

Abnormal Psychology

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Learning Outcomes

Distinguish between normal and abnormal behaviors

Learn about mental disorders

Learn about various treatment approaches for psychological disorders



Mental Health

According to World Health Organization (WHO):

“Mental Health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community”



Abnormal Psychology

“Branch of psychology deals with the abnormal / pathological mental processes and behaviors”



Normal and Abnormal Behaviors

How can we distinguish normal from abnormal behavior?





Identifying Abnormality 4-Ds

Deviation from Social Norms



Highly unusual behaviors that stray far from the norms.

Example: Hearing voices

Abnormality as a Sense of Personal Discomfort (Distress)



Behavior is considered abnormal if it produces a sense of personal distress, anxiety, or guilt in an individual—or if it is harmful to others in some way.

Example: Obsessive Compulsive Disorder

Abnormality as a Dysfunction



Disability or an impairment in some important areas of life (work or in personal relationship).

Example: Impact of Substance Use Disorders

Abnormality as Danger



Behaviors and feelings that cause interference with life and pose risk of harm.

Example: Paranoid ideation



Factors contributing to mental disorders

Biological

- Neurochemicals, neurotransmitters, hormones, brain, nervous system etc.

Psychological

- Cognitions, emotions, personality, coping styles, resilience, values, etc.

Social

- Social support, family relations, friends, interpersonal factors, love, affiliation etc.

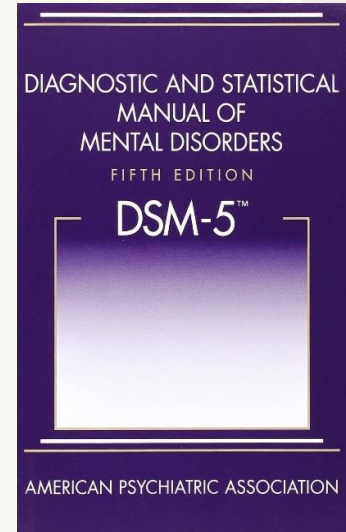
Diagnostic Statistical Manual of Mental Disorders

The big book of disorders.

Published by the American Psychiatric Association

DSM classifies disorders and describe the symptoms.

Does NOT explain the possible cures.



Two Major Classifications of Mental Disorders

Neurotic Disorders

- Distressing but one can still function in society and act rationally.

Psychotic Disorders

- Person loses contact with reality, experiences distorted perceptions.



Psychotic Disorders

- Schizophrenia
- Brief Psychotic Disorder
- Delusional Disorder
- Substance-induced Psychotic Disorder



Neurotic Disorders

- Generalized Anxiety Disorder
- Depression
- Obsessive-compulsive Disorder
- Social Phobia
- Posttraumatic Stress Disorder
- Panic Disorder
- Antisocial Personality Disorder



COMMON PSYCHOLOGICAL DISORDERS



Mental Disorders

According to *DSM 5*

*“A mental disorder is a **syndrome** characterized by **clinically significant disturbance** in an individual's cognition, emotion, regulation or behavior that reflects a **dysfunction** in the psychological, biological, or developmental processes underlying mental functioning.*

*Mental disorders are usually associated with significant distress or disability in **social, occupational or other important activities**”*

Mental Health Disorders

Depression

Panic
Disorder

Schizophrenia

Post-traumatic
Stress
Disorder

Obsessive
Compulsive
Disorder

Bipolar

Caffeine Use
Disorder

Internet
Gaming
Disorder

Major Depressive Disorder



Major Depressive Disorder



Major Depressive Disorder (also known as depression) is a common mood disorder. It involves a **depressed mood or loss of pleasure or interest in activities for long periods of time (persistent)**.

People with Major Depressive Disorder experience low mood most of the day, nearly every day or loss of interest or pleasure in all or almost all activities for at least 2 weeks.



Sleep disturbance

Significant weight loss/weight gain. Changes in appetite

Fatigue or loss of energy. Even small tasks take extra effort.

