

# Abnormal Psychology

Psychological Disorders

Treatment of Disorders

# Psychological Disorders

- Defining & Diagnosing Disorders
- Approaches to Disorders
- Anxiety Disorders
- Mood/Affect Disorders
- Personality Disorders
- Somatoform Disorders
- Factitious Disorders
- Developmental Disorders
- Schizophrenia

# Defining Disorders

- Distressful/Disturbing
  - the disorder is distressful or disturbing to the person who suffers from it or others around that person
- Deviant/Atypical
  - statistically, the behavior is not found very often within the population
- Maladaptive
  - the behavior significantly impairs functioning in social, occupational, or other areas of life

# Diagnosing Disorders

- Diagnosing Disorders
  - *Diagnostic & Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR)*
  - Diagnostic Labeling
    - Disadvantages
      - biasing power; self-fulfilling prophecy
    - Advantages
      - makes decisions on treatments easier; enables simpler communication about disorders

# Diagnosing Disorders

- David Rosenhan Study
  - Pretended to hear voices to get committed
  - Stopped hearing voices and acted normally
  - Everything was interpreted as abnormal because of having been labeled already
- Sanity vs. Insanity
  - Not Guilty by Reason of Insanity (NGRI)
    - Knowing the difference between right & wrong and being able to control actions

# Diagnosing Disorders

- DSM Multiaxial System
  - Axis I Clinical Disorders
  - Axis II Personality Disorders  
Mental Retardation
  - Axis III General Medical Conditions
  - Axis IV Psychosocial Problems  
Environmental Problems
  - Axis V Global Assessment of Function

# Causes of Disorders

- Approaches to Disorders
  - Medical Model
    - Psychological disorders are like any other sickness; symptoms/syndromes can be medically treated
  - Biopsychosocial Model
    - biological, psychological, and social factors all play a role in human functioning in the context of illness
  - Diathesis-Stress Model
    - interaction of a vulnerable hereditary predisposition, with precipitating events in the environment may lead to a psychological disorder

# Causes of Disorders

- Perspectives
  - Psychoanalytic/Psychodynamic
    - Unresolved conflicts from childhood and repressed memories can influence behavior negatively
  - Humanistic
    - Inability to reach ultimate potential might lead to development of disorder (self-actualization); conditions of worth, negative self-concept
  - Behavioral
    - Disorders are developed as a result of learning (Observation, Reinforcement)



# Psychological Disorders

- Perspectives
  - Cognitive
    - Faulty or irrational beliefs may cause someone to develop a psychological disorder
  - Sociocultural
    - Disorders are products of the larger culture in which a person develops
  - Biological
    - Brain structures and body chemistry influence behavior and development of disorders

# Psychological Disorders

- Perspectives
  - Evolutionary
    - Certain disorders may have been advantageous, or the people who are most reproductively successful have spread these disorders into the gene pool; perhaps mutations have occurred which caused it
  - Behavior Genetics
    - A predisposition to develop a particular disorder matched with an environment which facilitates the development of a particular disorder interact to determine whether it is developed or not

# Anxiety Disorders

- Generalized Anxiety Disorder (GAD)
  - persistent, unexplained feelings of anxiety
  - 2/3 of sufferers are women
- Panic Disorder
  - have a series of intense episodes of extreme anxiety, known as panic attacks
  - can be accompanied by agoraphobia

# Anxiety Disorders

- Obsessive Compulsive Disorder (OCD)
  - Obsessions: recurrent, unwanted thoughts
  - Compulsions: repeated actions or rituals which reduce anxiety from obsessions
- Post-Traumatic Stress Disorder (PTSD)
  - reliving traumatic events through thoughts, dreams, or flashbacks

# Anxiety Disorders

- Phobic Disorder/Phobia
  - intense, irrational fear
    - Social Phobia
      - excessive anxiety in social situations causing considerable distress and impaired function
    - Specific Phobia
      - unreasonable or irrational fear related to exposure to specific objects or situations
    - Agoraphobia
      - anxiety in environments that are unfamiliar or where they have little control

