

Abnormal Psychology

ARNEL BAÑAGA SALGADO, PsyD, EdD, FPM (PhD), DSc

LEARNING OUTCOMES

After studying this chapter, you are expected to:

1. cite the five approaches in defining an abnormal behavior or a psychological disorder;
2. describe the different models of psychopathology;
3. name the system of classifying abnormal behavior and its historical development;
4. list down the major categories of mental disorders described in DSM-IV; and
5. describe the types, causes and symptoms of the major categories of psychological disorders.
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11. describe the types, causes and symptoms of the major categories of psychological disorders.

What are we studying?

- Abnormal Behaviour
- Psychopathology
- Mental Disorder
- Mental Illness
- Deviant Behaviour



The study of mental disorder involves:

- Definition: What do we mean by mental disorder?
- Classification: How do we distinguish between different mental disorders?
- Explanation: How do we understand mental disorder?
- Treatment: How do we treat mental disorder?

Mental Health Professionals

- Clinical Psychologist (Ph.D., C. Psych.)
- Psychiatrist (M.D.)
- Psychiatric Social Worker (M.S.W.)
- Psychoanalyst
- Therapist

Defining Mental Disorder

- 1) Defining Mental Disorders
- 2) Discussing Particular Abnormalities
- 3) Therapy Regimens

What do we mean by mental disorder?

- Who has a mental disorder?
 - Mass murders?
 - People who want to cut off their arms and legs?
 - People who can't pay attention and concentrate?

Defining Mental Disorder

THREE CLASSIC SYMPTOMS of MENTAL DISORDER:

- Hallucinations: false sensory experiences
- Delusions: disorders of logical thinking
- Affective Disturbances: inappropriately strong or absent emotional response

Defining Mental Disorder



No Disorder Mild Disorder Moderate Disorder Severe Disorder

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Defining Mental Disorder

- Distress
- Maladaptiveness
- Irrationality
- Unpredictability
- Unconventionality
- Observer Discomfort



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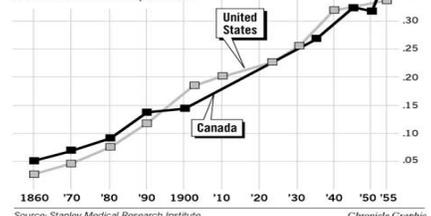
Defining Mental Disorder

- Reasons for differences in rates of disorders and types of symptoms -- are there real cultural differences?
 - Personality / cognitive style
 - Definitions of mental illness
 - Acceptability of mental (as opposed to physical) distress
 - Usage of medical and psychological services
 - Views of the origins and treatment of illness

Defining Mental Disorder

Rising rates of psychiatric hospitalization

Insane persons in psychiatric hospitals as a percentage of the total population from 1860-1955, in the United States and Canada's Atlantic provinces.



Defining Mental Disorder

Homosexuality was defined as a disorder in previous DSM Manuals



Defining Mental Disorder

It is current practice in China to institutionalize members of the Falun Gong religion



Defining Mental Disorder

Sarafem – another name for Prozac



Types of Mental Disorders

- 1) Personality Disorders
- 2) Anxiety Disorders
- 3) Mood Disorders
- 4) Other Disorders

Personality Disorders

Inflexible pattern of inner experience and outward behavior which deviates markedly from one's culture.

Paranoid, Schizoid, **Antisocial**, **Borderline**, Narcissistic, Histrionic, Avoidant, Dependent

Antisocial Personality

Shows a pervasive pattern of disregard for, and violation of other people's rights.

Up to 3.5% manifest an antisocial personality disorder (APA, 1994)

Symptoms: Repeatedly deceitful, irresponsible with money, impulsive, tendency to start fights, egocentric, no regard for safety of self or others.

Antisocial Personality

Tend to be skillful at manipulating people.

Are not distressed by the pain they cause, often perceived as lacking any moral conscience.

“They glibly rationalize their actions by characterizing their victims as weak and deserving of being conned or stolen from” (Comer, 1997)

Borderline Personality

Characterized by mood shifts, unstable self-image, and impulsivity.

2% of the U.S. population suffer from Borderline personality disorder (APA, 1994).

Symptoms: Intense, conflict filled relationships, overstep relationship boundaries, fear of desertion, suicidal thoughts, self-mutilation, emptiness, boredom, confusion about identity.

Anxiety Disorders

- 1) Generalized Anxiety Disorder
- 2) Phobias
- 3) Panic Disorder
- 4) Obsessive Compulsive Disorder
- 5) Post Traumatic Stress Disorder

Generalized Anxiety Disorder

General “free floating” anxiety about everything

3.8% of the U.S. population exhibit symptoms (APA, 1994).

Symptoms: Restlessness, Quick to Fatigue, Trouble Concentrating, Irritability, Muscle Tension, Sleep Problems.

Phobia

Persistent and unreasonable fear of a particular object

10-11% of the U.S. population exhibit symptoms (Magee et al., 1996).

Common Phobias: Heights, Death, Snakes, Interacting with others, Crowds, injections, doctors, spiders, flying.

