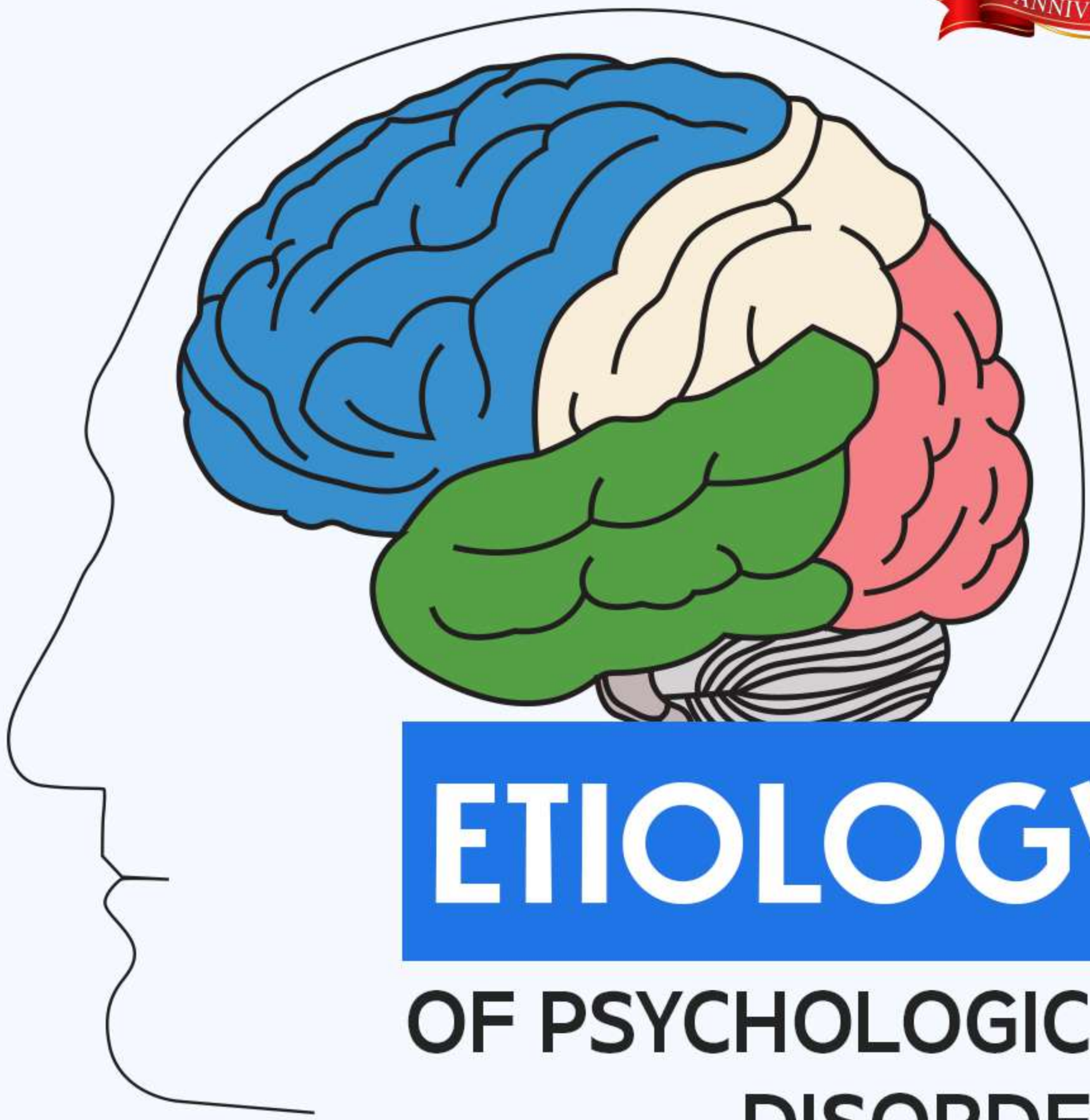
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18 YEARS ANNIVERSARY

