

2. Psychological well-being and Mental Disorder

what is abnormality?

- **psychopathology** is the study of abnormal behavior and psychological dysfunction; mental illness has been defined in various ways throughout history (e.g., possession, evil spirits, bodily imbalances)
- current definitions of abnormality are based on several factors
 - **statistical or social norm deviance**
 - **subjective discomfort**
 - **inability to function normally**
- disorders vary according to culture; cultural sensitivity and relativity are necessary in diagnosing and treating psychological disorders
- overall, psychological disorders are any pattern of behavior or thinking that causes significant distress, causes people to harm themselves or others, or harms their ability to function in daily life

Psychological Disorders

models of abnormality

explanations for disordered thinking or behavior depend on theoretical model used to explain personality in general

- **biological model:** proposes that psychological disorders have a biological or medical cause; the medical model also influences approaches to diagnosis, treatment, and possible outcomes for a given disorder
- **psychological models:** propose that disorders are the result of various forms of emotional, behavioral, or thought-related malfunctioning
 - **psychodynamic**
 - **behavioral**
 - **cognitive**
- **sociocultural perspective:** thinking and behavior are the products of family, social, and cultural influences; what is normal in one culture may be abnormal in another
- **biopsychosocial perspective:** incorporates biological, psychological, and sociocultural factors

Diagnosing and Classifying Disorders

- the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* was first published in 1952, current version (*DSM-5*) published in 2013
- describes and provides diagnostic criteria for approximately 250 different psychological disorders
- in general, approximately 26% of adults over age 18 in the United States suffer from a mental disorder (see Table 14.1)

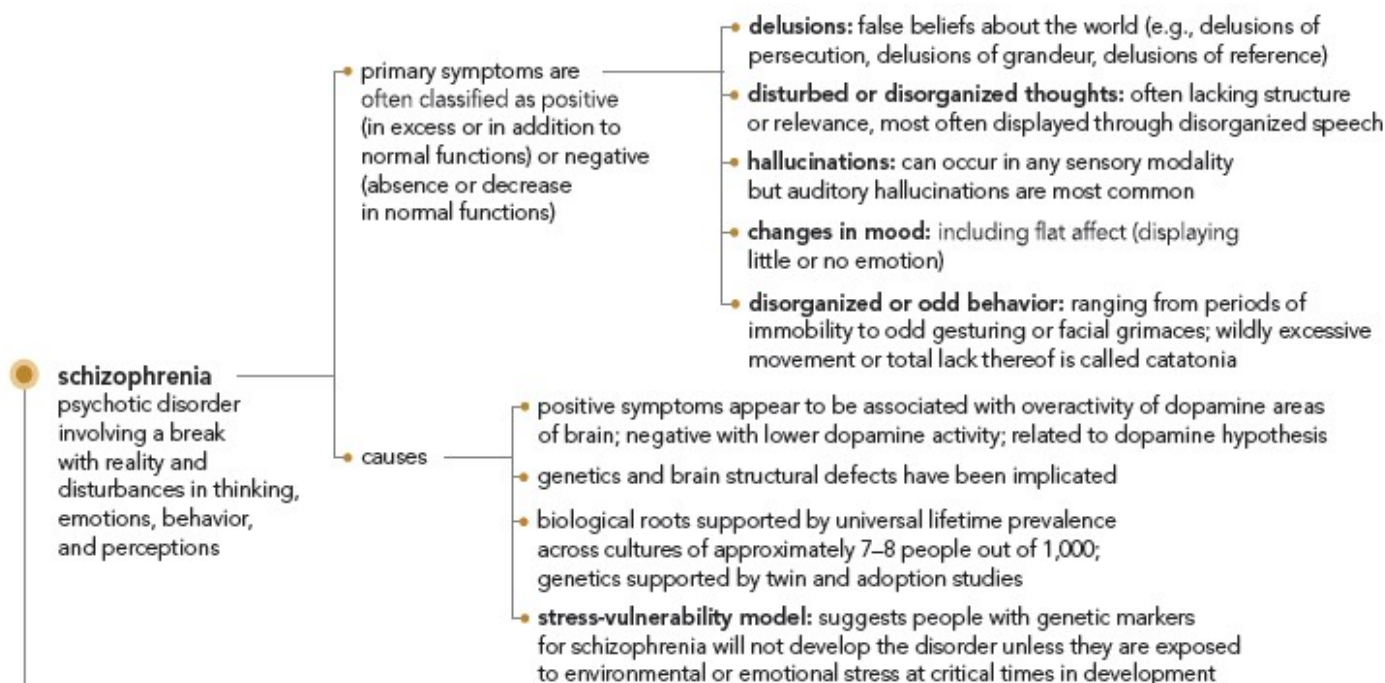
anxiety, OCD, trauma and stress disorders
most dominant symptom is excessive or unrealistic anxiety, or related to traumatic stress

- anxiety can be free-floating (nonspecific, anxious in general) or more specific, as in the case of phobias
 - **social anxiety disorder (social phobia)**
 - specific phobias (e.g., **claustrophobia, acrophobia**)
 - **agoraphobia**
- **panic disorder** consists of an individual having recurrent panic attacks that cause ongoing worry and concern
- **generalized anxiety disorder** involves excessive worry about lots of things and occurs more days than not
- **obsessive-compulsive disorder (OCD)** consists of recurring anxiety-provoking thoughts or obsessions that are only relieved through ritualistic or repetitive behaviors or mental events
- **acute stress disorder (ASD)**
- **posttraumatic stress disorder (PTSD)**
 - caused by significant and traumatic stressors; diagnosis differs according to duration and onset of symptoms, including dissociation, nightmares, and reliving the event.
- **causes**
 - **behavioral:** anxious behavioral reactions are learned
 - **cognitive:** anxiety is result of illogical, irrational thought processes
 - **magnification**
 - **all-or-none thinking**
 - **overgeneralization**
 - **minimization**
 - **biological:** anxiety is due to dysfunction in several neurotransmitter systems (e.g., serotonin, GABA) and/or difference in brain activation; panic disorder is also hereditary
 - **cultural:** anxiety disorders found around the world but particular forms vary across cultures