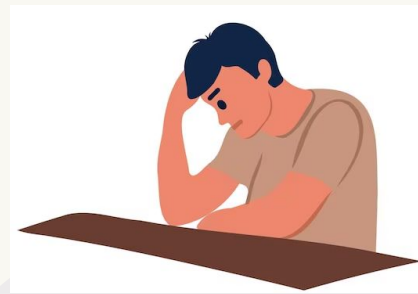
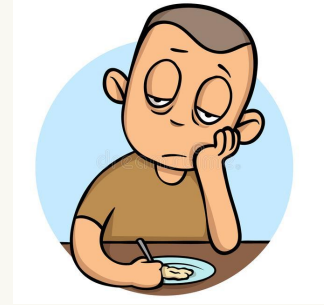
Feelings of excessive guilt or low self-worth

Hopelessness about the future

Poor concentration or indecisiveness

Thoughts about dying or suicide

Clinically significant distress or impairment in social, occupational or other important areas of functioning.



Panic Disorder

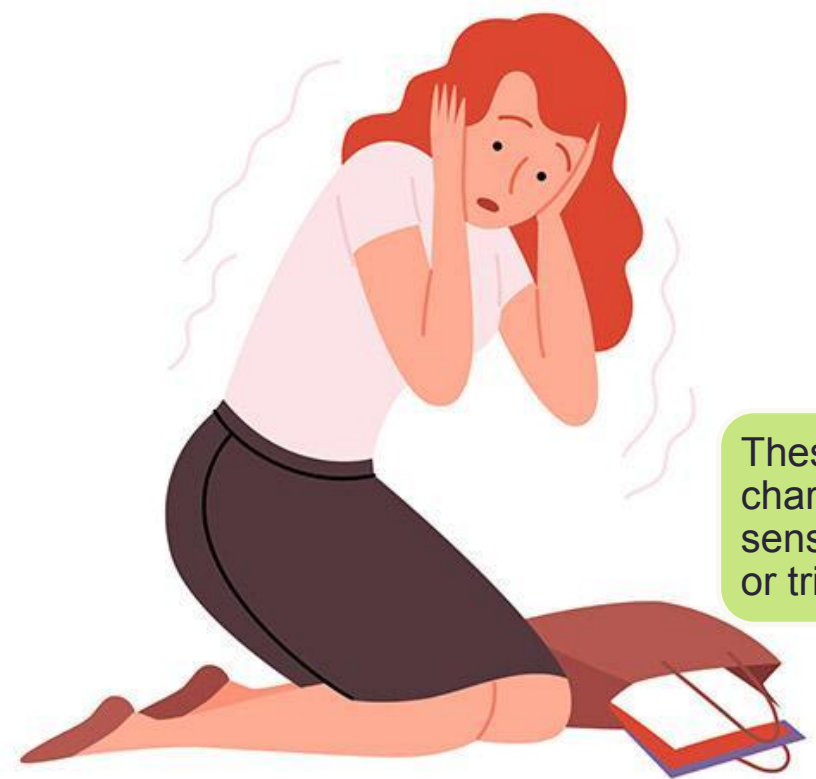


Panic Disorder

anxiety disorder where you regularly have sudden attacks of panic or fear.

Panic attacks (a sudden episode of intense fear) occur last from a few seconds to several hours.

These frequent and unexpected panic attacks are characterized by a sudden wave of fear or discomfort or a sense of losing control even when there is no clear danger or trigger.





SWEATING
abnormal perspiration



DIZZINESS
feeling faint



ANGINA PECTORIS
chest pain or
discomfort



HEART ATTACK
rapid pulse or
heart palpitations



**UPSET STOMACH
AND NAUSEA**
abdominal distress



HOT AND COLD
hot flashes or chills

PNIC DISORDER



HAND/ARM/LEG VIBRATION
numbness, tingling, shaking,
or trembling



SHALLOW BREATHING
shortness of breath or
trouble breathing



FEAR OF DEATH
feeling of impending doom,
of losing control; detached from reality

People with panic disorder may have:

