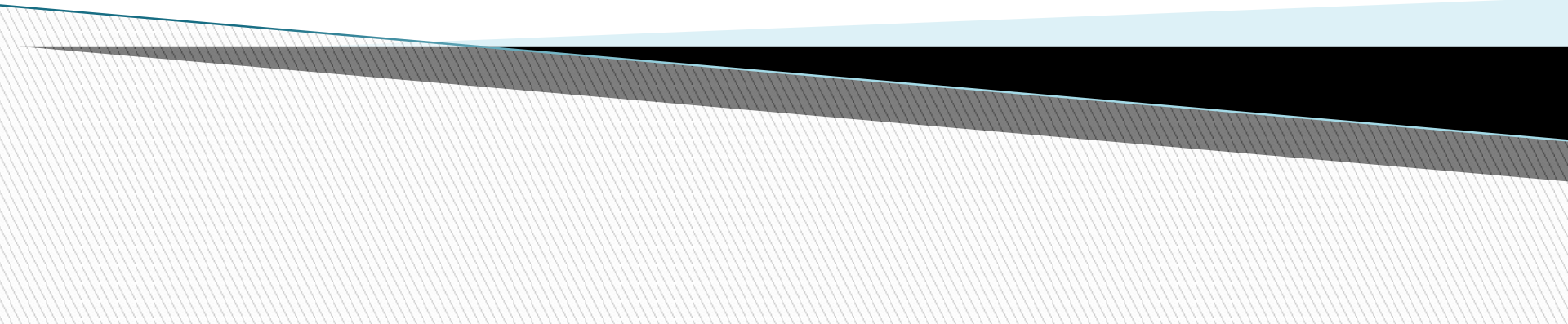
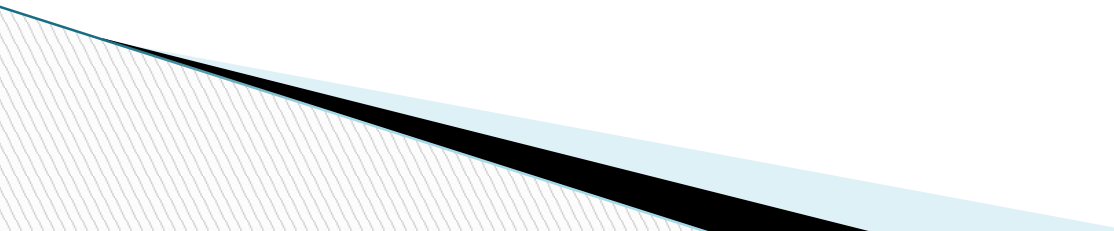


Psychological Disorders

Categories and Common Symptoms



Classifying Psychological Disorders

- ▶ The American Psychiatric Association rendered a Diagnostic and Statistical Manual of Mental Disorders (DSM) to describe psychological disorders.
 - ▶ The most recent edition, DSM-IV-TR (Text Revision, 2000), describes 400 psychological disorders compared to 60 in the 1950s.
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Personality Disorders

- ▶ **Antisocial:** persistent disregard for and violation of other's rights. Treat others as objects. Live for the moment–thrill seekers. No shame or guilt. Do not profit from experience (sociopaths or psychopaths)
- ▶ **Dependent:** patterns of submissiveness and excessive need to be taken care of.
- ▶ **Obsessive Compulsive:** intense interest in being orderly, having control and achieving perfection.
- ▶ **Paranoid:** distrusts others, perceives others as having evil motives.

Anxiety Disorders

- ▶ **Generalized Anxiety Disorder**
 - Experience continuous anxiety.
 - Fearing unknown and unforeseen circumstances, they are unable to make decisions.
 - Become preoccupied with internal problems–neglect social relationships.
- ▶ **Phobic Disorder**
 - Severe anxiety focused on a particular object, animal, activity or situation that seems out of proportion to the real dangers involved.
- ▶ **Panic Disorder**
 - Experience feelings of sudden, helpless terror (likened to what you might feel like when cornered by a predator).
 - Symptoms include sense of smothering, choking, difficulty breathing, faintness, or dizziness.

Anxiety Disorders Con't

▶ Post Traumatic Stress Disorder

- A person who has experienced a traumatic event feels severe and long-lasting aftereffects.
- Symptoms include involuntary flashbacks, recurring nightmares, insomnia, and/or feelings of guilt.

Somatoform Disorders

▶ Hypochondriasis

- A person in good health becomes preoccupied with imaginary ailments.
- Spend a lot of time searching for serious ailments, misinterprets minor ailments as early signs of fatal illness.

Dissociative Disorders

▶ Amnesia

- May be an attempt to escape from problems by blotting them out completely.
- Often results from traumatic event .

▶ Dissociative Identity Disorder (Multiple Personality Disorder)

- Someone has two or more distinct personalities, each with its own way of thinking and behaving.
- A way to escape from a part of the self that one fears

Schizophrenia

- ▶ withdraw from normal life, and has distorted perceptions and behaviors. Thoughts are disturbed and have lost touch with reality. (Delusions and hallucinations common).
 - Paranoid: hallucinations and delusions of grandeur or persecution.
 - Catatonic: remain motionless for long periods of time, exhibiting a waxy flexibility.
 - Disorganized: incoherent language, inappropriate emotions, disorganized motor behavior, hallucinations and delusions.

Disorganized & Delusional Thinking

- ▶ This morning when I was at Hillside [Hospital], I was making a movie. I was surrounded by movie stars ... I'm Mary Poppins. Is this room painted blue to get me upset? My grandmother died four weeks after my eighteenth birthday."

(Sheehan, 1982)

- ▶ This monologue illustrates fragmented, bizarre thinking with distorted beliefs called **delusions** ("I'm Mary Poppins").

Mood Disorders

- **Bipolar Disorder**

- Individuals are excessively and inappropriately happy or unhappy. During manic phase, experience elation, confusion, distractibility, racing thoughts, exaggerated self-esteem and irresponsible behavior. During depressive phase, experience feelings of failure, sinfulness, worthlessness, and despair.

- **Seasonal Affective Disorder**

- Develop and maintain depression during winter months.