Phobia

Luposlipaphobia: The fear of being pursued by timber wolves around a kitchen table while wearing socks on a newly waxed floor

(Gary Larson, the far side)

Panic Disorders

Periodic, discrete bouts of panic that occur abruptly and peak within 10 minutes

2.3 % of the U.S. population suffer from Panic Disorder (Weissman et al., 1997)

Symptoms: Palpitations of the heart, shortness of breath, chest pains, choking sensation, faintness, dizziness

Obsessive Compulsive Disorder

Obsession – Persistent thoughts, ideas, impulses, or images that invade consciousness

Compulsion – Repetitive and rigid behaviors or mental acts that a person feels compelled to perform to reduce distress

2% of the U.S. population suffer from OCD (APA, 1994).

PTSD

Distinct patterns of behavior that arise in reaction to a psychologically traumatic event.

7.8% of U.S. population will experience at least one episode in their lifetime

Symptoms: Re-experiencing traumatic event, avoidance, reduced responsiveness, increased arousal (anxiety/guilt)

Mood Disorders

1) Unipolar depression

2) Bipolar Depression

Unipolar Depression

Severe, long lasting, and debilitating sadness.

5-10% of the U.S. population experiences clinical depression in a given year (Kessler et al, 1994)

Symptoms: Feelings of sadness, loss of sense of humor, lack of drive, suicidal thoughts, anxiety, staying in bed, easily distracted

Bipolar Depression

Depressive episodes followed by manic episodes.

Mania – dramatic and inappropriate elevations of mood.

1.5% of the U.S. population suffers from bipolar depression (Kessler et al, 1994)

Symptoms: hyperactivity, insomnia, arbitrary decision making, delusions.

Other Disorders

Memory disorders (Alzheimer's, Amnesia, Korsakoff's)
Perceptual disorders (Agnosia, Prosopagnosia, Neglect, Balint's)
Language disorders (Broca's Aphasia, Wernicke's Aphasia)
Physical Disorders (Anorexia, Bulimia, Obesity)
Misc. (Phantom Limb, Imposter Effect, Autism, Schizophrenia)

Therapy Regimens

- 1) Behavioral Therapy
- 2) Cognitive Therapy
- 3) Psychoanalytic Therapy
- 4) Humanistic Therapy
- 5) Family Therapy
- 6) Biomedical Therapy

Behavioral Therapy

Why would somebody be afraid of white furry objects?

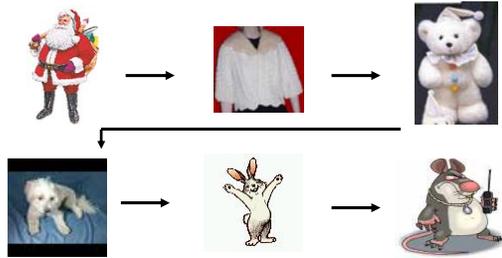
Watson's hair

made from a
s. Pincus
Watson in a
the Albert for
Watson Photo
Bergman



Behavioral Therapy

Systematic Desensitization



Behavioral Therapy

Flooding



Behavioral Therapy

Aversion Therapy



Ipecac + Alcohol = Sobriety

Behavioral Therapy

Other Behavioral Therapies

Social Learning Therapy

Operant Conditioning Therapy

Cognitive Therapy

Constant Repetition of Negative thoughts leads to abnormality



Cognitive Therapy

- Nobody likes me → Even people who like me occasionally get mad at me
- I'm a moron → I'm smart, even if I do make mistakes now and then
- I'm worthless → I'm a good person
- My jokes are bad → It's not my fault that the class has no sense of humor.

Psychoanalytic Therapy

Freud and his famous couch

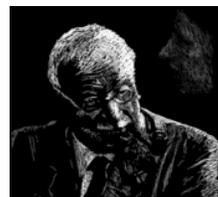


Psychoanalytic Therapy



Freud saw many things as having sexual overtones

Psychoanalytic Therapy



Carl Jung

Collective Unconscious and Archetypes



The shadow archetype

Humanistic Therapy

The patient best knows his or her own mind, the psychologist's job is to facilitate self-therapy



[Eliza the Online Therapist](#)

Humanistic Therapy

The 3 necessary elements of Humanistic Therapy

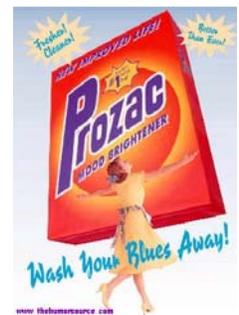
- 1) Unconditional Positive Regard
- 2) Genuineness
- 3) Non-Directive Guidance

Family Therapy

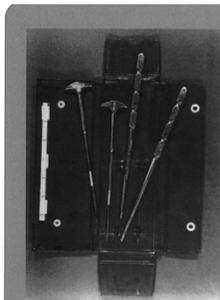
Interpersonal Dynamics lead to Abnormality

- Switch Rolls
- Switch Power structure (as in The Simpsons)
- Group Discussion

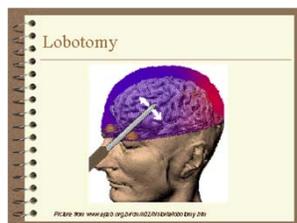
Biomedical Therapy



Biomedical Therapy



Psychosurgery



Biomedical Therapy



Electroconvulsive Therapy

Induce small seizures to correct for chemical imbalances

Homework

- 1) Watch “Girl Interrupted”
- 2) “What is Borderline Personality Disorder?”
- 3) Read the clinical psych jokes
- 4) “Why Mental Health Professionals don’t help”
- 5) Insanity in Literature
- 6) Dr. Joy (or other pop psych guru)