

Science of Psychology

PSY W1001 Section 2
MW 8:40-9:55 Fall 2012



Wednesday, November 28
Disorders

Announcements

- Exams can be picked up at the end of lecture
- Written assignment grading is underway
- Any questions?

Disorders

- Where to get help
 - **Counseling and Psychological Services**
 - 8th floor, Lerner Hall (212) 854 2878
<http://www.health.columbia.edu/docs/services/cps/index.html>
- When to get help
 - Whenever you think you might benefit
 - Would you go to the doctor if you thought you had pneumonia?

Anxiety Disorders

- Generalized Anxiety Disorder
- Phobic Disorder
- Panic Disorder
- Obsessive Compulsive Disorder
 - Or is it?????

Generalized Anxiety Disorder

- Unrelenting worries not focused on any particular threat.
- 5% of North Americans suffer at some point from GAD
 - Lower socio-economic groups
 - 2 X more frequent in women
 - Mild to moderately heritable

Phobic Disorder

- More specific
 - Marked fear and avoidance of specific objects, activities or situations.
 - Eg, heights; dogs
- Sufferer may recognize irrationality of fear, but can't do anything about it.
- 11% of North Americans suffer at some point
 - more frequent in women
 - moderately heritable

Panic Disorder

- Sudden occurrence of multiple psychological and physiological symptoms that contribute to a feeling of stark terror.
- 8-12% of US population has occasional panic attack. THIS IS NOT SUFFICIENT FOR DIAGNOSIS.
- 3.5% Diagnosable
 - 3 out of 7 of this are agoraphobic

Obsessive-Compulsive Disorder

- Anxiety plays a role
- Primary symptom is unwanted, recurrent thoughts (obsessions) and actions (compulsions)
- Numbers often take on exaggerated meaning
- Rituals
- 2.5% prevalence rate
- Highly heritable

Obsessive-Compulsive Disorder

- Most common obsessions
 - contamination, aggression, death, sex, disease, orderliness, and disfigurement
- Most common compulsions
 - cleaning, checking, repeating, ordering/arranging, and counting
- Preparedness theory
 - but perceived threat is extreme and becomes maladaptive

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Depressive Disorders

- Major depressive disorder
 - twice as common in women as men
 - hormones as postpartum depression
 - response style
- Dysthymia
 - same symptoms, less severe, but longer
- Double depression
- Seasonal affective disorder (SAD)

Biological Factors

- Heritability estimates range from 33-45%
- Drugs that affect norepinephrine and serotonin can reduce depression
- Diminished activity in left prefrontal cortex and increased activity in right
 - areas associated with the processing of emotions

Psychological Factors

- Negative cognitive style
- May construct social world in ways that contribute to and confirm their negative beliefs
- Depressed low self-esteem individuals seek confirming negative feedback

Bipolar Disorder

- **Bipolar disorder**
 - an unstable emotional condition characterized by cycles of abnormal, persistent high mood (mania) and low mood (depression)
 - Approximately 1.3% of people suffer
 - Rapid cycling bipolar disorder
- Bipolar disorder has the highest heritability (polygenic) among the psychological disorders.
- Biological causes (specific neurotransmitters) are difficult to substantiate.
- Stressful life experiences often precede episodes.
- Link between BPD and SCZ?

Study Questions

- Discuss the diathesis stress model of mental disorders. Be prepared to apply this to any of the disorders discussed.
- What are the four different groups of anxiety disorders? Be able to explain each.
- What is obsessive-compulsive disorder (OCD)? Include information on prevalence rates in your answer.
- What is the difference between an obsession and a compulsion?
- What are some of the common obsessions? Common compulsions?
- Describe the preparedness theory of OCD
- Be able to differentiate between and describe the four depressive disorders discussed in class
- What are the biological and psychological factors affecting depression?
- How is Bipolar disorder different from other depressive disorders?