

10. Psychological Disorders & Health

**We will now study
different psychological
disorders and theories for
treating psychopathology.**

**We will also cover health,
stress and how to cope
with them.**

The sections in this unit are:

10.0 Background and DSM-V

10.1. Affective disorders

10.2. Anxiety disorders

10.3. Somatoform disorders

10.4. Dissociative disorder

10.5. Psychoses

10.6. Personality disorders

10.7. Theories of psychopathology

10.8. Health, stress and coping

10.1 Background and DSM-V

Abnormal Psychology = Psychopathology

- branch of psychology that deals with psychological disorders and mental illness
- Includes study of symptoms, *etiology* (causes), and treatments

Psychological Disorders

- conditions characterized by abnormal thoughts, feelings, and behaviors, and

DSM-V

- The Diagnostic and Statistical Manual of Mental Disorders (5th Edition)**
- APA - American Psychiatric Association**
- Functional Impairments in multiple domains (eg, school, workplace, home, social, etc)**

10.2 Affective disorders

Depression

- **sadness, loss of pleasure, hopelessness, worthlessness**
- **types of depression**
 - **major depressive disorder**
 - **seasonal pattern**
 - **postpartum**
 - **persistent depressive disorder**
- **abnormal activity in brain**
 - **amygdala and prefrontal cortex**
 - **serotonin**

Depression

- **suicide and suicide risk**
- **diathesis-stress model**
- **cognitive theories**
 - **Beck's negative cognitive triad**
 - **Hopelessness theory**
 - **rumination**

Bipolar disorder

- mood states that vacillate between mania and depression
- manic episode
 - increase activity and energy
 - flight of ideas
 - grandiosity, engaging in risky behaviors
 - can lead to involuntary hospitalization

Bipolar disorder

- **90% comorbidity rate**
 - **anxiety disorders and substance abuse**
- **higher in men than women**
- **high suicide rates**
 - **36% attempt**
 - **15-19% complete**

10.3 Anxiety disorders

- **Unusual feelings of dread, fearfulness or terror**
- **Generalized anxiety disorder (GAD)**
 - **excessive, uncontrollable worry**
 - **unaware of source**
- **Panic disorder**
 - **recurrent and unexpected panic attacks**
 - **racing heart, breathlessness, dizziness, shortness of breath**
 - **locus coeruleus-norepinephrine**

- **Obsessive-compulsive disorder (OCD)**
 - **repetitive thoughts (obsessions) that provoke anxiety**
 - **lead to repetitive behaviors (compulsions)**
 - **orbitofrontal cortex- learning and decision making**

- **Hoarding Disorder**

- **Phobias**
 - intense and irrational fears of specific objects or events
 - go to great lengths to avoid stimulus
- **Agoraphobia**
 - avoidance of places difficult to escape or receive help with panic attack
 - public transportation, crowds, closed spaces, etc.
- **Social anxiety disorder**
 - fear, anxiety and avoidance of social situations

10.4. Somatoform Disorders

- **Somatoform Disorders -**
 - **Physical symptoms with no medical explanation**
- **Hypochondriasis**
 - **preoccupied with bodily symptoms**
 - **fear of having disease or illness**
 - **can't be reassured by doctors**
- **Conversion disorders**
 - **neurological symptoms with no medical cause**

10.5 Dissociative disorders

- **Fragmentation of personality**
- **Dissociative amnesia**
 - **unable to recall personally relevant information**
- **Dissociative fugue**
 - **suddenly and unexpectedly can't recall past or identity**
 - **may take on different identity**

- **Dissociative identity disorder (DID)**
 - **two or more distinctly different identities**
 - **most report childhood trauma**

- **Depersonalization/
Derealization Disorder**
 - **depersonalization:**
**detachment from whole self
or aspects of self**
 - **derealization: detachment
from world**
 - **individuals, objects,
surroundings**
 - **feeling like in a fog or
dream**

10.6 Psychoses

- **Schizophrenia**

POSITIVE SYMPTOMS

- **hallucinations**
 - **convincing sensory experiences in the absence of external stimuli**

- **delusions**
 - **false beliefs despite contrary evidence**
 - **paranoid, grandiose or somatic**

- **Schizophrenia**

NEGATIVE SYMPTOMS

- emotional flatness
- nonresponsiveness
- *avolition* - reduction of motivation and drive
- *alogia* - reduction of speech
- *anhedonia* - inability to experience pleasure
- social withdrawal

- **Schizophrenia**

- **Motor Symptoms**

- **Catatonia - odd movements and postures**

- **Cognitive Symptoms**

- **Disorganized thinking**
 - **word salad**

- **Other psychotic disorders**
 - **schizoaffective**
 - **schizophreniform**
 - **brief psychotic disorder**
 - **delusional**
 - **substance-induced**

10.7 Personality Disorders

- **Personality style that differs markedly from expectations of culture**
- **Pervasive and inflexible**
- **Conflict with others, difficulty maintaining relationships**

- **Cluster A- odd or eccentric**
 - **paranoid, schizoid and schizotypal personality disorder**
- **Cluster B- impulsive, dramatic, erratic**
 - **histrionic, narcissistic and borderline personality disorder, antisocial personality**

- **Cluster C- nervous, fearful**
 - **avoidant, dependent and obsessive compulsive personality disorder (OCPD)**

10.8 Theories of Psychopathology

- **Supernatural perspective**
 - **historically believed-force beyond scientific understanding**
 - **black magic or possessed by spirits**
- **Biological perspective**
 - **genetic factors, chemical imbalances, brain abnormalities**
- **Diathesis- stress model**
 - **biological and psychosocial factors**

10.9 Health, Stress and Coping

- **Stress**
 - perception and response
 - events appraised as threatening
 - primary appraisal
 - secondary appraisal
- **Eustress**
 - good stress
- **Distress**
 - over optimal level of stress
 - feel burnt out

- **Stress and illness**
 - **can increase sensitivity to pain**
 - **immune system**
 - **psychological disorders**
 - **cardiovascular disorders**

- **Coping styles**
 - **problem-focused**
 - **trying to alleviate source of stress**
 - **emotion-focused**
 - **reappraisal- stressor construed differently**
- **Social support**
- **Stress-reduction techniques**
 - **exercise, meditation, biofeedback**