- Sudden and repeated panic attacks of overwhelming anxiety and fear.
- Panic attacks often include physical symptoms that might feel like a heart attack, such as trembling, tingling, or rapid heart rate.
- People with panic disorder think that they're losing control, having a heart attack or even dying. During an attack, anxiety rises to a peak, and an individual feels a sense of impending, unavoidable doom.
- An intense worry about when the next panic attack will happen. Many people with panic disorder worry about the possibility of having another attack and may significantly change their life to avoid having another attack. Panic attacks can occur at any time.
- A fear or avoidance of places where panic attacks have occurred in the past.
- Unlike phobias, which are stimulated by specific objects or situations, panic disorders do not have any identifiable stimuli



<https://www.youtube.com/watch?v=5ksC0YI348o>

Schizophrenia



Schizophrenia

A serious mental illness that affects how a person thinks, feels, and behaves.



People with schizophrenia may seem like they have lost touch with reality, which can be distressing for them and for their family and friends. Severe distortion of reality occurs.

Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning, and can be disabling.

Thinking, perception, and emotion may deteriorate; the individual may withdraw from social interaction; and the person may display bizarre behavior.



OBSSESSIVE-COMPLUSIVE DISORDER





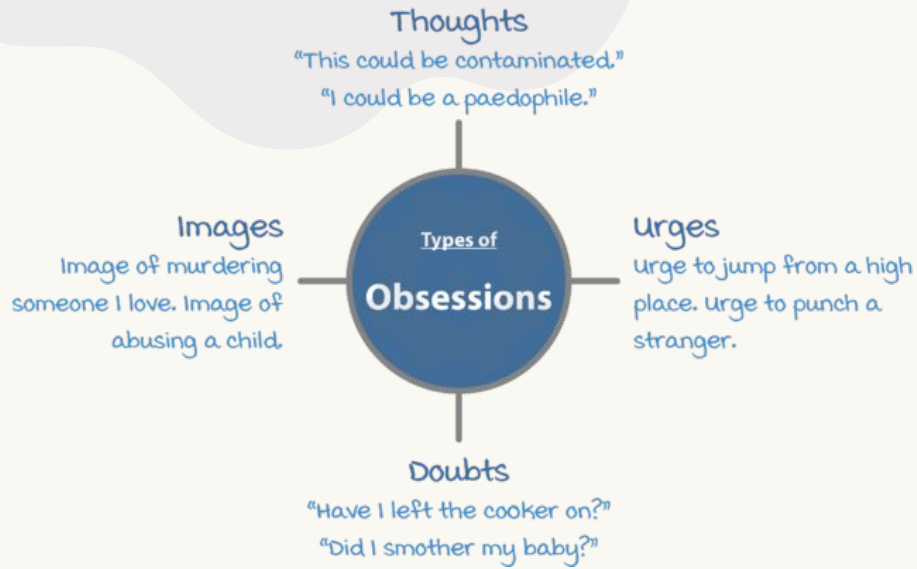
A disorder in which people have recurring, unwanted thoughts, ideas or sensations (obsessions). To get rid of the thoughts, they feel driven to do something repetitively (compulsions).

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

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

Examples: Repeatedly checking the stove if its turned off, excessive hand washing, counting, repeating words silently, or rituals.

An obsession is a persistent, unwanted thought, idea or image that keeps recurring.



Monica's fear that she would harm her baby

Shortly after my first baby was born, I started worrying that I would harm her. I would have unwanted thoughts and images of smothering or suffocating my baby, and whenever I was in a high place, I would have unwanted thoughts like “what if I threw her off?”. It was horrifying – I thought this meant I was a terrible mother and couldn't be trusted to be alone with my baby. I tried to push these thoughts away as much as I could. To keep the baby safe, I insisted that my husband be responsible for most of her care. If I couldn't avoid looking after her, I would pray in my mind the whole time that nothing bad would happen. I didn't tell anyone about these thoughts in case she was taken away from me.