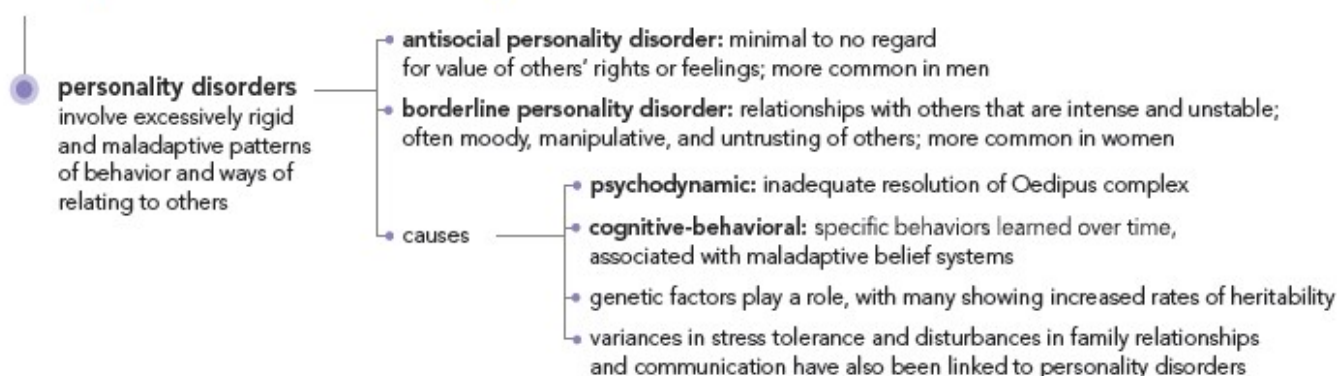
Disorders of Anxiety, Trauma, Stress, and Mood

mood disorders
involve a disturbance in mood or emotion; can be mild or severe

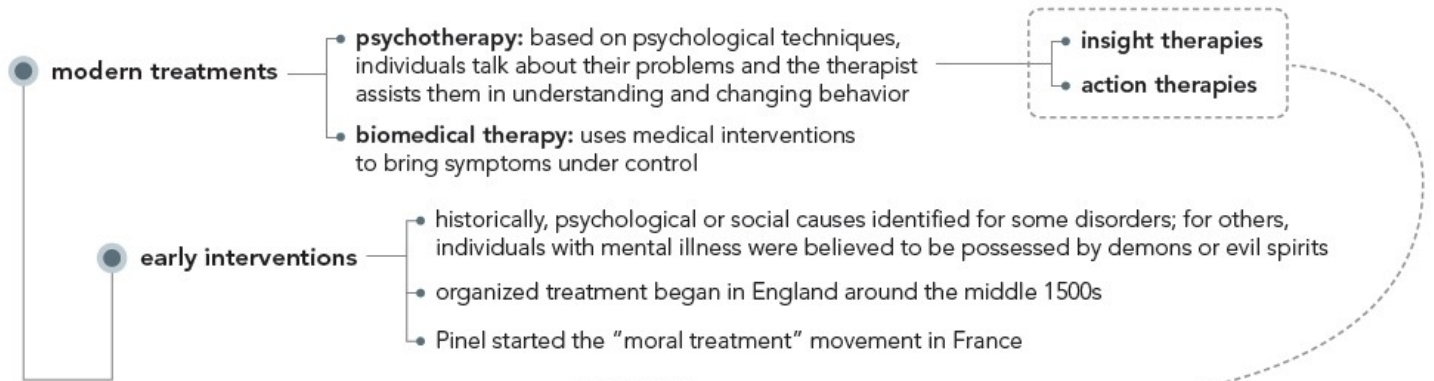
- **major depressive disorder:** deeply depressed mood; most commonly diagnosed mood disorder, twice as common in women
- **bipolar disorders:** experience of mood from normal to manic, possibly with episodes of depression, or the experience of normal mood interrupted by episodes of depression and hypomania
- **causes**
 - **psychodynamic:** depression is repressed anger originally aimed at parents or other authority figures
 - **behavioral:** depression is linked to learned helplessness
 - **social cognitive:** distorted thinking and negative, self-defeating thoughts
 - **biological:** variation in neurotransmitter systems (e.g., serotonin, norepinephrine, dopamine) or specific brain activity; genes and heritability also play a part



