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Introduction to Psychology

Name: _____ Date: _____

Lecture Series: Chapter 15 Psychological Disorders

Pages: 26

TEXT: Lefton, Lester A. and Brannon, Linda (2003). **PSYCHOLOGY**. (Eighth Edition.)
Needham Heights, MA: Allyn and Bacon.

Principal Features

[Page]

What is Abnormal Psychology?

A Definition

Complete the following:

"**Abnormal behavior** is behavior characterized as (526)

(1) not ...

(2) socially

(3) distressing to the person who

(4)

(5) the result of

A Definition

[Page]

" ... abnormal behavior is *not typical*."

[Illustration] Abnormal behavior is not typical.

(526)

" ... abnormal behavior is often *socially unacceptable*."

[Illustration] Abnormal behavior often socially unacceptable.

(527)

" ... a person's abnormal behavior often causes *distress* to the person or to those around the person."

[Illustration] Abnormal behavior often causes distress.

A Definition

(Continued)

[Page]

" ... abnormal behavior is usually *maladaptive*."

[Illustration] Abnormal behavior is usually maladaptive.

(527)

" ... abnormal behavior is often the result of *distorted cognitions* (thoughts)."

[Illustration] Abnormal behavior is often the result of distorted cognitions (thoughts).

Using the sociocultural approach, researchers such as Thomas Szasz go so far as to say that maladjustment and mental illness are socially constructed and defined—abnormal behaviors are whatever the society fails to accept."

Question: What is the *self-fulfilling prophecy* of abnormal behavior?

Perspectives on Abnormality

[Page]

"(Mental health) practitioners often turn to theories and models that attempt to explain the causes of abnormality."

[Description] Mental health model.

(528)

■ THE MEDICAL-BIOLOGICAL MODEL.

"The *medical-biological model* of abnormal behavior focuses on the physiological conditions that initiate and underlie abnormal behaviors."

[Description] Medical-biological model.

■ THE PSYCHODYNAMIC MODEL.

[Page]

"The *psychodynamic model* of abnormal behavior is loosely rooted in Freud's theory of personality."

[Description] Psychodynamic model.

(529)

■ THE HUMANISTIC MODEL.

"... the *humanistic model* of abnormal behavior assumes that inner psychic forces are important in establishing and maintaining a fulfilling lifestyle."

[Description] Humanistic model.

■ THE BEHAVIORAL MODEL.

[Description] Behavioral model.

■ THE COGNITIVE MODEL.

[Page]

"The *cognitive model* of abnormal behavior asserts that human beings engage in both prosocial and maladjusted behaviors because of their thoughts."

[Description] Cognitive model.

(529)

■ THE SOCIOCULTURAL MODEL.

"According to the *sociocultural model* of abnormal behavior, people develop abnormalities within and because of a context—the context of the family, the community, and the society."

[Description] Sociocultural model.

(529-530)

■ THE EVOLUTIONARY MODEL.

[Page]

"According the *evolutionary model*, abnormal behavior may arise from several types of circumstances."

[Description] Evolutionary model.

(530)

■ WHICH MODEL IS BEST?

"Each of the models ... looks at maladjustment from a different perspective."

[Illustrations] Eclectic approach.

■ BE A CRITICAL THINKER.

"People have developed a whole range of ideas about abnormality, and a veil of misunderstanding still surrounds mental illness in many people's minds."

"Do you have a favorable model?"

Diagnosing Psychopathology: The *DSM*

[Page]

"The American Psychiatric association has devised a system for diagnosing maladjusted behavior—*The Diagnostic and Statistical Manual of Mental Disorders*, usually called the *DSM*."

[Description] The Diagnostic and Statistical Manual of Mental Disorders (DSM).

(531-533)

■ DIVERSITY AND DIAGNOSIS.

[Page]

"Research shows that the likelihood of a specific diagnosis is related to ethnicity and culture."

[Illustration] Diagnosis related to ethnicity and culture.

(533-534)

Anxiety Disorders

"Everyone experiences anxiety

[Illustrations] Anxiety disorders.

(535)

Defining Anxiety

[Page]

"Karen Horney, a neo-Freudian renowned for her work on anxiety, described it as a central factor in both normal and abnormal behavior."

[Illustrations] Anxiety and neurosis.

(535-536)

Generalized Anxiety Disorder

"**Generalized anxiety disorder** is an anxiety disorder characterized by persistent anxiety occurring on more days than not for at least 6 months ... "

[Illustrations] Generalized anxiety disorders.

(536)

Phobic Disorders

[Page]

"... a **phobic disorder** (is) an anxiety disorder involving excessive irrational fear of, and consequent avoidance of, specific objects of situations."

[Illustrations] Phobic disorder.

