

Solution
ASFAD
Class 12 - Psychology

1. While speaking in public, the patient changes topics frequently. This is a symptom of derailment. This is one of the positive symptoms of schizophrenia. Schizophrenia is the descriptive term to a **group of psychotic disorders** in which personal, social and occupational functioning deteriorate as a result of disturbed thought processes, strong perceptions, unusual emotional states, and motor abnormalities. The social and psychological causes of schizophrenia are tremendous, both to patients as well as to their families and society.

Symptoms of schizophrenia:

i. Positive Symptoms of Pathological Excesses :

a. Disorganized Thinking and Speech:

- i. People with schizophrenia may not be able to think logically, and may speak in peculiar ways.
- ii. **Formal thought disorders** can make communication extremely difficult.

b. Delusion: It is a false belief that is firmly held on inadequate grounds. It is not affected by emotional argument, and has no basis in reality.

- i. **Delusion of Persecution:** belief that they are being plotted against, spied on, slandered, threatened, attacked or deliberately victimized.
- ii. **Delusions of Reference:** in which they attach special and personal meaning to the actions of others or to objects and event. They believe that they can read others mind.

ii. Negative symptoms are 'pathological deficits'

- i. Alogia—poverty of speech, i.e., a reduction in speech and speech content.
- ii. Blunted effect—reduced expression of emotions.

iii. Psychomotor Symptoms:

- i. Schizophrenics move less spontaneously or make odd gestures. These symptoms may take extreme forms known as **catatonia**.
- ii. Catatonic stupor: motionless and silent for long stretches of time.

2. Suicide can be prevented by being alert to some of the symptoms which include:

- i. changes in eating and sleeping habits.
- ii. withdrawal from friends, family and regular activities.
- iii. violent actions, rebellious behaviour, running away.
- iv. drug and alcohol abuse.
- v. marked personality change.
- vi. persistent boredom.

However, seeking timely help from a professional counsellor/psychologist can help to prevent the likelihood of suicide.

3. Approaches to explain abnormal behaviour -

- **Biological factors** influence all aspects of our behavior. A wide range of biological factors such as faulty genes, endocrine imbalances, malnutrition, injuries and other conditions may interfere with the normal development and functioning of the human body. Genetic factors have been linked to bipolar and related disorders, schizophrenia, intellectual disability and other psychological disorders. Researchers have not, however, been able to identify the specific genes that are the culprits. In most cases, no single gene is responsible for a particular behaviour or a psychological disorder.
- **Psychological models**, which provide a psychological explanation of mental disorders. These models mention that psychological and interpersonal factors have a significant role to play in abnormal behaviour. These factors include maternal deprivation (separation from the mother, or lack of warmth and stimulation during early years of life). The psychological models include the psychodynamic, behavioural, cognitive, and humanistic/existential models.
- **Socio-cultural factors** such as war and violence, group prejudice and discrimination, economic and employment problems, and rapid social change, put stress on most of us and can also lead to

psychological problems in some individuals. According to the socio-cultural model, abnormal behaviour is best understood in light of the social and cultural forces influencing an individual.

- **Diathesis-Stress model** This model states that psychological disorders develop when a stressful situation sets off a diathesis (biological predisposition to the disorder). This model has three components: Presence of some biological aberration. Diathesis may carry a vulnerability to develop a psychological disorder. Presence of pathogenic stressors.

4. There are many types of anxiety disorders:

- **Generalized Anxiety Disorder**, which consists of prolonged, vague, unexplained and intense fears that are not attached to any particular object.
- **Panic Disorder**, which consists of recurrent anxiety attacks in which the person experiences intense terror. A panic attack denotes an abrupt surge of intense anxiety rising to a peak when thoughts of particular stimuli are present.
- **Phobias People** who have phobias have irrational fears related to specific objects, people, or situations. Phobias often develop gradually or begin with a generalised anxiety disorder. Phobias can be grouped into three main types, i.e. specific phobias, social phobias, and agoraphobia.
- **Separation Anxiety Disorder (SAD)** is another type of anxiety disorder. Individuals with separation anxiety disorder are fearful and anxious about separation from attachment figures to an extent that is developmentally inappropriate.