# Mood/Affect Disorders

- Major Depressive Disorder
  - persistent low mood, loss of interest in activities and diminished ability to experience pleasure, feelings of worthlessness
  - two or more weeks
- Dysthymic Disorder
  - chronic mildly depressed or irritable mood; less severe than depression
  - Two years or more

# Mood/Affect Disorders

- Seasonal Affective Disorder (SAD)
  - sufferers experience normal mental health throughout most of the year, but experience depressive symptoms in the winter
- Cyclothymic Disorder
  - history of hypomanic episodes with periods of depression that do not meet criteria for major depressive episodes
  - two years or more

# Mood/Affect Disorders

- Bipolar Disorder
  - cyclic illness where people periodically exhibit elevated (manic) and depressive episodes
    - Mania: elevated, expansive, or irritable mood
    - Depression: persistent low mood, low interest
  - Type 1
    - manic episodes (maybe with depression)
  - Type 2
    - hypomanic & depressed episodes



# Personality Disorders

- Anxious/Fearful Type
  - Avoidant Personality Disorder
    - hypersensitivity to criticism or rejection
    - self-imposed social isolation
    - extreme shyness in social situations
    - desire close relationships, but don't think they'll be accepted

# Personality Disorders

- Anxious/Fearful Type
  - Dependent Personality Disorder
    - dependent on others to meet physical and emotional needs
    - unwillingness to voice independent opinions, make decisions or initiate activities
    - intense fear of being alone

# Personality Disorders

- Anxious/Fearful Type
  - Obsessive-Compulsive Personality Disorder
    - Excessive concern with order, rules, schedules and lists
    - Perfectionism
    - discomfort with some emotions and relationships

# Personality Disorders

- Odd/Eccentric Type
  - Schizoid Personality Disorder
    - emotional detachment, even from family
    - extreme introversion
    - fixation on own thoughts and feelings
    - fantasizing

# Personality Disorders

- Odd/Eccentric Type
  - Schizotypal Personality Disorder
    - indifference to and withdrawal from others
    - odd
    - elaborate style of dressing, speaking and interacting with others
    - magical thinking

# Personality Disorders

- Odd/Eccentric Type
  - Paranoid Personality Disorder
    - belief that others are lying, cheating, exploiting or trying to harm them
    - perception of hidden, malicious meaning in benign comments
    - hostility toward others

# Personality Disorders

- Dramatic/Impulsive Type
  - Histrionic Personality Disorder
    - constant, sudden emotional shifts
    - attention-grabbing behavior
    - sensitivity to others' approval

# Personality Disorders

- Dramatic/Impulsive Type
  - Narcissistic Personality Disorder
    - preoccupation with self-importance
    - unable to empathize with others
    - angered at criticism



# Personality Disorders

- Dramatic/Impulsive Type
  - Borderline Personality Disorders
    - inability to control emotions or impulses
    - fear of abandonment
    - self-destructive behaviors
    - unstable relationships with others

# Personality Disorders

- Dramatic/Impulsive Type
  - Antisocial Personality Disorder
    - persistent lying
    - no regard for law or others' rights
    - no remorse
    - aggressive or violent
    - often charming

# Dissociative Disorders

- Dissociative Amnesia
  - Memory loss that's more extensive than normal forgetfulness and can't be explained by a physical condition
  - response to traumatic event
- Dissociative Fugue
  - dissociate by putting real distance between themselves and identity; forget who they are
  - often move to new place and adopt new identity

# Dissociative Disorders

- Depersonalization Disorder
  - characterized by a sudden sense of being outside yourself, observing your actions from a distance as though watching a movie
- Dissociative Identity Disorder (DID)
  - formerly known as Multiple Personality Disorder
  - characterized by "switching" to alternate identities when under stress
  - identities may have own name, history