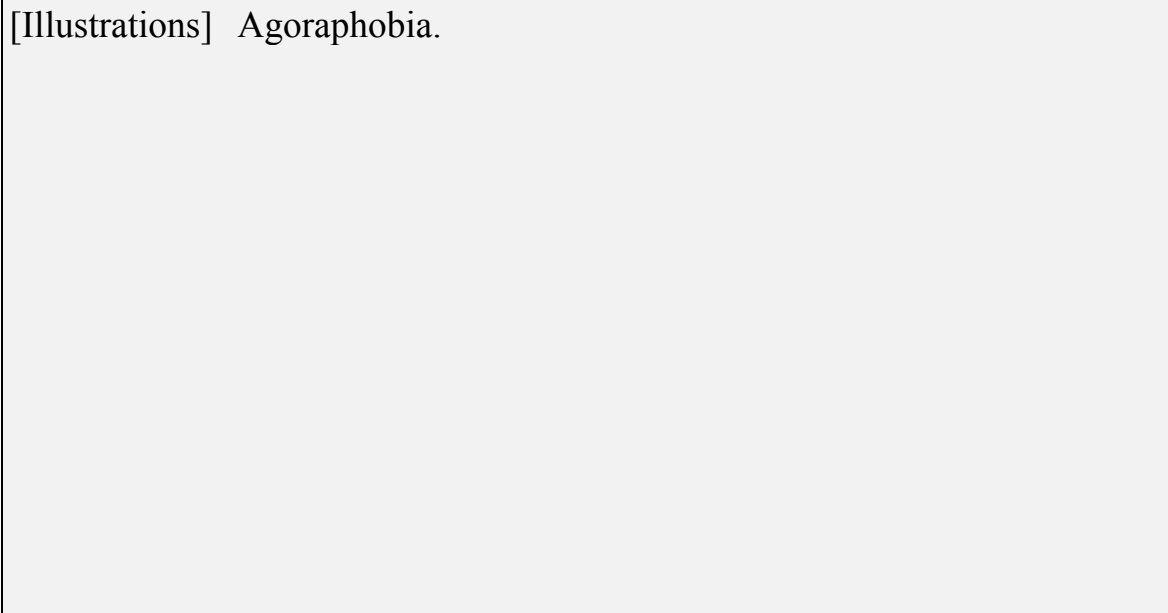


(536)

■ AGORAPHOBIA.

"**Agoraphobia** is an anxiety disorder characterized by marked fear and avoidance of being alone in a place from which escape might be difficult or embarrassing."

[Illustrations] Agoraphobia.



(537)

■ SOCIAL PHOBIA.

[Page]

"A **social phobia** is an anxiety disorder characterized by fear of, and desire to avoid, situations in which one might be exposed to scrutiny ... "

[Illustrations] Social phobia.



(537)

■ SPECIFIC PHOBIA.

"A **specific phobia** is an anxiety disorder characterized by irrational and persistent fear of a particular object or situation, along with a compelling desire to avoid it."

[Illustrations] Specific phobia.



(537-538)

Obsessive-Compulsive Disorder

[Page]

"**Obsessive-compulsive disorder** is an anxiety disorder characterized by persistent and uncontrollable thoughts and irrational beliefs that cause the performance of compulsive rituals that interfere with daily life."

[Illustrations] Obsessive-compulsive disorder.

(538-539)

Mood Disorders

"**Depressive disorders** are mood disorders in which people show extreme and persistent sadness, despair, and loss of interest in life's usual activities on a day-to-day basis."

Question: What is **major depressive disorder**?

(540)

■ SYMPTOMS.

[Page]

(540-541)

[Description] Symptoms of depression.

■ ONSET AND DURATION.

(541)

[Description] Onset and duration of depression

■ PREVALENCE.

(541-542)

[Description] Prevalence of depression.

■ **CLINICAL EVALUATION.**

[Page]

"How does a practitioner know if a person is suffering from major depressive disorder?"

[Description] Clinical evaluation.

(542-543)

Causes of Major Depressive Disorder

"Although major depression is "the common cold of mental disorders," its cause is not understood."

■ **BIOLOGICAL THEORIES.**

[Description] Biological theories of major depressive disorder.

(543-544)

■ **LEARNING AND COGNITIVE THEORIES.**

[Page]

[Description] Learning and cognitive theories of major depressive disorder.

(544-545)

■ **LEARNED HELPLESSNESS.**

" ... **learned helplessness** (is) the behavior of giving up or not responding, exhibited by people and animals exposed to negative consequences or punishment over which they feel they have no control."

[Description] Learned helplessness.

(545)

■ THE BIOPSYCHOSOCIAL MODEL.

[Page]

"(The) ... vulnerability-stress hypothesis (is) sometimes called the *diathesis-stress model*."

