CHAPTER SEVEN

PSYCHOLOGICAL DISORDERS AND TREATMENT TECHNIQUES

Brainstorming Questions

Dear students, discuss over the following points.

- *Have you observed a behavior of a person who behaves differently from others in your locality? What kind of name they are given? Why?*

- *Do people who behave differently are all the same in their personality?*

- *Do you think behavioral problems can be curable?*

7.1 Nature of Psychological Disorders

Criteria of determining Person with psychological problems/disorders

There are three criteria that are used to identify peoples' psychological problems.

These are:-

1. Abnormality
2. Maladaptiveness, and
3. Personal distress

Abnormality

- Abnormal behavior is a behavior that deviates from the behavior of the ‘typical‘ person; the norm.

Maladaptiveness

- Maladaptive behavior in one way or another creates a social, personal and occupational problem on those who exhibit the behaviors.

- These behaviors seriously disrupt the day-to-day activities of individuals that can increase the problem more.

Personal Distress

Our subjective feelings of

- anxiety,
- stress,
- tension and other unpleasant emotions

- All the above criteria are not sufficient to determine individual has psychological problem or disorder but behavior that is abnormal, maladaptive, or personally distressing might **indicate** that a person has a psychological disorder.

7.2. Causes of Psychological Disorders (Based on Perspectives)

7.2.1 The Biological Perspective

- Abnormalities in the working of chemicals in the brain, called neurotransmitters, may contribute to many psychological disorders.

For example, over activity of the neurotransmitter dopamine, perhaps caused by an overabundance of certain dopamine receptors in the brain, has been linked to the bizarre symptoms of schizophrenia.

7.2.2 Psychological Perspectives

1. **Psychoanalytic perspective**

2. **Learning perspectives, and**

3. **Cognitive behavioral perspectives**.

Psychoanalytic perspective

- Sigmund Freud, believed that the human mind consists of three interacting forces:
  - ✓the id
  - ✓the ego
  - ✓the superego

Abnormal behavior, in Freud's view, is caused by the ego's inability to manage the conflict between the opposing demands of the id and the superego.

Learning perspective

- People acquire abnormal behaviors through the various kinds of learning.

Cognitive perspective

The main theme of this perspective is that self-defeating thoughts lead to the development of negative emotions and self-destructive behaviors.

7.3. Types of Psychological Disorders

A psychological disorder is a condition characterized by:

- abnormal thoughts,
- feelings, and
- behaviors.

Psychopathology is the study of psychological disorders, including:

- Symptoms
- etiology (causes), and
- treatment.

1) Mood Disorders

- Mood disorders are characterized by a serious change in mood from depressed to elevated feelings causing disruption to life activities.

The disorders include

- Major Depression,
- Dysthymic Disorder,
- Bipolar Disorder, and
- Cyclothymia.

A) Major Depression

characterized by:

- depressed mood,
- diminished interest in activities previously enjoyed,
- weight disturbance,
- sleep disturbance,
- loss of energy,
- difficulty concentrating,
- feelings of hopelessness and
- thoughts of suicide.

B) Dysthymia

- often considered a lesser, but more persistent form of depression.

- Many of the symptoms are similar except to a lesser degree.

C) Bipolar Disorder

characterized by periods of

- extreme highs (mania) and extreme lows as in Major Depression.
- It is subtyped either I (extreme or hypermanic episodes) or II (moderate or hypomanic episodes).

D) Cyclothymia:

Like Dysthymia and Major Depression, Cyclothymia is considered a lesser form of Bipolar Disorder.

2) Anxiety Disorders

- Anxiety disorders differ from normal feelings of nervousness or anxiousness, and involve excessive fear.

- Anxiety disorders can cause people into trying to avoid situations that trigger or worsen their symptoms. Job performance, school work and personal relationships can be affected.

- In general, for a person to be diagnosed with an anxiety disorder, the fear or anxiety must:

- Be out of proportion to the situation or age inappropriate
- Hinder your ability to function normally

Types of Anxiety Disorder

a) Panic Disorder: is characterized by a series of panic attacks. A panic attack is an inappropriate intense feeling of fear or discomfort including many of the following symptoms:

- heart palpitations,
- trembling,
- shortness of breath,
- chest pain,
- dizziness.

b) Agoraphobia: literally means fear of the marketplace.

It refers to a series of symptoms where the person fears, and often avoids, situations where escape or help might not be available, such as shopping centers, grocery stores, or other public place.

c) Specific or Simple Phobia and Social Phobia: represent an intense fear and often an avoidance of a specific situation, person, place, or thing.

To be diagnosed with a phobia, the person must have suffered significant negative consequences because of this fear and it must be disruptive to their everyday life.

d) Obsessive-Compulsive Disorder (OCD) is characterized by obsessions (thoughts which seem uncontrollable) and compulsions (behaviors which act to reduce the obsession).

Most people think of compulsive hand washers or people with an intense fear of dirt or of being infected.

These obsessions and compulsions are disruptive to the person's everyday life, with sometimes hours being spent each day repeating things, which were completed successfully already such as checking, counting, cleaning, or bathing.

e) Posttraumatic Stress Disorder (PTSD): occurs only after a person is exposed to a traumatic event where their life or someone else's life is threatened.

The most common examples are war, natural disasters, major accidents, and severe child abuse.

f) Generalized Anxiety Disorder is diagnosed when a person has extreme anxiety in nearly every part of their life.

It is not associated with just open places (as in agoraphobia), specific situations (as in specific phobia), or a traumatic event (as in PTSD).

3) Personality Disorders

- A personality disorder is a type of mental disorder in which you have a rigid and unhealthy pattern of thinking, functioning and behaving.

- Personality Disorders are characterized by an enduring pattern of thinking, feeling, and behaving which is significantly different from the person's culture and results in negative consequences.

Types of Personality Disorder

1) ***Paranoid*** (includes a pattern of distrust and suspiciousness).

2) ***Schizoid*** (pattern of detachment from social norms and a restriction of emotions).

3) ***Schizotypal*** (pattern of discomfort in close relationships and eccentric thoughts and behaviors).

4) ***Antisocial*** (pattern of disregard for the rights of others, including violation of these rights and the failure to feel empathy).

5) Borderline (pattern of instability in personal relationships, including frequent bouts of clinginess and affection and anger and resentment, often cycling between these two extremes rapidly).

6) Histrionic (pattern of excessive emotional behavior and attention seeking).

7) Narcissistic (pattern of grandiosity, exaggerated self-worth, and need for admiration).

8) *Avoidant* (pattern of feelings of social inadequacies, low self-esteem, and hypersensitivity to criticism).

9) *Obsessive-Compulsive* (pattern of obsessive cleanliness, perfection, and control).

7.4 Treatment Techniques

- Treatment of mental illnesses can take various forms.
- They can include medication, talk-therapy, a combination of both, and can last only one session or take many years to complete.
- There are many different types of treatment are available, but most agree that the core components of psychotherapy remain the same.

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

Treatment Approaches

- Providing psychological treatment to individuals with some kind of psychological problems is psychotherapy. When providing psychotherapy, there are several issues to be considered.

- First and foremost is empathy.
- Second, being non-judgmental is vital if the relationship and treatment are going to work.

The three main branches (Approaches) include:

- Cognitive:
- Behavioral, and
- Dynamic.

Treatment Modalities

- Individual Therapy
- Group Therapy