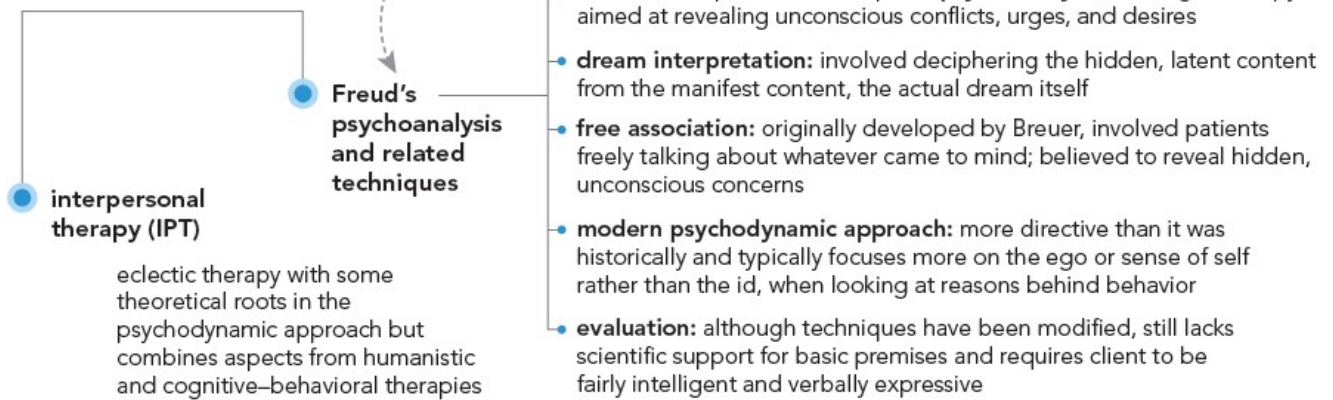
Schizophrenia and Personality Disorders



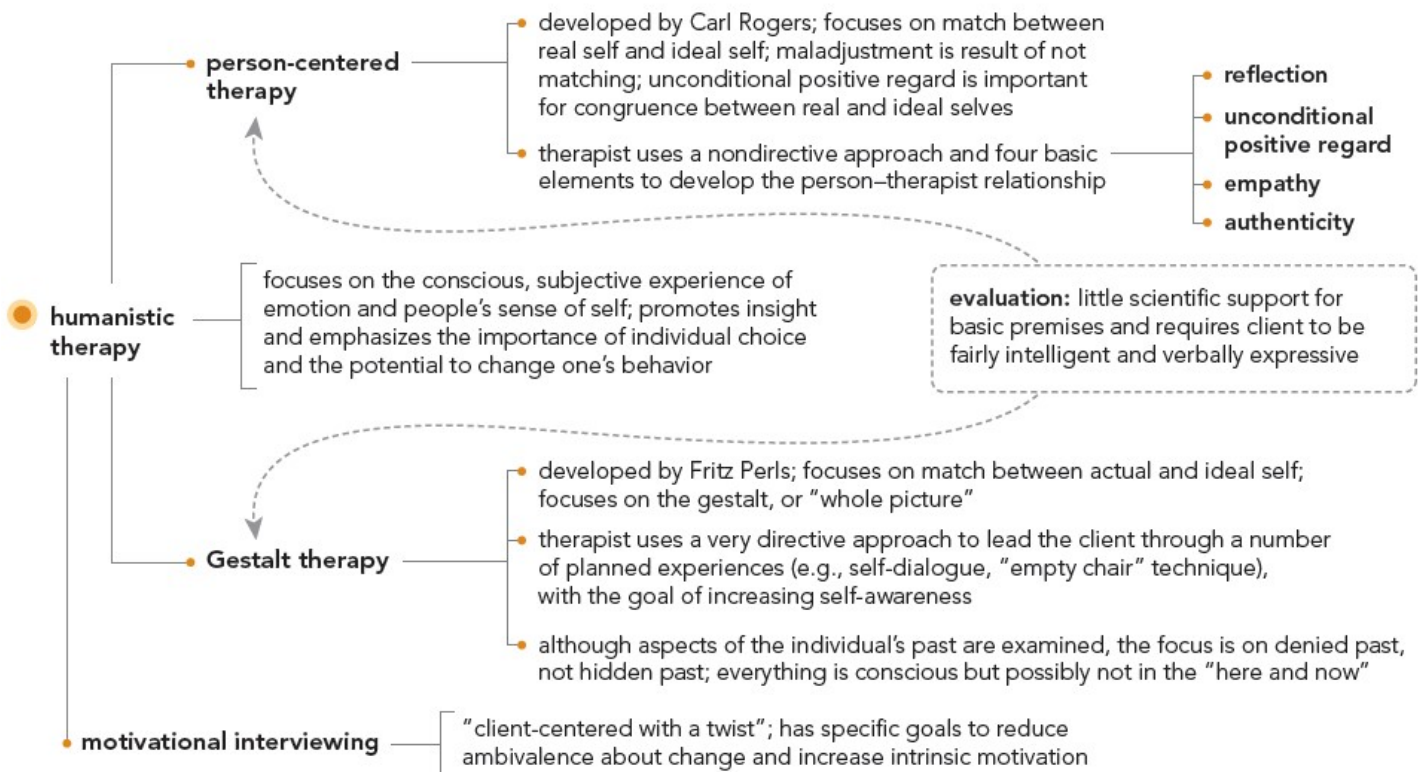
3. Therapeutic Approach



Psychological Therapies

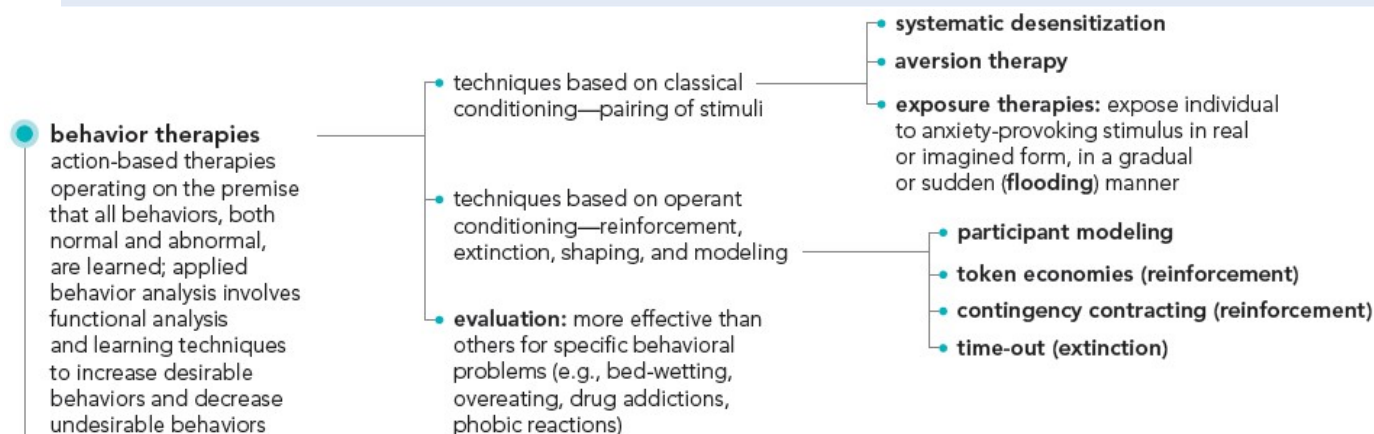


Psychological Therapies (continued)

