each other. The only individual to carry a risk even close to that of identical twins (who share 100 percent of their genes) is a person who is the child of two parents with schizophrenia. Based on Gottesman (1991).

Schizophrenia: Causes

LO 14.8 Main Symptoms, and Causes of Schizophrenia

- ***Stress-vulnerability model***
 - biological vulnerability for schizophrenia
 - environmental or emotional stress at critical times in development

Personality Disorders

LO 14.9 Types and Causes of Personality Disorders

- Personality disorder: a person adopts a persistent, rigid, and maladaptive pattern of behavior that interferes with normal social interactions
- 10 personality disorders falling in 3 groups
 - Cluster A: seen as odd or eccentric (Paranoid, Schizoid, Schizotypal)
 - Cluster B: behavior is dramatic, emotional, or erratic (Antisocial, Borderline, Histrionic, Narcissistic)
 - Cluster C: the main emotion is anxiety or fearfulness (Avoidant, Dependent, Obsessive-Compulsive)

Personality Disorders

LO 14.9 Types and Causes of Personality Disorders

- Antisocial personality disorder: a person has no morals or conscience and often behaves in an impulsive manner without regard for the consequences of that behavior
- Borderline personality disorder: a person is moody and unstable and has intense and relatively unstable relationships with others

Causes of Personality Disorders

LO 14.9 Types and Causes of Personality Disorders

- *Biological* explanations look at genetic factors and stress hormones
- *Cognitive-learning* theorists see personality disorders as a set of learned behavior that has become maladaptive
 - bad habits learned early on in life
 - belief systems of the personality disordered person are seen as illogical
- Other possible causes of personality disorders may include disturbances in family communications and relationships, childhood abuse, neglect, overly strict parenting, overprotective parenting, and parental rejection