Chapter 7: psychological disorders

- We generally have three main criteria:

- Abnormality
- Maladaptiveness
- personal distress

Causes

- Biological
- Psychological

- Cognitive theories
- Behavioral/learning theories
- Psychodynamic theories

Classification of Mood Disorders

1. Unipolar mood disorders

- ✓ **Major depressive disorder**
- ✓ **Dysthymia**

- Bipolar I disorder
- Bipolar II disorder
- Cyclothymia

Major Depression

- Characterized by
- depressed mood
- diminished interest in activities previously enjoyed
- weight disturbance
- sleep disturbance
- loss of energy
- difficulty concentrating
- and often includes feelings of hopelessness and thoughts of suicide

Personality Disorders

Paranoid Personality Disorder

- Features
  - Mistrustful, avoid relationships that cannot control
  - Persistent ideas of self-importance

Schizoid Personality Disorder

- Features
  - Expressively impassive and interpersonally unengaged
  - Introverted and reclusive, engage in solitary activities
  - Communication sometimes confused
  - Incapable of forming social relationships
  - Minimum introspection, self-awareness and interpersonal experiences

Schizotypal Personality Disorder

- Features
  - Eccentric
  - Pattern of social and interpersonal deficits
  - Void of close friends
  - Odd beliefs
  - Ideas of reference
  - When psychotic, symptoms mimic

- Pervasive patterns of instability of interpersonal relationships, self-image and affects, as well as marked impulsivity that begins by early adulthood and is present in a variety of contexts
- Problem areas
  - Regulating moods
  - Developing a sense of self
  - Maintaining interpersonal relationships
  - Maintaining reality-based cognitive processes
  - Impulsive or destructive behavior
- Appear more competent than they are
- Live from crisis to crisis

Antisocial Personality Disorder

- Pervasive pattern of disregard for, and violation of, the rights of others that begins in childhood or early adolescence
- Behaviorally impulsive
- Interpersonally irresponsible
- Fail to adapt to the ethical and social standards of community
- Interpersonally engaging, but in reality lack empathy
- Easily irritated, often aggressive

Histrionic Personality Disorder

- Attention seeking, life of the party, uncomfortable with single relationship
- Women - dress seductively
- Men - dress - “macho”
- Become depressed when not center of attention

Narcissistic Personality Disorder

- Grandiose
- Inexhaustible need for attention
- Fantasies about power, unlimited success

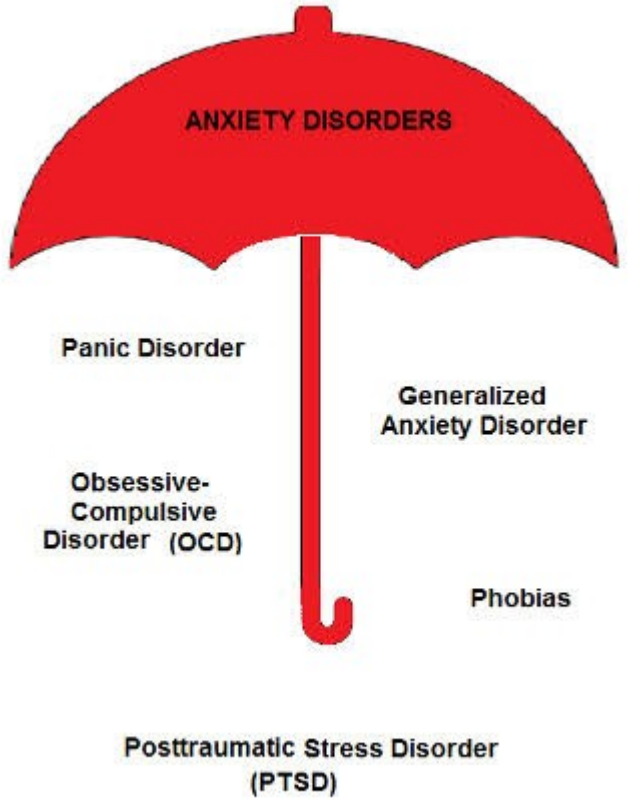
Avoidant: A pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation.

Dependent: A pattern of submissive and clinging behavior related to an excessive need to be taken care of.

Obsessive-Compulsive: A pattern of preoccupation with orderliness, perfectionism, and control.

Anxiety disorders





Generalized Anxiety Disorder

- This disorder is characterized by
  - excessive anxiety and worry
  - worrying is difficult to control
  - the worry is on a number of events or activities (work or school performance).
  - Lasts for at least 6 months
  - The anxiety and worry are associated with at least three of the following symptoms

(only one is required in children)

cont...

1. Restlessness or feeling keyed up or on edge
2. Being easily fatigued
3. Difficulty concentrating or mind going blank
4. Irritability
5. Muscle tension
6. Sleep disturbance

Phobia

- Phobia is an irrational fear of objects or situations
- Can be divided in to:
  - Specific phobias
  - Social phobias
  - Agoraphobia

Social Anxiety Disorder (Social Phobia)

A. Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others.
   - Social interactions:
     - having a conversation, meeting unfamiliar people
   - being observed:
     - eating or drinking
   - performing in front of others:
     - giving a speech

Panic Disorder

A. Recurrent unexpected panic attacks.

- A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within 10 minutes, and
- during which time four (or more) of the following symptoms occur;

1. Palpitations, accelerated heart rate.
2. Sweating.
3. Trembling or shaking.

Panic disorder

4. Sensations of shortness of breath
5. Feelings of choking.
6. Chest pain or discomfort.
7. Nausea or abdominal distress.
8. Feeling dizzy, unsteady, light-headed, or faint.
9. Chills or heat sensations.
10. Paresthesias (numbness or tingling)
11. Derealization
12. Fear of losing control or “going crazy.”
13. Fear of dying.

Obsessive-Compulsive and Related Disorders

- OCD is characterized by the presence of obsessions and/or compulsions.
  - Obsessions are recurrent and persistent thoughts, urges, or images that are experienced as intrusive and unwanted
  - Compulsions are repetitive behaviors or mental acts that an individual feels driven to perform in response to an obsession or according to rules that must be applied rigidly.

Trauma and Stressor Related Disorders

- disorders in which exposure to a traumatic or stressful event is listed explicitly as a diagnostic criterion.
- It includes
  - posttraumatic stress disorder (PTSD)
  - acute stress disorder
  - adjustment disorders…

Thank you

Treatment techniques

- Psychotherapy consists of the following:
  1. A positive, healthy relationship between a client or patient and a trained psychotherapist
  2. Recognizable mental health issues, whether diagnosable or not
  3. Agreement on the basic goals of treatment
  4. Working together as a team to achieve these goals