# Somatoform Disorders

- Somatization Disorder
  - history of physical complaints which occur over a period of years
  - significant impairment in functioning
  - no physical causes for symptoms
- Pain Disorder
  - pain which causes significant distress or impairment in functioning which cannot be fully explained by a physician

# Somatoform Disorders

- Conversion Disorder
  - deficits in voluntary motor or sensory functions that cannot be fully explained by a physician
- Hypochondriasis
  - preoccupation with fears of having a serious disease based upon a misinterpretation of bodily sensations

# Somatoform Disorders

- Body Dysmorphic Disorder
  - preoccupation with a specific body part and the belief that this body part is deformed or defective
  - preoccupation is significantly excessive and causes distress or significant impairment in functioning

# Factitious Disorders

- Munchausen Syndrome
  - sufferers knowingly fake symptoms, but do so for psychological reasons not for monetary or other discrete objectives as in the case of Malingering
  - Munchausen Syndrome by Proxy
    - getting attention by purposely making another individual sick
    - many times their children



# Developmental Disorders

- Attention-Deficit Hyperactivity Disorder (ADHD)
  - unable to focus attention and easily distracted
  - often act impulsively
- Autism
  - lack of responsiveness to other people
  - impairment in verbal and nonverbal communication
  - limited activities and interests

# Schizophrenia

- A group of severe disorders characterized by disorganized and delusional thinking; disturbed perceptions, and inappropriate emotions and actions
  - Hallucinations: false perceptions
  - Delusions: false beliefs that have no basis in reality
- Affects 1-2% of population

# Schizophrenia

- Acute vs. Chronic Forms
  - Acute
    - Typically happens once, but can happen anytime
    - Usually in response to some emotional trauma
    - Doesn't respond well to anti-psychotic meds
  - Chronic
    - Runs in families
    - Develops during late adolescence
    - Episodes get longer and more severe with age
    - Responds well to anti-psychotic meds

# Schizophrenia

- Types of Delusions
  - Grandeur
    - belief of being important or famous
    - may believe they have special powers or abilities
  - Persecution
    - belief of being pursued, spied on, conspired against
  - Sin/Guilt
    - belief in being responsible for committing a crime for which they are not guilty
    - belief in being responsible for a disaster they could have no connection to

# Schizophrenia

- Types of Delusions
  - Control/Influence
    - belief in being controlled by external forces
      - thought-broadcasting
      - thought withdrawal
      - thought insertion
  - Reference
    - belief that events are referring to or are meant specifically for the individual

# Schizophrenia

- Subtypes of Schizophrenia
  - Catatonic
    - disturbances of movement
    - people with catatonic schizophrenia may keep themselves completely immobile or move all over the place
  - Paranoid
    - delusions and auditory hallucinations
    - relatively normal intellectual functioning and expression of affect

# Schizophrenia

- Subtypes of Schizophrenia
  - Disorganized
    - speech and behavior that are disorganized or difficult to understand
    - flattening or inappropriate emotions
  - Undifferentiated
    - characterized by some symptoms seen in all of the other types but not enough of any one of them to define it as another particular type of schizophrenia

# Schizophrenia

- Subtypes of Schizophrenia

- Residual

- past history of at least one episode of schizophrenia
    - person currently has no positive symptoms
    - may represent a transition between a full-blown episode and complete remission, or it may continue for years without any further psychotic episodes



# Schizophrenia

- Classification of Symptoms
  - Positive Symptoms
    - easy-to-spot behaviors not seen in healthy people
    - include hallucinations, delusions, thought disorder, and disorders of movement
  - Negative Symptoms
    - refers to reductions in normal emotional and behavioral states
    - include flat affect, apathy, infrequent speech, and social withdrawal

# Schizophrenia

- Emotional Abnormalities
  - Flat Affect: no emotion
  - Blunted Affect: little emotion
  - Inappropriate Affect: inappropriate emotions for situations