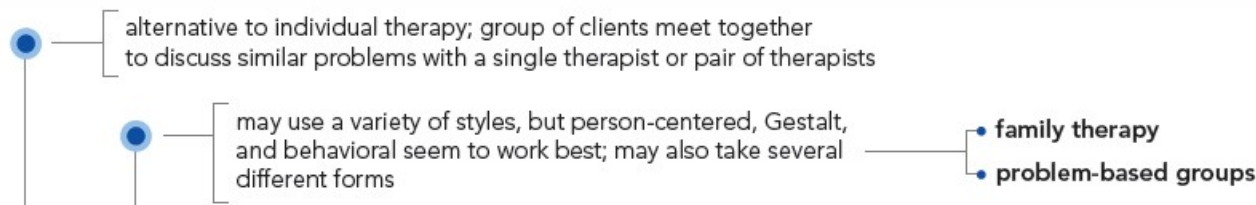
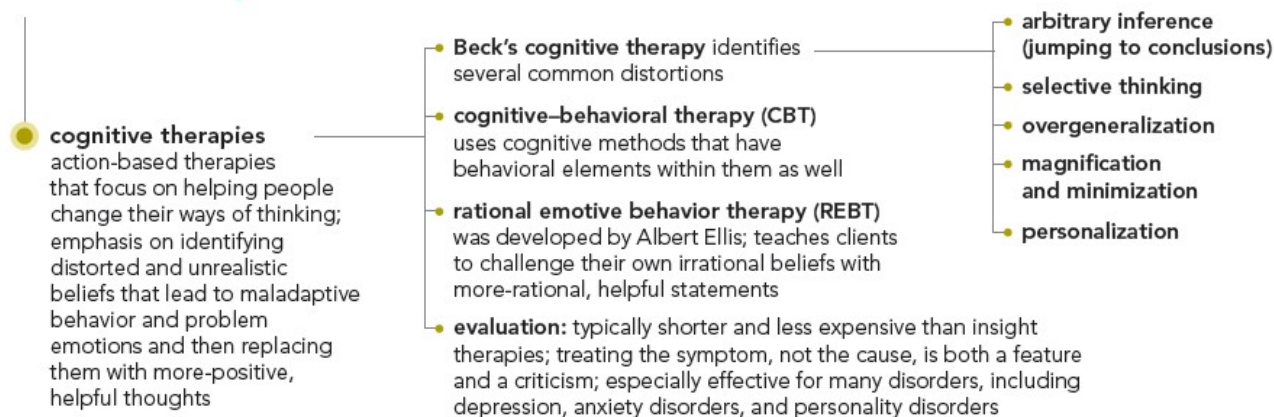


Characteristics of Psychotherapies

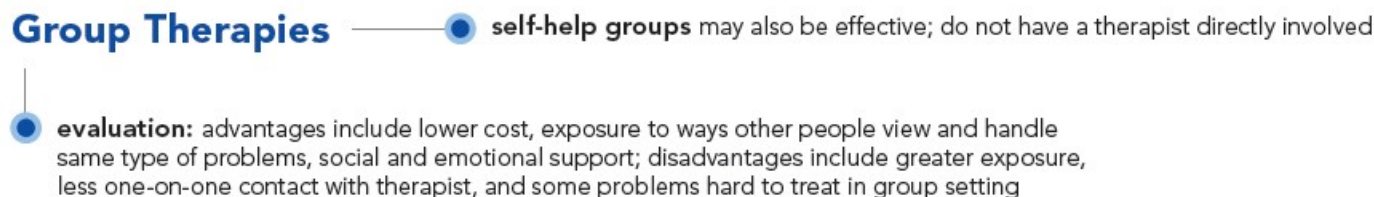
TYPE OF THERAPY (KEY PEOPLE)	GOAL	METHODS
Psychodynamic therapy (Freud)	Insight	Aims to reveal unconscious conflicts through dream interpretation, free association, resistance and transference
Humanistic therapy Person-centered therapy (Rogers) Gestalt therapy (Perls)	Insight	Non-directive therapy; client does most of the talking; key elements are authenticity, unconditional positive regard, and empathy. Directive therapy; therapist uses leading questions and role-playing to help client accept all parts of their feelings and experiences
Behavior therapy (Watson, Jones, Skinner, Bandura)	Action	Based on principles of classical and operant conditioning; aimed at changing behavior without concern for causes of behavior
Cognitive therapy (Beck) CBT (various professionals) REBT (Ellis)	Action	Aims to help clients overcome problems by learning to think more rationally and logically Clients are challenged in their irrational beliefs and helped to restructure their thinking