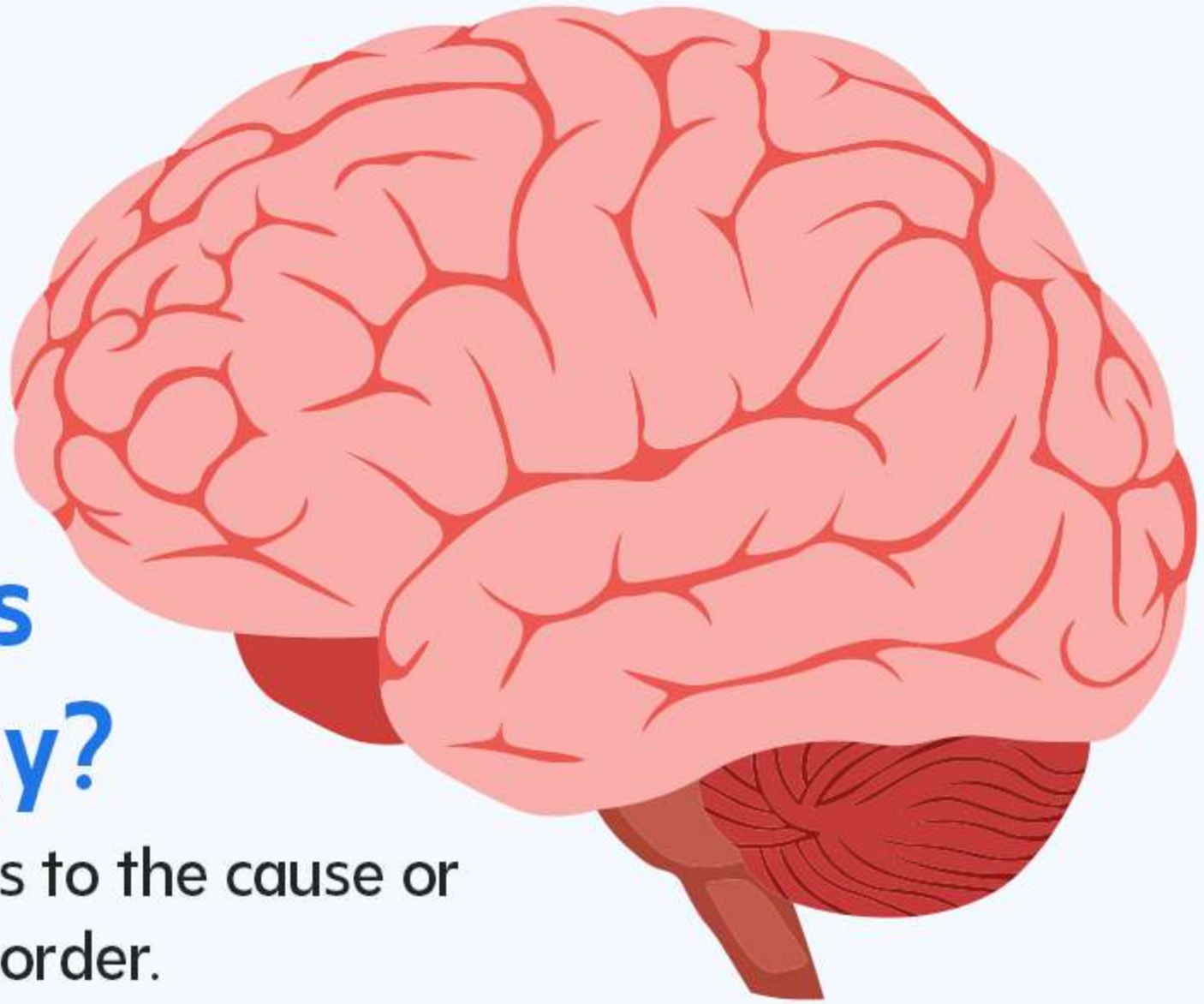


ETIOLOGY OF PSYCHOLOGICAL DISORDERS

Understanding Why Disorders Develop

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What is Etiology?

Etiology refers to the cause or origin of a disorder.

Rather than focusing on a single cause, modern psychology emphasizes how multiple factors interact to influence the development of a disorder.

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Biological Factors

These focus on physical and physiological processes in the body.

Key ideas:



Genetics - Certain disorders show heritability and may run in families



Neurotransmitters - Imbalances can influence mood and behavior



Brain structure & function - Specific brain regions may be involved

For example, altered dopamine activity is commonly associated with schizophrenia.

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Psychological Factors



These explain disorders through thoughts, emotions, and learned behaviors.

Main perspectives:

- **Psychodynamic** - Unresolved unconscious conflicts
- **Behavioral** - Learning through conditioning
- **Cognitive** - Distorted or negative thinking patterns

For instance, persistent negative thinking patterns are strongly linked to depression.

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Social & Environmental Factors



These focus on life experiences and external conditions.

Includes:

- Stressful life events (e.g., loss, trauma)
- Family relationships and upbringing
- Cultural and socioeconomic conditions

These factors often act as triggers or risk factors rather than single causes.

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Connecting the Dots

Different disorders may show varying influences:



Strong biological contribution - **Schizophrenia**



Strong cognitive patterns - **Depression**



Strong environmental triggers - **PTSD**

However, in most cases, these factors interact and influence each other rather than acting independently.

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