# Schizophrenia

- Language & Thinking Abnormalities
  - Loose Word Associations
    - ideas jump from one track to another
  - Neologisms
    - Rare appearance of new words in speech
  - Clanging
    - Pairing of words that have no relation to each other beyond that they rhyme or sound alike
  - Word Salad
    - Words and phrases combined in a completely disorganized fashion

# Schizophrenia

- Possible Causes of Schizophrenia
  - Dopamine Hypothesis
    - theory that unusual behavior and experiences associated with schizophrenia can be fully or largely explained by changes in dopamine function in the brain
  - Brain Structure
    - ventricles in brain are larger than in normal individuals
  - Diathesis-Stress
    - genetic predisposition mixed with stressful lifestyle

# Schizophrenia

- Possible Causes of Schizophrenia
  - Chromosomal abnormalities or genetic mutations
  - Double Binds
    - contradictory patterns of interaction in the family

# Treatment of Disorders

- History of Treatment
- Prevention of Disorders
- Types of Psychotherapy
- Biomedical Therapies
- Alternative Therapies

# History of Treatment

- Trephination (Early Humans)
  - hole is drilled or scraped into the skull to allow evil spirits to escape
- Philippe Pinel (18<sup>th</sup> Century)
- Dorothea Dix (19<sup>th</sup> Century)
- Deinstitutionalization (1950s and 60s)
  - the movement out of institutions and into the community of people with psychological disorders; facilitated by the mainstream use of drug therapy

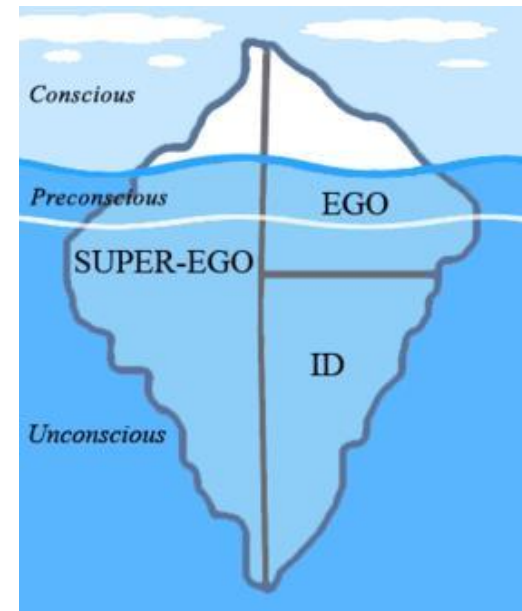
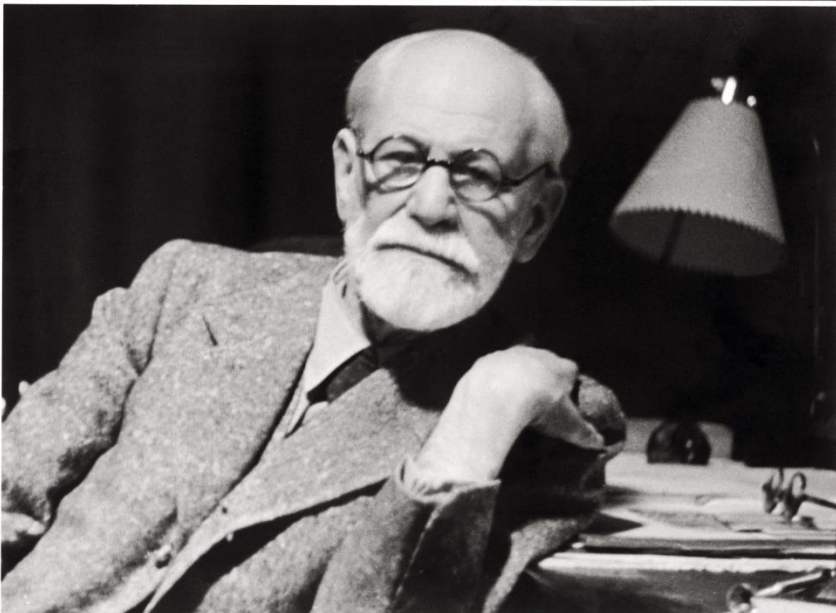
# Prevention of Disorders