[Description] The biopsychological (diathesis-stress) model.

(545-546)

Bipolar Disorder

"**Bipolar disorder**, which was originally known as *manic-depressive disorder*, gets its name from the fact that people with this disorder experience behavior that varies between two extremes: mania and depression."

[Description] Bipolar disorder.

(546)

Dissociative Disorders

[Page]

"**Dissociative disorders** are psychological disorders characterized by a sudden but temporary alteration in consciousness, identity, sensorimotor behavior, or memory."

Dissociative Amnesia

"**Dissociative amnesia** is a dissociative disorder characterized by the sudden and extensive inability to recall important personal information, usually information of a stressful or traumatic nature."

[Description] Dissociative amnesia.

(547)

Dissociative Identity Disorder: Multiple Personality

"**Dissociative identity disorder** ... is characterized by the existence within an individual of two or more distinct personalities, each of which is dominant at different times and directs the individual's behavior at those times."

[Description] Dissociative identity disorder.

(548-549)

Schizophrenia

[Page]

"**Schizophrenic disorders** are a group of disorders characterized by a lack of reality testing and by deterioration of social and intellectual functioning."

[Description] Schizophrenia.

(549)

Essential Characteristics of Schizophrenic Disorders

"People with schizophrenia disorders display sudden significant changes in thought, perception, mood, and overall behavior."

"How they think about themselves, social situations, and other people—their social cognition—become seriously distorted."

Question: What is the difference between *positive symptoms* and *negative symptoms* of schizophrenia

(550)

■ **THOUGHT DISORDERS.**

[Page]

(550)

[Illustrations] Schizophrenia thought disorders.

■ **PERCEPTUAL DISORDERS.**

[Illustrations] Schizophrenia perceptual disorders.

■ **EMOTIONAL DISORDERS.**

[Illustrations] Schizophrenia emotional disorders.

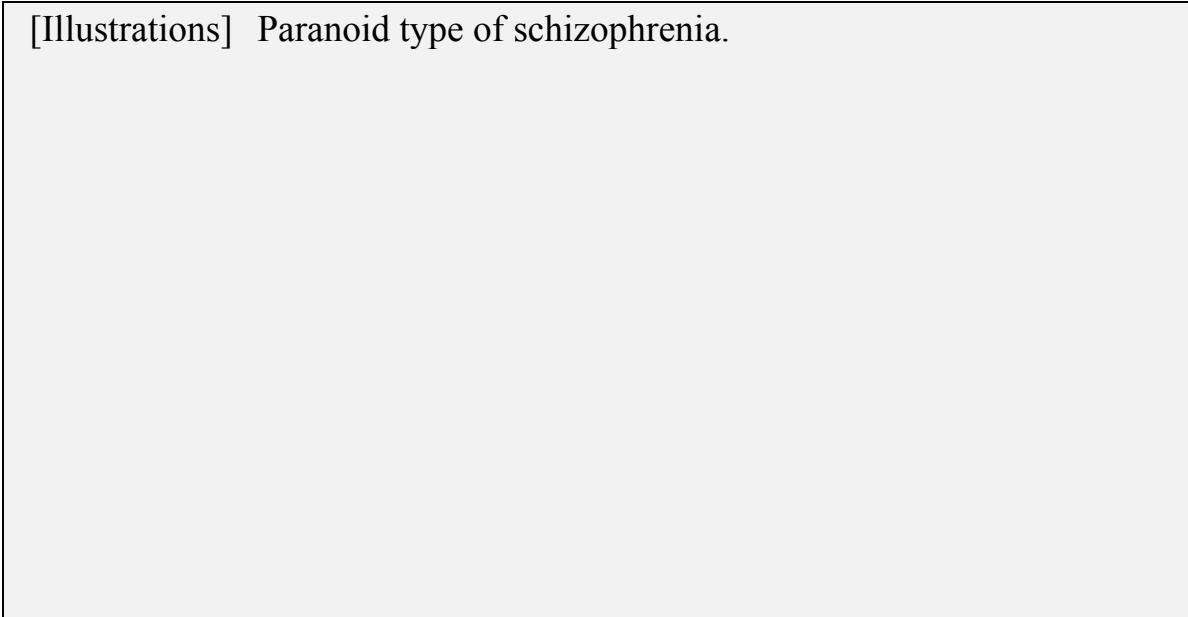
Types of Schizophrenia

[Page]

"People with schizophrenia display a variety of symptoms ... "

■ THE PARANOID TYPE.