The repetitive behaviors, such as hand washing/cleaning, checking on things, mental acts (like counting), or other activities, can significantly interfere with a person's daily activities and social interactions.

Many people without OCD have distressing thoughts or repetitive behaviors. However, these do not typically disrupt daily life.

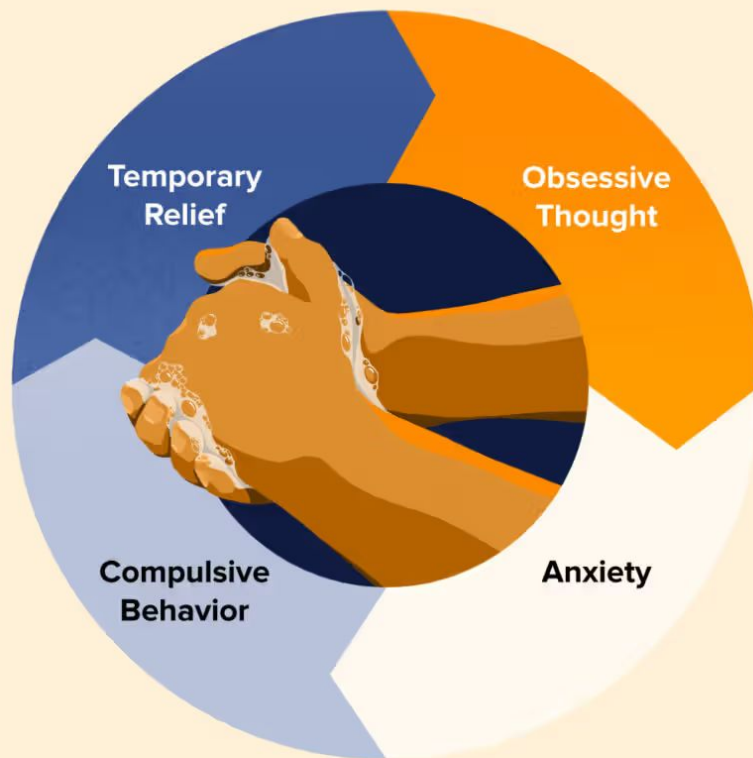
For people with OCD, thoughts are persistent and intrusive, and behaviors are rigid.

Many people with OCD know or suspect their obsessional thoughts are not realistic; others may think they could be true. Even if they know their obsessional thoughts are not realistic, people with OCD have difficulty disengaging from the obsessive thoughts or stopping the compulsive actions.





The OCD Cycle





Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD)

A disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

Directly experience, witness traumatic events or learn that something bad happened with family member or loved one

**Irritability or anger
outburst**

Poor concentration

Sleep disturbance

hypervigilance

**Experience recurrent,
involuntary
distressing memories
or dreams or
flashbacks of
traumatic event**

**Persistence avoidance
of stimulus associated
with traumatic event**

- ❑ Posttraumatic Stress Disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event, series of events or set of circumstances.
- ❑ Examples include natural disasters, serious accidents, terrorist acts, war/combat, rape/sexual assault, historical trauma, intimate partner violence and bullying.
- ❑ A diagnosis of PTSD requires exposure to an upsetting traumatic event. Exposure includes directly experiencing an event, witnessing a traumatic event happening to others, or learning that a traumatic event happened to a close family member or friend. It can also occur as a result of repeated exposure to horrible details of trauma such as police officers exposed to details of child abuse cases.



Bipolar Disorder



Bipolar Disorder

A group of mood disorders that cause extreme fluctuation in a person's mood, energy, and ability to function.

People who live with bipolar disorder experience periods of great excitement, over activity, delusions, and euphoria (known as mania) and other periods of feeling sad and hopeless (known as depression).

Emotional highs (mania or hypomania) and lows (depression).

These mood swings can affect sleep, energy, activity, judgment, behavior and the ability to think clearly.