- Primary Prevention
  - avoids development of a disorder in general
- Secondary Prevention
  - early disease detection; increases opportunity for interventions to prevent progression of the disease and emergence of symptoms
- Tertiary Prevention
  - reduces the negative impact of an already established disease; restores function and reduces disease-related complications



# Types of Psychotherapy

- Psychoanalysis
  - Developed by Sigmund Freud
  - Goal is to confront repressed material



# Types of Psychotherapy

- Methods of Psychoanalysis
  - Hypnosis
    - subjects hypnotized to learn about crucial and repressed memories or thoughts
  - Free Association
    - relate anything which comes to mind, regardless of how unimportant or embarrassing the memory is
  - Dream Analysis
    - analyze dreams for messages from the unconscious
    - Manifest Content: surface content of dream
    - Latent Content: hidden meaning behind dream

# Types of Psychotherapy

- Methods of Psychoanalysis
  - Resistance
    - because of the pain associated with repressed content, the patient again and again rejects it
  - Interpretation
    - Analyst noting significant aspects of dreams, resistances, and events to provide patient insight
  - Transference
    - unconscious redirection of feelings for one person to the psychoanalyst

# Types of Psychotherapy

- Methods of Psychoanalysis
  - Psychodynamic Therapy
    - Briefer, less intensive
    - Face-to-face, rather than laying on couch
    - Focus on themes across important relationships to understand current symptoms

# Types of Psychotherapy

- Humanistic Therapy
  - Aim is to help people grow in self-awareness and self-acceptance
  - Focus on present and future more than the past
  - Focus on conscious thoughts
  - Treat “clients,” not “patients”

# Types of Psychotherapy

- Humanistic Therapy
  - Self-Actualization: the instinctual need of humans to make the most of their abilities and to strive to be the best they can
  - Determinism: a belief that nothing about human behavior occurs by accident or chance
    - Psychodynamic & Psychoanalytic, Behavioral therapies are deterministic, while humanistic therapy assumes that humans have free will

# Types of Psychotherapy

- Humanistic Therapy
  - Client-Centered Therapy
    - Developed by Carl Rogers
    - Therapists should exhibit genuineness, acceptance, and empathy
    - Unconditional Positive Regard: therapists accept the client where they are at the moment; diagnosis and treatment planning to be much less important than being supportive to the client

# Types of Psychotherapy

- Humanistic Therapy
  - Client-Centered Therapy
    - Non-Directive
      - client directs him- or herself toward solving his or her own problems, and thus the therapist avoids directing the therapeutic process
    - Active Listening
      - Paraphrasing
      - Clarifying
      - Reflecting Feelings



# Types of Psychotherapy

- Behavioral Therapy
  - Counterconditioning
    - Triggered stimulus is associated with a new response
    - uses classical conditioning techniques
      - Aversive Conditioning
        - » Trains people to associate physical or psychological discomfort with behaviors, thoughts, or situations he/she wants to avoid
      - Exposure Therapies
        - » Expose people to what they would normally avoid

# Types of Psychotherapy

- Behavioral Therapy
  - Exposure Therapies
    - Systematic Desensitization
      - Technique used to treat phobias and other extreme fears
      - Progressive Relaxation: enables a person to recreate the relaxed sensation intentionally in a variety of situations
      - Anxiety Hierarchy: catalogue of anxiety-provoking situations or stimuli arranged in order from least to most distressing
    - Flooding
      - Client repeatedly confronts anxiety-provoking stimulus until the fear is extinguished