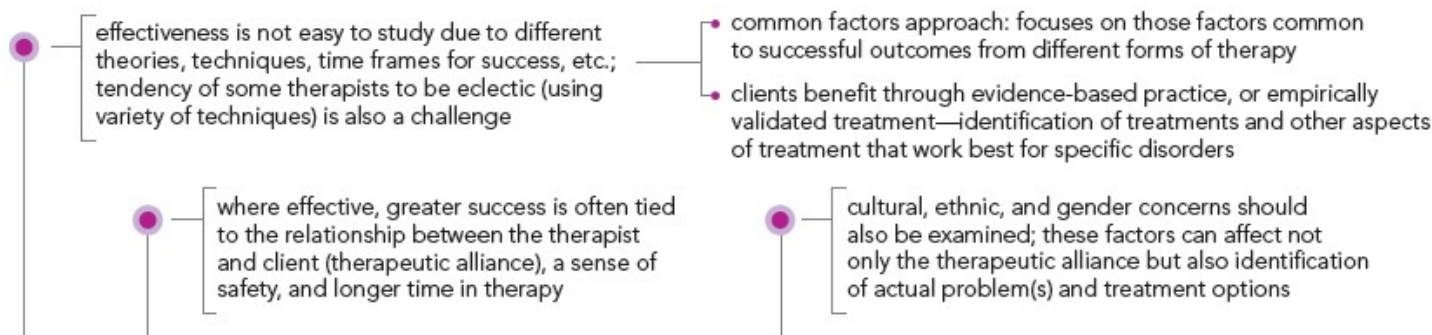


Action Therapies

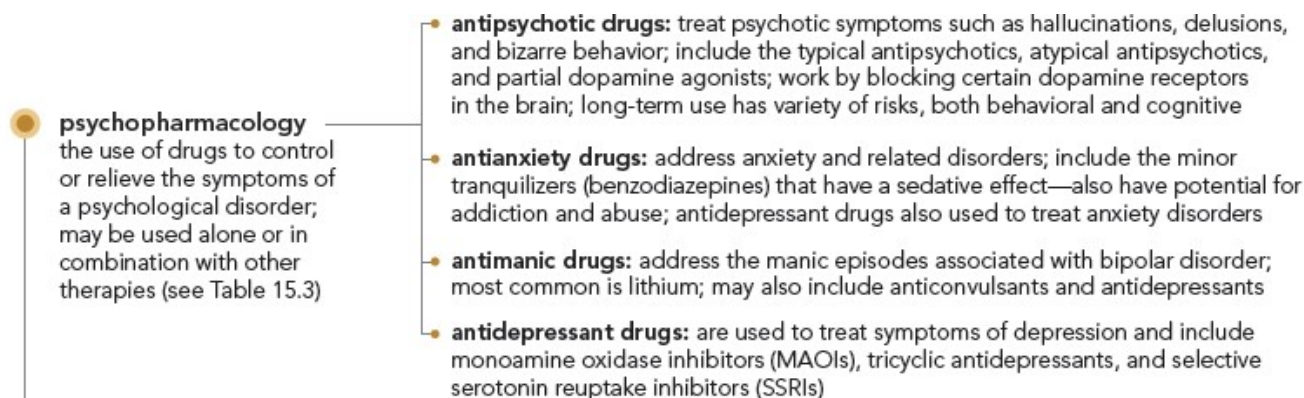


Group Therapies

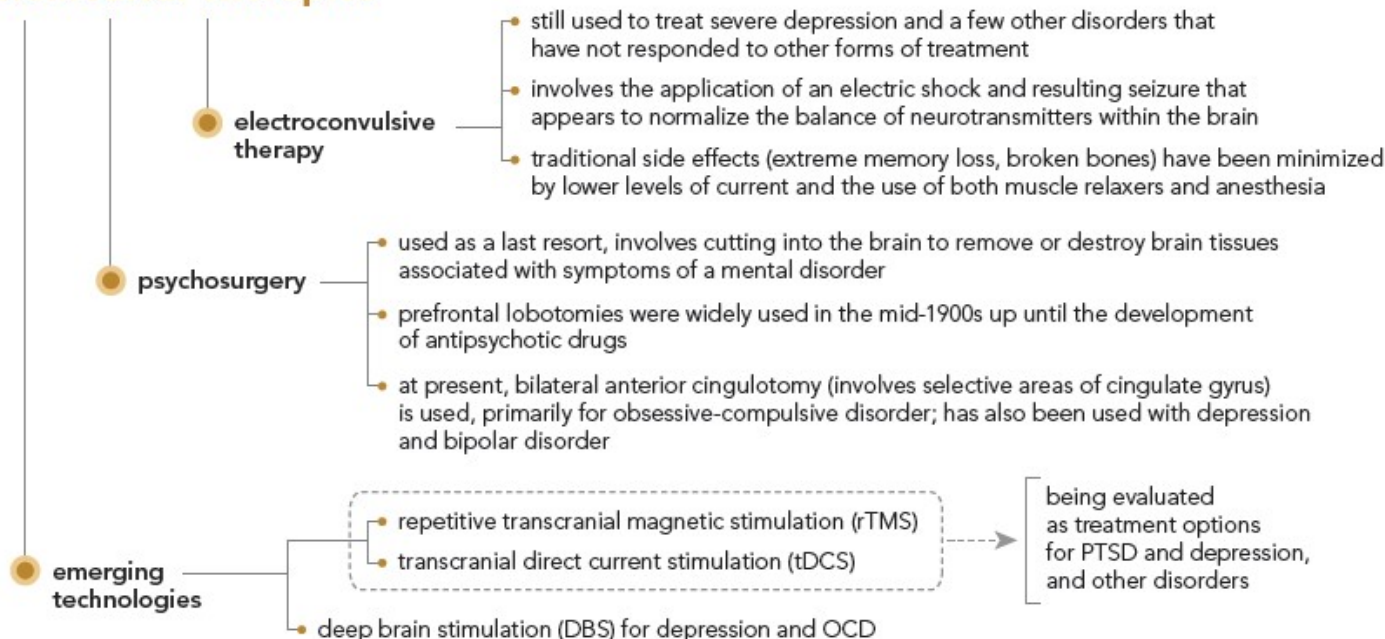


