

Psychological Disorders

Concepts of Abnormality

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| Conceptual vs. Statistical | Social norms vs. frequency |
| Ds of Diagnosis | Deviance (abnormal) Dysfunction (impairs) Distress (suffer) Duration |
| Thomas Szasz (1960) <i>The Myth of Mental Illness</i> | “problems in living” vs. diseases |
| Stigmatization | Social disapproval |

Diagnosis

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| DSM-5 | 22 categories, 237 disorders |
| Symptom Categories | Affective, Behavioral, Cognitive, Somatic: |
| Positive/Negative | Not seen in healthy (+) Normal not present (-) |
| Etiology | Origin/cause of disorder |
| Prevalence | % population w/ diagnosis |
| Diathesis-Stress Model | Genes & env. stress interact |
| Biopsychosocial model | Interaction of bio, cog., s.c. factors; avoid reductionism |
| Culture & Diagnosis (DSM-5) | Syndromes, idioms of distress, perceived causes |
| David Rosenhan (1973) <i>On Being Sane in Insane Places</i> | Pseudopatients hearing voices; avg 19 days, max 52; labeling |
| Comorbidity | Multiple disorders together |
| Over-diagnosis / Diagnostic inflation | Pathologizing? # symptoms, severity, marketing |

Psychological Disorders & Categories

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| Anxiety Disorders | |
| Specific Phobia | Object/situation causes intense irrational fear |
| Social Anxiety Disorder / Social Phobia | Fear of potential social judgment/evaluation |

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|---|---|
| Agoraphobia | <i>Agora</i> : “market”; avoid public places / leaving home |
| Panic attack | Sudden episode of intense fear & anxiety |
| Generalized Anxiety Disorder | Less intense, persistent level of anxiety & worry |
| Anxiety-Related (but have own categories) | |
| Post-Traumatic Stress Disorder (PTSD) 3+ months | Persistent stress & high arousal after trauma; flashbacks (re-living event) |
| Obsessive-Compulsive Disorder (OCD) | Obsessive thoughts cause anxiety; compulsive behaviors to reduce anxiety |
| Somatic Symptom & Related Disorders | |
| Somatic symptom disorder | Unexplained phys. symptom |
| Illness anxiety disorder | Excess worry/thoughts of illness; few/no symptoms |
| Conversion disorder | Perceptual/motor problem (paralysis, blindness, etc.); no physical explanation |
| Dissociative Disorders | |
| Dissociative amnesia | Loss of episodic memory |
| Dissociative fugue | Loss of identity, flee & adopt new identity |
| Dissociative Identity Disorder (formerly MPD) | Identity split into “ alters ”; prior abuse common |
| Autism Spectrum Disorder | |
| Autism spectrum disorder | Impaired theory of mind & emotional recognition |
| Schizophrenia | |
| Delusion | False belief (often paranoid) |
| Hallucination | False perception (hearing voices, etc.) |

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| Disorganized thought | Jumbled ideas; word salad |
| Catatonia | Psychomotor abnormality |
| Dopamine Hypothesis | Elevated levels of dopamine |
| Eating Disorders | |
| Bulimia Nervosa Greek “ravenous hunger” | Binge & purge cycle; feelings of guilt, shame |
| Anorexia Nervosa Greek “without hunger” | Very low calorie intake & fear of being fat |
| Depressive Disorders | |
| Major Depressive Disorder 2+ weeks | Depressed mood, anhedonia (lack pleasure), fatigue, negative thinking |
| Patterns of MDD | Seasonal (fall/winter) Peripartum (childbirth) |
| Bipolar Disorders | |
| Bipolar Disorder Type I & II (less severe) | Depressive & manic episodes |
| Manic episode 7+ days | Elevated energy, mood, talkativeness, impulsivity |
| Personality Disorders | |
| Cluster A | Paranoid, Schizoid, Schizotypal |
| Cluster B | Antisocial, Histrionic, Narcissistic, Borderline |
| Cluster C | Dependent, Avoidant, Obsessive-Compulsive |
| Neurocognitive Disorders | |
| Alzheimer’s Disease | ACh neurons; plaque & tangled proteins; dementia |
| Parkinson’s Disease | DA neurons; mid-brain (substantia nigra), tremors |