# Types of Psychotherapy

- Behavioral Therapy
  - Token Economy
    - reinforcing positive behavior by awarding "tokens" for meeting positive behavioral goals
    - tokens are accumulated and "spent" in order to obtain a reinforcer
    - uses operant conditioning techniques

# Types of Psychotherapy

- Behavioral Therapy
  - Social Skills Training
    - Modeling: allowing an individual to observe another person performing the appropriate behavior
    - Client practices appropriate social behaviors through role-playing
    - Therapist then shapes behavior by giving positive reinforcement and corrective feedback
    - Uses operant conditioning and observational learning techniques

# Types of Psychotherapy

- Cognitive Therapy
  - Developed by Aaron Beck after seeing a theme of loss, rejection, and abandonment while using Freudian techniques to analyze dreams of depressed individuals
  - Aim is to reveal irrational thinking and help the client think differently

# Types of Psychotherapy

- Cognitive Therapy
  - Attributional Style
    - how people explain to themselves why they experience a particular event (positive or negative)
      - Internal-External (Personal)
      - Stable-Unstable (Permanent)
      - Global-Specific (Pervasive)
  - Cognitive Triad
    - triad of negative thought types seen in depression
      - Self
      - World
      - Future

# Types of Psychotherapy

- Cognitive Therapy
  - Cognitive-Behavior Therapy
    - Aims to alter the way people think and also the way they act
  - Rational Emotive Behavior therapy (REBT)
    - focuses on uncovering irrational beliefs which may lead to unhealthy negative emotions and replacing them with more productive rational alternatives
      - Activating Event
      - Beliefs about that event
      - Consequences of those beliefs
    - Developed by Albert Ellis

# Types of Psychotherapy

- Group Therapy
  - Family Therapy
    - Assumes that we live and grow in relation others, especially our families
    - Aim to heal relationships and mobilize family resources
  - Self-Help Groups
    - Led by group members, not a psychotherapist
    - Provide an outlet to share personal experiences and find other people who are have similar problems



# Biomedical Therapies

- Drug Therapy
  - Anti-anxiety Drugs (anxiolytics)
    - tranquilizers (benzodiazepines) like Valium, Xanax
  - Anti-depressant Drugs
    - elevate mood; include MAOIs and SSRIs like Prozac, Paxil, Zoloft
  - Stimulants
    - treat Narcolepsy or ADHD

# Biomedical Therapies

- Drug Therapy
  - Anti-psychotic Drugs (neuroleptics)
    - block dopamine receptors; include Thorazine
    - side effects include tardive dyskinesia
  - Mood stabilizers
    - Lithium carbonate used to treat bipolar disorder

# Biomedical Therapy

- Brain Stimulation
  - Electroconvulsive Therapy (ECT)
    - Last resort for severely depressed individuals
    - Momentary electric shock
    - Side effects include memory loss
  - Repetitive Transcranial Magnetic Stimulation (rTMS)
    - Application of repeated pulses of magnetic energy to the brain
    - No seizures, memory loss, other side effects

# Biomedical Therapy

- Psychosurgery
  - Lobotomy
    - procedure basically involves severing the frontal lobes from the rest of the brain
    - used in the past to treat a wide range of severe mental illnesses, including schizophrenia, clinical depression, and various anxiety disorders
    - caused lethargy, immaturity, and lack of creativity
  - Corpus Callosotomy
    - disconnects the cerebral hemispheres, resulting in a condition called split-brain

# Treatment of Disorders

- Alternative Therapy
  - Eye Movement Desensitization and Reprocessing (EMDR)
    - People imagine traumatic scenes while the therapist triggers their eye movements
  - Light Exposure Therapy
    - exposure to daylight or to specific wavelengths of light using lasers, LEDs, fluorescent lamps, or very bright, full-spectrum light, for a prescribed amount of time
    - effective for seasonal affective disorder