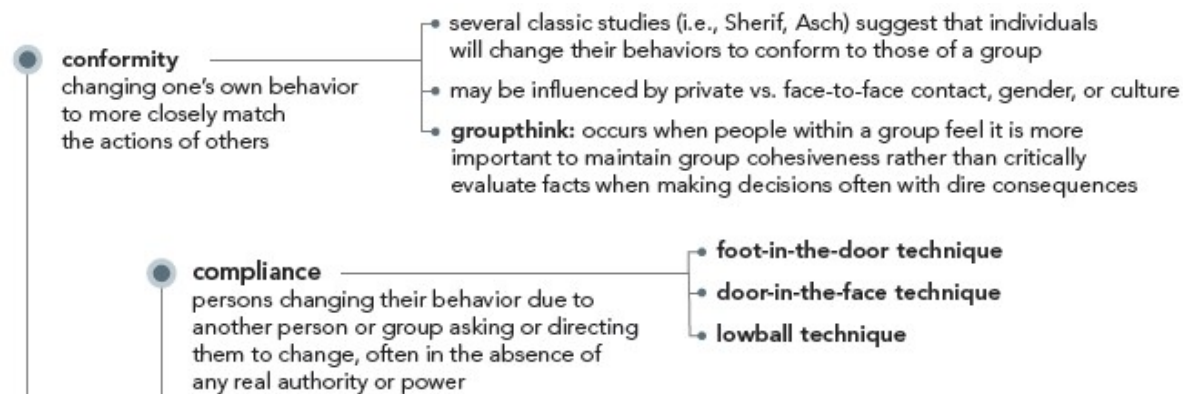


Does Psychotherapy Work?



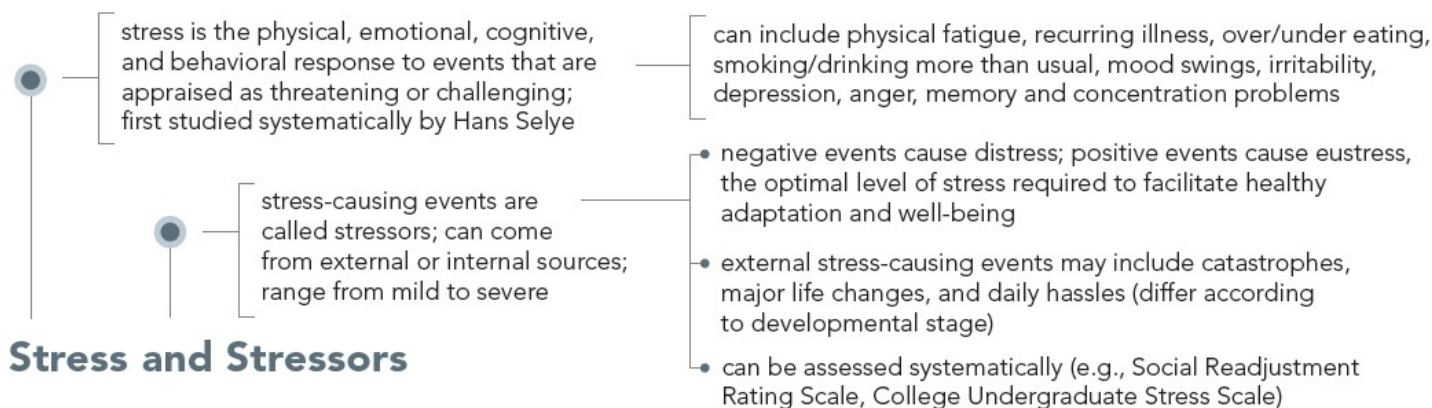
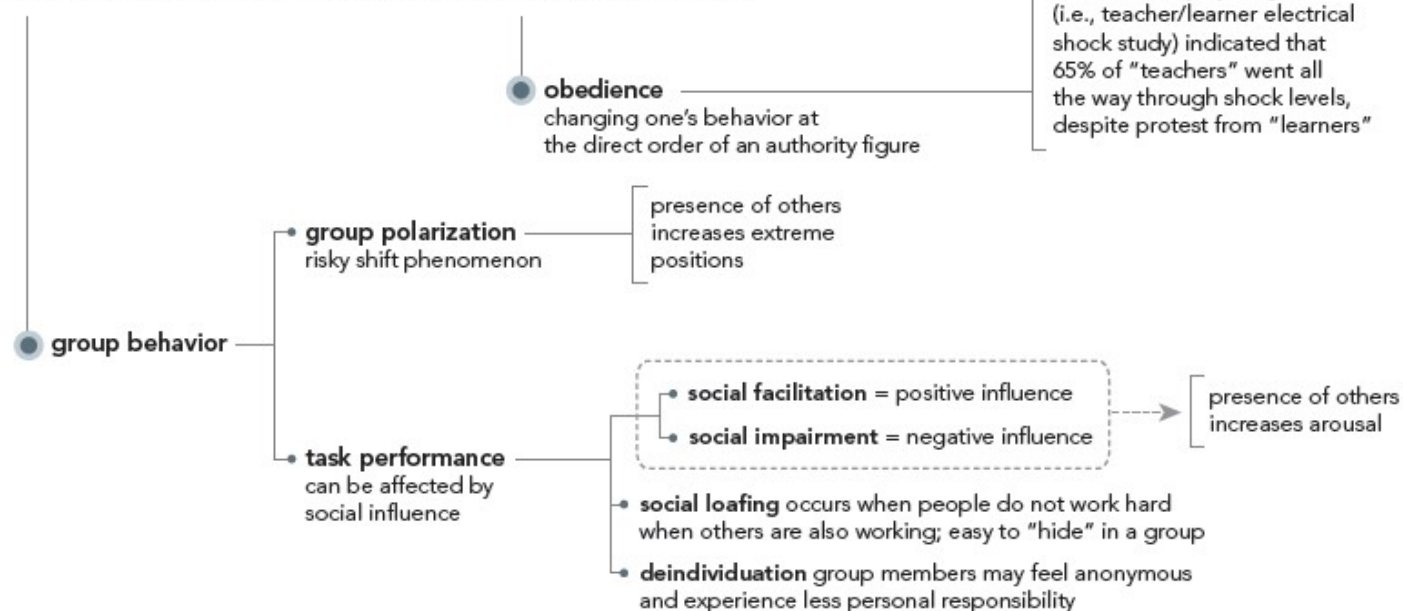
Biomedical Therapies



