Chapter 14
Psychological Disorders

Defining Abnormality
Classifying Psychological Disorders
Origins of Psychological Disorders

True or False?

- Abnormal behaviors are always bizarre.
- A clear distinction can be drawn between “normal” and “abnormal” behavior.
- Mental disorders indicate a fundamental deficiency in personality and are thus shameful.

What is Abnormal Behavior?
To determine if a behavior is “abnormal” one must first determine what behaviors are “normal”

Characteristics of Abnormal Behavior
- Criteria:
  - Causing personal distress
  - Deviant
    - Cultural Deviance
    - Statistical Deviance
  - Dysfunctional behavior
    - Maladaptive
Characteristics of Abnormal Behavior

- Criteria:
  - Causing personal distress
  - Deviant
    - Cultural Deviance
    - Statistical Deviance
  - Dysfunctional behavior
    - Maladaptive

Statistical Deviance

Consider intelligence...

Abnormality is defined, in part, by statistical extremes (aka statistical deviance)

Now consider another behavior...

Probability

Two important points:

First, where is the cut off for a "normal" score?
Where is the cut off for a "normal" score?

Where is the cut off for a "normal" score?

Second, not all behaviors that are statistically deviant are psychological disorders

Characteristics of Abnormal Behavior

- Criteria:
  - Causing personal distress
  - Deviant
    - Cultural Deviance
    - Statistical Deviance
  - Dysfunctional behavior
    - Maladaptive
A behavior that is dysfunctional is one that prevents someone from functioning well in daily activities (work, relationships, school, etc).

Dysfunctional or Maladaptive Behavior:
A behavior that is dysfunctional is one that prevents someone from functioning well in daily activities (work, relationships, school, etc).

"Psychological Disorder" vs. "Insanity"

"Disorder" is a psychological term
- abnormal, dysfunctional behavior
- determined by a mental health professional

"Insanity" is a legal term
- A person does not know right from wrong at the time of a crime
- determined by a court

Labeling Disorders

- Rosenhan (1973)
  - Participants faked disorders to enter psychiatric ward

- Langer & Abelson (1974):
  - people were asked to watch a video of a person describing his problems in day to day life
  - they were asked to rate how well adjusted he seemed
**Labeling Disorders**

- However, labeling helps psychologists determine how best to help a person with a disorder
- The DSM IV (Diagnostic and Statistical Manual of Mental Disorders) is a guide for classifying psychological disorders

**Classifying Disorders**

- The Five Axes of the DSM-IV-TR
  - "Axis" = Rating dimension
  - **Axis I**: Common psychological disorders
    - e.g., Schizophrenia; substance abuse
  - **Axis II**: Personality disorders or mental retardation
    - e.g., Paranoid personality disorder
  - **Axis III**: General medical conditions
    - e.g., Diseases of the circulatory system
  - **Axis IV**: Psychosocial and environmental problems
    - e.g., Homelessness
  - **Axis V**: Global assessment of functioning scale

---

**Axis I**

- Anxiety disorders
- Somatoform disorders
- Dissociative disorders
- Mood disorders
- Schizophrenia

**Axis II**

- Personality disorders

---

**Anxiety Disorders**

- Generalized anxiety disorder
- Phobic disorder
- Panic disorder & agoraphobia
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
The most common phobias include:

- Acrophobia - fear of heights
- Ophidiophobia - fear of snakes
- Astraphobia - fear of storms
- Ophidophobia - fear of snakes
- Arachnophobia - fear of spiders
- Hemaphobias - fear of blood
- Claustrophobia - fear of closed spaces
- Aviphobia - fear of flying

Other common phobias include:

Etiology - What causes anxiety disorders?

- Somatoform Disorders
  - Hypochondriasis
  - Somatization disorder
  - Conversion disorder

Etiology - What causes somatoform disorders?
Dissociative Disorders

- Dissociative amnesia
- Dissociative fugue
- Dissociative Identity Disorder
  - Formerly MPD
  - Controversial
- Etiology
  - Abuse, Trauma
  - "Psychological"

Mood Disorders

- Major depressive episode
- Dysthymia
- Bipolar Disorder

Etiology – What causes mood disorders?

Schizophrenia

- Distorted thought
- Positive symptoms
  - Delusions and irrational thought
  - Hallucinations
  - Incoherent speech (neologisms)
  - Inappropriate/disorganized behavior
Schizophrenia

- Negative symptoms
  - Loss of motivation
  - Emotional flatness
  - Impoverished speech
  - Social withdrawal

Types of Schizophrenia

- Paranoid type
- Catatonic type
- Disorganized type
- Undifferentiated type
- Residual type

Etiology - What causes schizophrenia?

*Diathesis Stress Hypothesis

Personality Disorders

- Chronic, enduring patterns of behavior leading to significant impairment in social functioning
- Tendency to act inflexibly
- Examples:
  - Paranoid personality disorder
  - Dependent personality disorder
  - Antisocial personality disorder