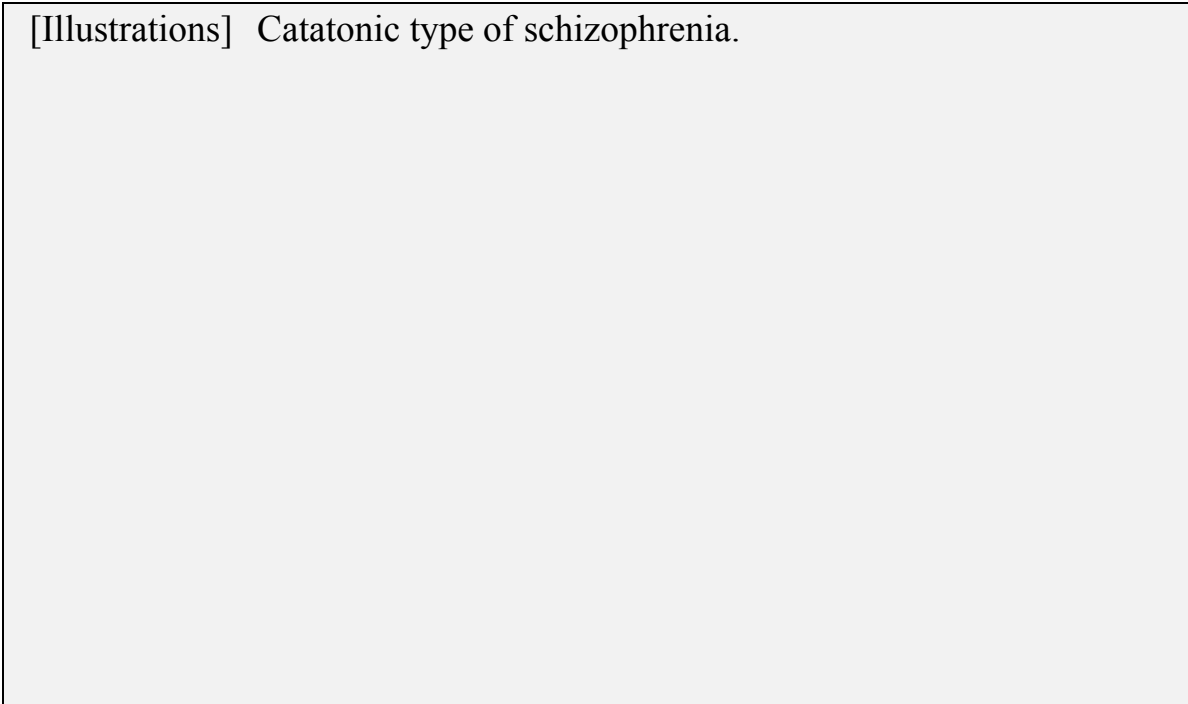
[Illustrations] Paranoid type of schizophrenia.



(551)

■ THE CATATONIC TYPE.

[Illustrations] Catatonic type of schizophrenia.



(551-552)

■ THE DISORGANIZED TYPE.

[Page]

[Illustrations] Disorganized type of schizophrenia.

(552)

■ THE RESIDUAL AND UNDIFFERENTIATED TYPES.

[Illustrations] Residual and undifferentiated types of schizophrenia.

(552-553)

Causes of Schizophrenia

"What causes people with schizophrenia to lose their grasp on reality with such devastating results?"

"Researchers take markedly different positions on these questions."

[Illustrations] Theoretical positions on schizophrenia.

(553-554)

■ **BIOLOGICAL FACTORS.**

[Page]

"Substantial evidence suggests that biological factors play some role in schizophrenia, producing a predisposition to develop the disorder."

[Illustrations] Biological factors.

(554-555)

■ **ENVIRONMENTAL FACTORS.**

"Some psychologists believe that, in addition to genetic factors, environmental interactions determine the onset and development of schizophrenia."

[Illustrations] Environmental factors.

(555-556)

■ NATURE AND NURTURE.

[Page]

"The development of schizophrenia does not occur through any simple mechanism—both biology and environment are involved."

[Illustrations] Biology/environmental involvement in schizophrenia.

(556)

Personality Disorders

"**Personality disorders** ... apply to people who exhibit inflexible and long-standing maladaptive behaviors that typically cause stress and social or occupational difficulties."

[Description] Personality disorders.

(556-557)

Personality Disorders

(Continued)

[Page]

"Perhaps the most widely recognized personality disorder (is) **antisocial personality disorder** ... "

[Description] Antisocial personality disorder.

(557-558)

Violence and Mental Disorders

Diagnosis Associated with Violence

"Several diagnoses are associated with increased risk for violence."

[Description] Diagnoses associated with increased risk for violence.

(559-560)

Violence as a Risk for Developing Mental Disorders

[Page]

" ... being the target of violence increases the risk for many disorders."

[Illustrations] Violence as a risk for developing mental disorders.

(561-562)

"**Rape** is also a form of violence ... "

[Description] Effect of rape on victims and perpetrators.

(562-563)

END