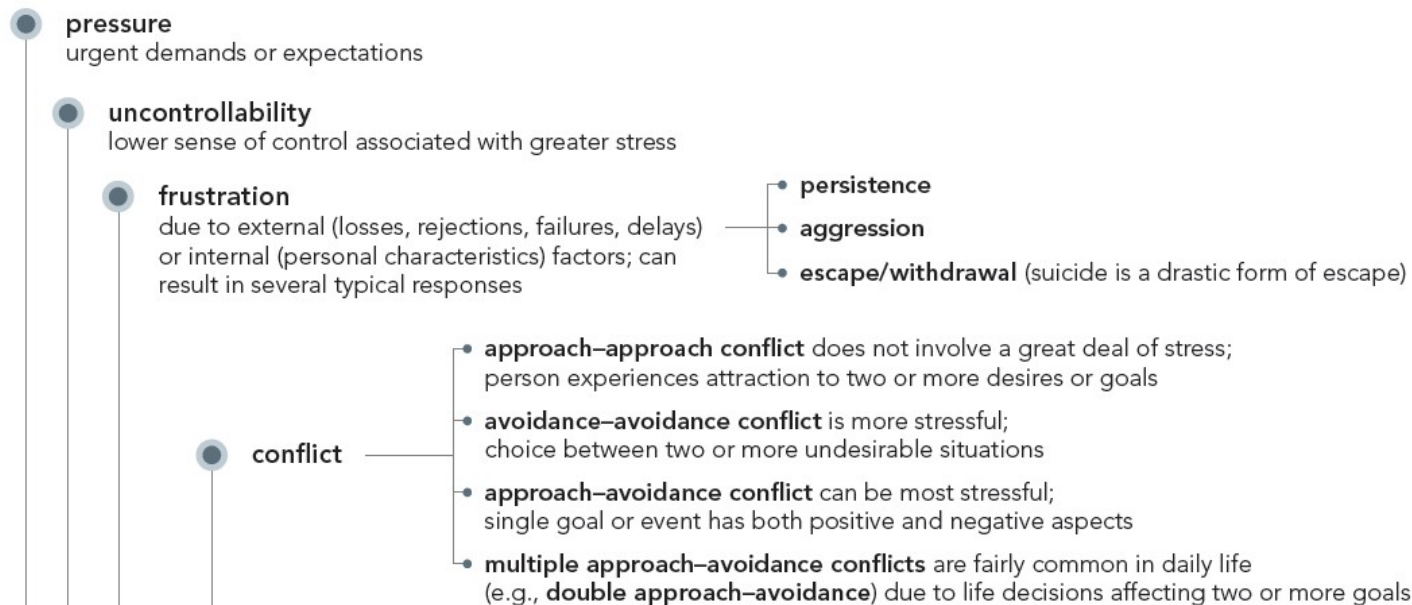


Social Influence

(the ways in which a person's behavior can be affected by other people)

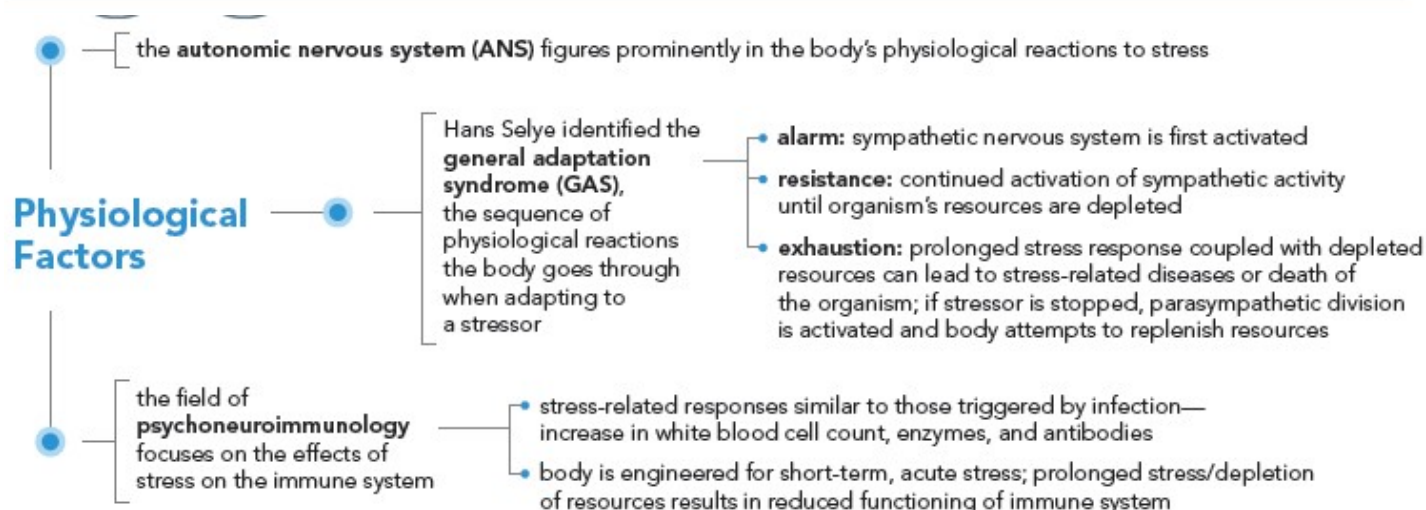
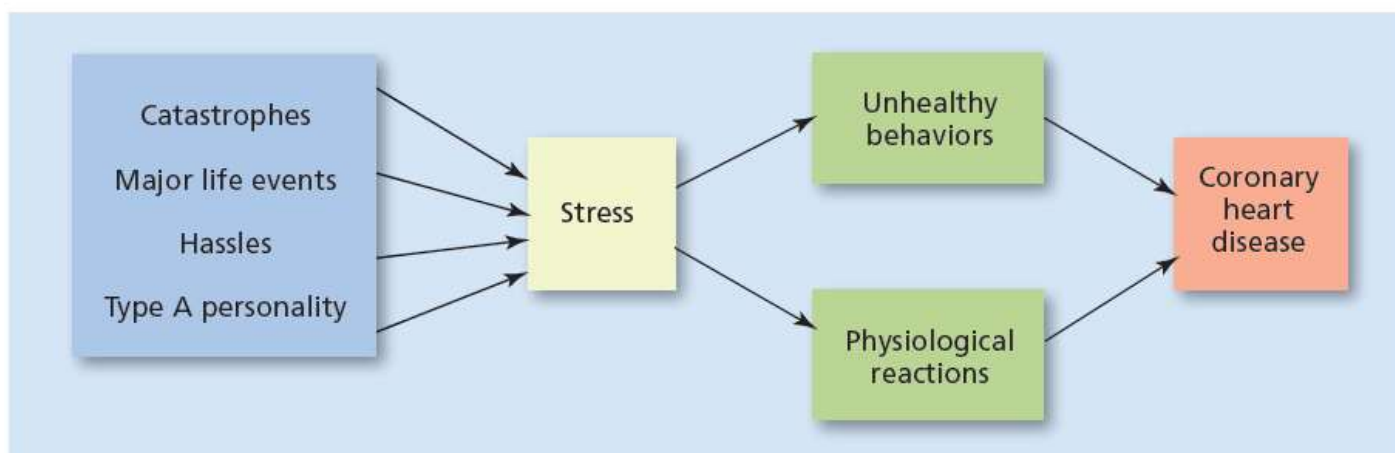


