

Psychological Disorders Review Sheet

Abnormal Behavior	1. atypical 2. disturbing 3. maladaptive 4. unjustifiable.
DSM-V	Diagnostic Statistical Manual used to CLASSIFY psychological disorders.
Rosenhan's Experiment	Fake patient experiment in mental hospitals. Showed powers of psychological labeling.
Deinstitutionalization	emptying of mental hospitals brought about by the introduction of anti-psychotic drugs. Unintended result: Lead to many people with severe mental illness becoming homeless.

PERSPECTIVES ON PSYCHOLOGICAL DISORDERS:

Psychoanalytic	argues disorders are caused by unresolved unconscious conflicts from childhood.
Behavioral	argues disorders are maladaptive behaviors LEARNED from inappropriate rewards and/or punishments.
Humanistic	argues disorders are caused by low-self worth and concept from not being accepted by society.
Cognitive	argues disorders are caused by irrational and faulty thinking patterns.
Biological	argues disorders are caused by neurochemical or hormonal imbalances; abnormal brain structures or genetics.

NEUROTIC VS. PSYCHOTIC DISORDER:

Neurotic	distressing disorder but can still function in society and think rationally.
Psychotic	most extreme disorder. Lose touch with reality. Ex: schizophrenia

ANXIETY DISORDERS: disorders that involve persistent and distressing nervousness and apprehension OR maladaptive behaviors which reduce anxiety (defenses against anxiety).

Panic Disorder	disorder marked by moments of intense dread in which a person experiences terror and accompanying chest pain or other frightening sensations. "Panic Attacks."
Generalized Anxiety Disorder	characterized by general tenseness, nervousness, apprehension, and arousal of autonomic nervous system.
Phobias	irrational fear of object or situation. Ex: Agoraphobia (open spaces), Acrophobia (heights), Claustrophobia (tight spaces).
Obsessive Compulsive Disorder	disorder characterized unwanted repetitive thoughts ("my hands are dirty/germy") and repetitive actions (continuously washing hands).
Post Traumatic Stress Disorder	characterized by being withdrawn and having haunting memories and/or nightmares. Brought about by constant and extreme stress. Ex: War Veterans often Experience.
Tourette Syndrome	involuntary twitching or making of unusual sounds. Overactive norepinephrine and dopamine receptors.

MOOD DISORDERS: characterized by emotional extremes.

Depression	characterized by sadness, lethargy, and lack of interest in activities for more than 2 weeks.
Major Depressive Disorder	includes depressive characteristics with extreme feelings of worthlessness for NO EXTERNAL REASON. <u>LACK OF SEROTONIN.</u>
Seasonal Affective Disorder	depression caused by lack of daylight. Also known as "Winter Depression."

Bipolar Disorder disorder which alternates between euphoria of mania and hopelessness of depression. Overabundance of norepinephrine in mania, under abundance of serotonin in depression.

DISSOCIATIVE DISORDERS: when conscious awareness becomes separated from previous memories.

Dissociative Identity Disorder: also known as multiple personality disorder. Person alternates between 2 or more personalities. Has amnesia when personalities change and main personality usually unaware of others. Usually caused by some traumatic (usually sexual abuse) during early life.

Dissociative Amnesia forgetting identity caused by some PSYCHOLOGICAL TRAUMA.

Dissociative Fugue forgetting identity caused by some psychological trauma and then MOVING AWAY and taking on new identity in new location.

SCHIZOPHRENIA: GROUP of disorders characterized by disordered thinking, hallucinations, delusions, disturbed perceptions, and inappropriate emotions.

Hallucinations false sensory perceptions. Ex: hearing voices or seeing things that are not there.

Delusions false thoughts. Ex: believing you are president of Indonesia or are Jesus.

Disorganized Schizophrenia characterized by disorganized speech and behavior and inappropriate behaviors.

Paranoid Schizophrenia characterized by hallucinations and delusions of grandeur or persecution.

Catatonic Schizophrenia characterized by immobility and lack of emotion/behavior.

Undifferentiated Schizophrenia mixture of different types of schizophrenia. When person fits more than 1 category.

Biological Influence Overabundance of DOPAMINE in schizophrenia also genetic influence.

PERSONALITY DISORDERS: behavior patterns that IMPAIR SOCIAL FUNCTIONING

Antisocial characterized by lack of conscience or guilt for actions. Lack of activity in frontal lobe.

Narcissistic self-centered personality; obsessed with importance of self. (more common in males)

Histrionic attention seeking personality; tends to overreact and be dramatic (more common in females)

Borderline emotionally unstable, impulsive, unpredictable irritable personality (more common in females)

Schizoid poor capacity for forming social relationships; shy, withdrawn behavior. Considered "cold"

Avoidant excessively sensitive to potential rejection, humiliation. Desires acceptance but withdrawn.

SOMATOFORM DISORDERS: physical symptoms like pain, blindness, deafness without physical cause (is psychological)

Conversion characterized by loss of bodily function without physical damage to organs. Ex: Man is blind after wife dies but nothing is wrong with eyes.

Hypochondriasis person unrealistically interprets any physical symptoms of a serious disease. Ex: Believe sore throat is evidence of throat cancer.