

# ABNORMAL PSYCHOLOGY

**MENTAL HEALTH:** State of well-being in which a person realizes his or her own abilities.  
Can cope with normal stresses of life  
Can work productively  
Able to make contribution to his or her community.

## \* IDENTIFYING ABNORMALITY 4-Ds

### 1) Deviation from social norms

That observe highly unusual behavior that stray from the norms (Hearing Voices)

### 2) Personal Discomfort

Produces a sense of discomfort, distress, anxiety or guilt in an individual OR

If it is harmful to others in some way (Obsessive Compulsive Disorder)

### 3) Dysfunctioning

Disability is an impairment in some important areas of life (Impact of substance use disorder)

### 4) Danger

Behaviours & feelings that cause interference with life and risk of harm (Paranoid ideation)

**MENTAL DISORDERS:** Syndrome characterized by clinically significant disturbance in an individual's cognition, emotion, regulation or behaviour reflecting dysfunction.

## \* FACTORS CONTRIBUTING MENTAL DISORDERS

- 1) Biological:- Genetics, neurochemicals, hormones, brain, nervous sys.
- 2) Psychological:- Cognitions, emotions, personality, coping styles, values.
- 3) Social:- family relations, friends, love, affiliation etc.

## TWO MAJOR CLASSIFICATION OF MENTAL DISORDERS

- 1) NEUROTIC :- Distressing but can still function & act rationally.
- 2) PSYCHOTIC :- Person loses contact with reality, experiences distorted perceptions

### \* PSYCHOTIC DISORDERS :- (Psychosis)

Major personality Disorder, disrupts one's emotional and mental aspects of life.

Result in complete alteration of personality with considerable impairment or loss of insight

Patient often lose their touch with reality & may not realize it.

Psychotic medicine → Antipsychotics, act on their behaviour, thoughts and emotions.

### - Psychotic Disorders:-

- Schizophrenia
- brief psychotic disorder
- Delusional disorder
- Substance induced disorder.

## • Neurotic Disorder :- (Neurosis)

- Constant struggle b/w persons personality and his patterns of behaviour in a stressful condition. (physical & mental disturbances)
- Results in a partial change in personality along with mild loss of insight.
- Patients know their illness so a small external support needed to overcome their condition.
- Neurotics may only require counselling, behavioural therapy and supportive measures to control their symptoms

+ Neurotic Disorders:-

- Anxiety Disorder , Depression , OCD
- ~~Social phobia~~ Social phobia , Antisocial Personality disorder.
- Posttraumatic stress disorder , Panic disorder.

## COMMON PSYCHOLOGICAL DISORDERS

### MENTAL HEALTH DISORDERS:-

- 1) PANIC DISORDERS
- 2) Depression
- 3) Schizophrenia
- 4) Post Traumatic Disorder.
- 5) OCD
- 6) Bipolar.

## 1) PANIC DISORDERS: (Few seconds to several hours)

PANIC ATTACKS occur → last from few sec to several hrs.

Anxiety Disorder, regular ~~per~~ sudden attacks of fear & panic.

They do not have identifiable stimuli.

During ATTACK, anxiety rises to peak, individual feels a sense of impending, unavoidable doom.

Think that they are losing control, heart attack or dying.

AGORAPHOBIA:- fear of being in a situation where escape is difficult -  
(never leave homes)

Sweating, Dizziness, Heart Attack, Shallow breathing, Upset stomach

How to cope with panic disorders?

- 1) Cognitive Behavioral Therapy
- 2) Anti-anxiety medication
- 3) Develop meditation routine
- 4) Maintain an active lifestyle
- 5) Limit stimulants like caffeine
- 6) Cut out alcohols
- 7) Engage in social activities.

## 2) MAJOR Depressive Disorder:- (2 weeks At least)

Depression is a mood disorder that causes a persisting feeling of sadness and loss of interest.

People experience low mood most of the day

loss of interest or pleasure in all or almost all activities.

Significant weight loss/gain.

Sleep disturbance, fatigue or loss of energy, feeling worthless, Guilt

Even small tasks take extra effort, Poor concentration

TREATMENT:- Antidepressants, Psychotherapy (CBT)

Exercise, Eat healthy foods, express yourself

Notice good things, don't dwell on problems.

## 3) Schizophrenia:- Severe distortion of reality -

Thinking perception & emotion may deteriorate  
May display bizarre behaviour.

(6 months period with 1 month active phase)

HALLUCINATION, Delusions, Disorganized behaviour & speech

## 4) Post Traumatic Disorder :- Develops people who experienced scary dangerous events.

Directly experience or ~~Directly~~ witness traumatic events.

Instability or anger outburst, poor concentration

Sleep disturbance, hypervigilence

Experience recurrent, involuntary distressing memories or dreams or flashback of traumatic event.

Persistence avoidance of stimulus

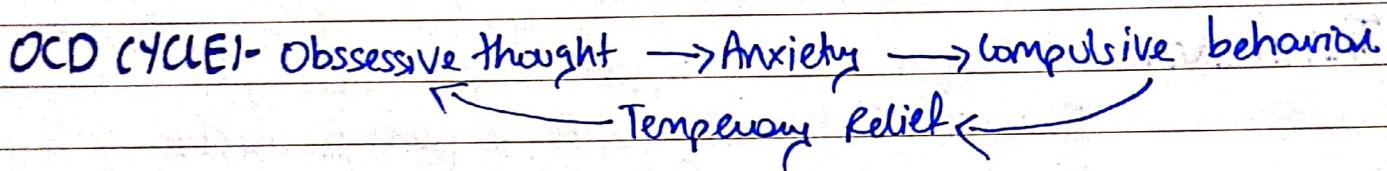
(1 MONTH)

### 5) Obsessive Compulsive Disorder (1 HOUR)

Obsession is persistent, unwanted thought, idea or image that keeps recurring.

People may also experience irresistible urges to repeatedly carry out some act that seems strange and even to them.

Whatever the behavior is, people experience extreme anxiety if they cannot carry it out even if it is something they want to stop.



### 6) Bipolar Disorder:-

Group of mood disorder that cause extreme fluctuation in a person's mood, energy, ability to function.

They experience periods of great excitement, overactivity, delusions, euphoria. (Emotion highs & Emotion lows)

These mood swings can affect sleep, energy, activity, judgement, behavior & ability to think clearly.

Experience irritable mood for at least (4 consecutive days) while their depressive episodes last for at least (2 weeks a time)

# TREATMENTS OF PSYCHOLOGICAL DISORDERS

Depends on type of illness you have, severity and what works best for you (combination of treatment is better)

- 1) Psychological Approach:- providing help to individuals or families through psychological therapy including Psychoanalysis, CBT etc.
- 2) Biomedical Approach:- use of medications to treat mental disorders such as schizophrenia, depression, anxiety.  
Employment of brain intervention techniques - electroconvulsive Therapy (ECT), psychosurgery.
- 3) Social Approach:- changing social environment of person to reduce underlying causes of disorder.  
(Group, couples, family therapy.)  
Community approach is most effective because it focuses on not only treatment, but also prevention of disorders.