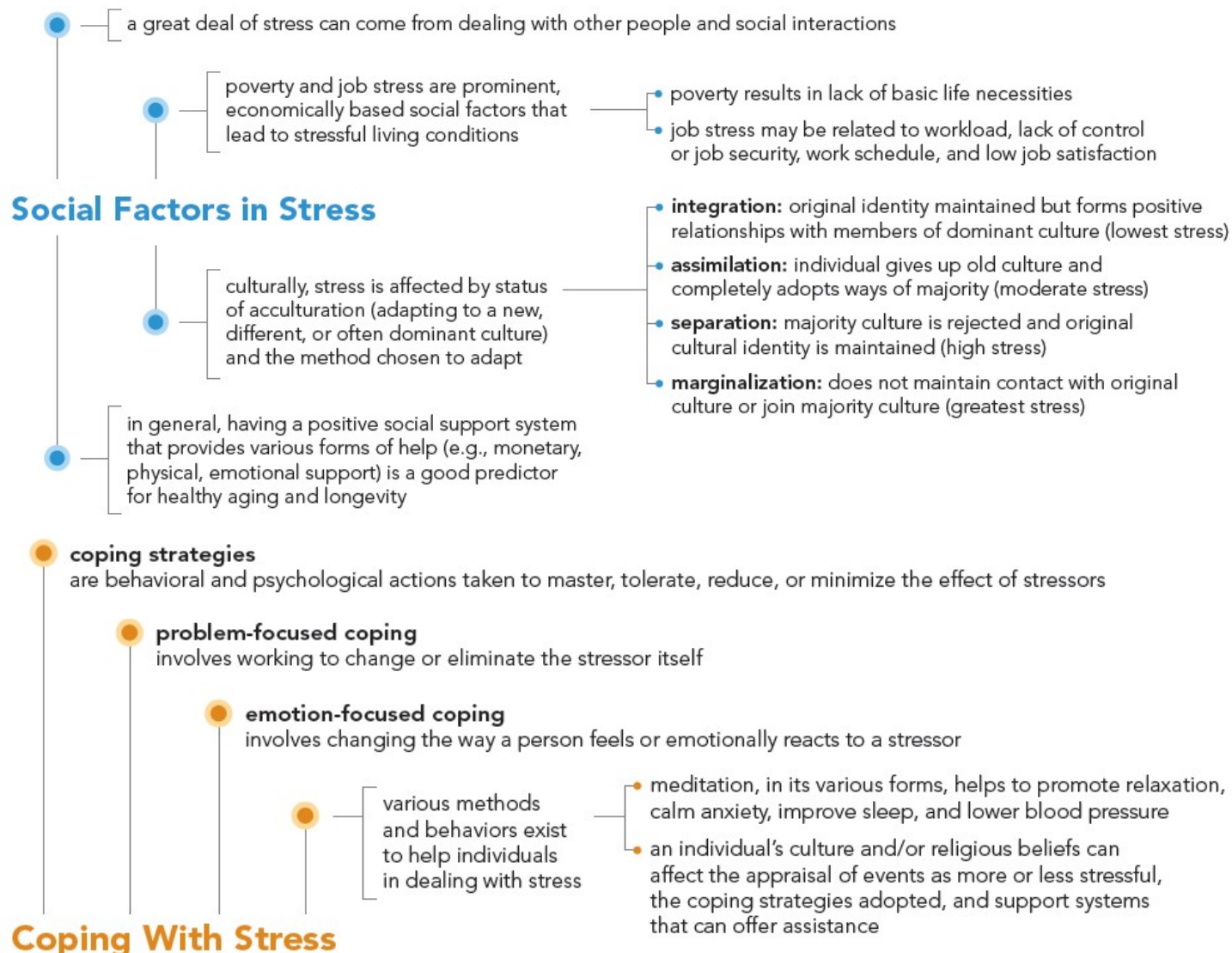
Stress and Stressors



Stress and Stressors (continued)

(psychological stressors are often related to external events)





Education

