

Abnormal Psychology

Psychological disorders = manifested via thought or behavior, and needs to be:

- Maladaptive (harmful) and/or disturbing to the individual
- Disturbing to others
- Unusual and not shared by many members of the population
- Irrational, does not make sense to the average person

Aaron Beck's = unreasonably negative ideas people have about themselves, their worlds, and *Cognitive Triad* their futures

Martin Seligman's = mental state where an organism learning to accept and endure unpleasant *Learned Helplessness* stimuli, and unwilling to avoid them, even when avoidable

Diagnostic and Statistical Manual = book used by psychologists to diagnose patients, detailing of *Mental Disorders* (DSM) specific symptoms (but not causes) for each disorder

Major Changes to the DSM-5		
Disorder	DSM-IV-TR	DSM-5
Obsessive Compulsive Disorder (OCD)	Classified as an anxiety disorder	Re-classified under "OCD and Related Disorder"
Post-Traumatic Stress Disorder (PTSD)	Classified as an anxiety disorder	Re-classified under "Trauma and Stressor-Related Disorders"
Schizophrenia	4 types - disorganized, paranoid, catatonic, and undifferentiated	Subcategories eliminated
Autism, Asperger's	Included 4 separate but related diagnoses	4 separate diagnoses replace by "Autism Spectrum Disorder"
Hypochondriasis	Placed into its own category	Re-classified as a somatic symptom disorder

Theory	Proposed Causes for Disorder
Psychoanalytic	Unconscious conflicts occurred during psychosexual stages
Behavior	Individual's history of reinforcement, environment
Cognitive	Maladaptive ways of thinking
Humanist	Failure to strive toward potential or being out of touch in regards to feelings
Sociocultural	Society's problems such as racism, sexism and poverty give rise to disorders
Biomedical	Organic problems, biomedical imbalances, genetic dispositions

Anxiety Disorders

Phobias

- Intense and unwarranted fear of a situation or object
- Common phobias: claustrophobia, arachnophobia, agoraphobia, social anxiety disorder, acrophobia, etc.

Generalized Anxiety Disorder (GAD)

- Excessive, uncontrollable, and constant anxiety
- Irrational and apprehensive expectations

Panic Disorder

- Recurrent and sudden unexpected panic attacks without provocation
- Individuals often experience ongoing fear, leading to positive feedback loop

Dissociative Disorders

- Characterized as disruption in conscious processes

Dissociative Amnesia

- Individuals experience disruptions in memory that have no physiological basis

Dissociative Identity Disorders

- A person has several personalities rather than one integrated personality
- Often, two of the personalities will be opposite of each other
- People with DID usually are often victims of sexual abuse or childhood trauma

Somatic Symptom and Related Disorders

- Characterized as psychological problem manifested through physiological symptom

Conversion Disorder

- Individuals experience severe physical problem without identifiable biological reasons. Examples include inability to move, deafness, numbness, loss of sight, etc.

Hypochondriasis

- Complaints about physical problems for no identifiable medical cause
- Reports in regards to symptoms are under hypochondriasis, while fear of disease would be under illness anxiety disorder

Depressive Disorders

Major Depressive Disorder (unipolar depression)

- Individuals remain unhappy for more than two weeks without clear reason
- Symptoms include loss of appetite, fatigue, change in sleeping patterns, lack of interest in normally enjoyable activities, feelings of worthlessness

Seasonal Affective Disorder (SAD)

- People are affected during certain times of the year (usually during winter)
- Often treated with light therapy

Bipolar and Related Disorders

Bipolar Disorder

- Individuals experience mania and depressive episodes
- Mania is usually accompanied by sense of confidence, power, and high energy – people in mania often engage in excessively risky and poorly thought-out behavior that usually results in negative consequences
- Depressive episodes can cause individuals to feel anxious, irritable, and all the symptoms of depressive disorders

Schizophrenic Disorders

- Characterized as one of the most severe and debilitating psychological disorder
- Tends to strike as people enter young adulthood
- *Positive symptom* = excesses behavior, thought and mood (neologisms, hallucinations)
- *Negative symptom* = Deficits in behavior, thought or mood (flat affect, catatonia)

Delusions

- Beliefs that have no basis in reality
- *Delusions of persecution* = belief that people are against the individual
- *Delusions of grandeur* = belief of having more power and influence than usual

Hallucinations

- Perceptions in the absence of any sensory stimulation

Languages

- Neologisms = words made up by the individuals
- Clang associations = stringing together a series of nonsense words that rhyme
- Flat affect = having essentially no emotional response at all

Catatonia

- A motor problem where individuals remain motionless in strange postures for hours at a time, move jerkily, and quickly for no apparent reason, or alternate between motion and non-motion
- Waxy flexibility = the individual's bodies may move into other shapes and the body will hold such a pose

Dopamine Hypothesis of Schizophrenia

- High levels of dopamine are correlated with schizophrenia and related symptoms
 - Antipsychotic drugs used to treat schizophrenia result in lower dopamine levels as well as decrease in disordered thoughts and behaviors
 - Parkinson's disease is treated with drugs to increase dopamine levels, and when taken too much, schizophrenic symptoms appear

Biological Basis for Schizophrenia

- Brain asymmetries and enlarged brain ventricles are associated with schizophrenias

Diatheses Stress model

- Disorder comes as a result of an interaction between predisposition vulnerability and a stress caused by life experiences.

Personality Disorders

- Characterized as well-established, maladaptive ways of behaving that negatively affects people's ability to function

Antisocial Personality Disorder

- Little regard for other people's feelings
- World viewed as a hostile place where people need to fend for themselves

Dependent Personality Disorder

- Characterized by excessive reliance on attention and help from others

Paranoid Personality Disorder

- Characterized by pervasive, long-standing suspiciousness and generalized mistrust of others.

Narcissistic Personality Disorder

- Characterized by exaggerated feelings of self-importance, an excessive need for admiration, and a lack of understanding of others' feelings.

Histrionic Personality Disorder

- characterized by a pattern of excessive attention-seeking emotions, including inappropriately seductive behavior and an excessive need for approval

Other Disorders

Obsessive Compulsive Disorder

- Persistent, unwanted thoughts causing the need to engage in a particular action
- Obsessions result in anxiety, which can be reduced when performing the compulsive behavior

Post-Traumatic Stress Disorder

- Usually involved flashbacks or nightmares following the involvement or witnessing of an extremely troubling event such as a war or natural disaster
- Memories of the event often cause anxiety

Paraphilias (Psychosexual Disorders)

- Pedophilia = sexual attraction to children
- Zoophilia = sexual attraction to animals
- Fetishism = sexual attraction to objects
- Voyeur = someone who becomes sexually aroused when watching others engage in sexual activities
- Masochist = someone who is aroused when pain is inflicted on them
- Sadist = someone who is aroused by inflicting pain on others

Feeding and Eating Disorders

- Anorexia nervosa
 - Characterized by continuous and harmful self-starvation
 - Individuals are often significantly low in weight for one's age and size
 - Characterized by intense fear of fat and food, and a distorted body image
- Bulimia
 - Similar to anorexia nervosa, but undergo binge-purge cycles
 - Binge-purge cycles = eating large quantities of food and then attempting to get rid of the food by throwing or using laxatives

Substance-related and Addictive Disorder

- Usage of substances behaviors in regular manners that negatively affects a person's life

Neurodevelopmental Disorder

- Autism Spectrum Disorder
 - Characterized by seeking out less social and emotional contact than normal
 - Often hypersensitive to sensory stimulation
 - Express intense interest in objects and often engage in repetitive behaviors
- Attention-Deficit/Hyperactivity Disorder (ADHD)
 - Difficulty paying attention or staying still
 - Occurs more commonly in boys

Neurocognitive Disorder

- Alzheimer's Disease
 - Dementia, deterioration of cognitive abilities, usually in memory

Summary of Categories of Psychological Disorders		
Category of Disorder	Major Symptoms	Examples
Anxiety Disorders	Anxiety-autonomic arousal, nervousness	Phobias, GAD, panic disorder
Somatoform Disorders	Physical complains without any organic cause	Conversion disorder
Dissociative Disorders	Disruption in consciousness	DID, psychogenic amnesia
Mood Disorders	Disturbances in mood	Major depressive disorder, bipolar disorder
Schizophrenia	Delusions, hallucinations	Disorganized, paranoid, catatonic, undifferentiated
Personality Disorders	Maladaptive ways of behaving	Antisocial, narcissistic, obsessive