- ❑ People with bipolar disorder experience intense emotional states that typically occur during distinct periods of days to weeks, called mood episodes.
- ❑ These mood episodes are categorized as manic/hypomanic (abnormally happy or irritable mood) or depressive (sad mood).
- ❑ People without bipolar disorder experience mood fluctuations as well. However, these mood changes typically last hours rather than days. Also, these changes are not usually accompanied by the extreme degree of behavior change or difficulty with daily routines and social interactions that people with bipolar disorder demonstrate during mood episodes. Bipolar disorder can disrupt a person's relationships with loved ones and cause difficulty in working or going to school.



Internet Gaming Disorder

Internet Gaming

Online games are very popular, at least one person plays video games in two-thirds of American households, according to the Entertainment Software Association. Roughly 160 million American adults play internet-based games, one recent study estimates. The games can be very entertaining, and it may be easy to get absorbed in the competition, but can they be addictive? That is a question still being debated among researchers and health professionals, but early evidence suggests that videogames are one of the most addicting technologies around. In fact, new research shows that there are plenty of safe and effective treatments for videogame addiction already in use.

Internet Gaming in *DSM-5*



Addiction to gaming is described in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)*, which is used by mental health professionals to diagnose mental disorders. In the *DSM-5-TR*, the condition is referred to as Internet Gaming Disorder (IGD)(1). IGD is included in the section recommending conditions for further research, along with caffeine use disorder and other conditions.

The *DSM-5-TR* includes substance-related addictive disorders, such as alcohol, tobacco, stimulants, marijuana and opioids. Gambling disorder is the only behavioral addiction (as opposed to chemical substance use disorders) identified in *DSM-5-TR*.

If you are concerned for yourself or a loved one about preoccupation with gaming and related problems, contact your health care provider or a mental health professional. The *DSM-5-TR* notes that IGD must cause "significant impairment or distress" in several aspects of a person's life. This proposed condition is limited to gaming and does not include problems with general use of the internet, online gambling, or use of social media or smartphones. The proposed symptoms of internet gaming disorder include:



- ☐ Preoccupation with gaming
- ☐ Withdrawal symptoms when gaming is taken away or not possible (sadness, anxiety, irritability)
- ☐ Tolerance, the need to spend more time gaming to satisfy the urge
- ☐ Inability to reduce playing, unsuccessful attempts to quit gaming
- ☐ Giving up other activities, loss of interest in previously enjoyed activities due to gaming
- ☐ Continuing to game despite problems
- ☐ Deceiving family members or others about the amount of time spent on gaming
- ☐ The use of gaming to relieve negative moods, such as guilt or hopelessness
- ☐ Risk, having jeopardized or lost a job or relationship due to gaming



Treatment of Psychological Disorders



Treatment depends on the type of mental illness its severity and what works best. In many cases, **a combination of treatments works best.**

Treatments

1. The **psychological approach** to reducing disorder involves providing help to individuals or families through psychological therapy, including **psychoanalysis, humanistic-oriented therapy, cognitive behavioral therapy (CBT)**, and other approaches.

2. The **biomedical approach to reducing disorder** is based on the use of medications to treat mental disorders such as schizophrenia, depression, and anxiety, as well as the employment of brain intervention techniques, including **electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and psychosurgery**.

3. The **social approach to reducing disorder** focuses on changing the social environment in which individuals live to reduce the underlying causes of disorder. These approaches include **group, couple, and family therapy**, as well as **community outreach programs**.

The community approach is likely to be the most effective of the three approaches because it focuses not only on treatment, but also on prevention of disorders (World Health Organization, 2004).



THANKS!



Key Differences Between OCD vs. OCPD

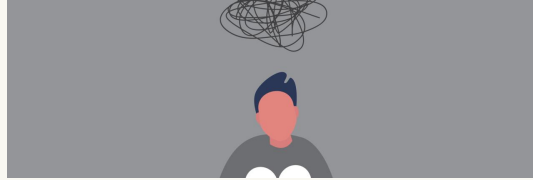
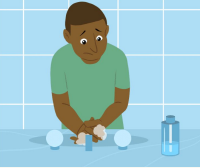
OCD

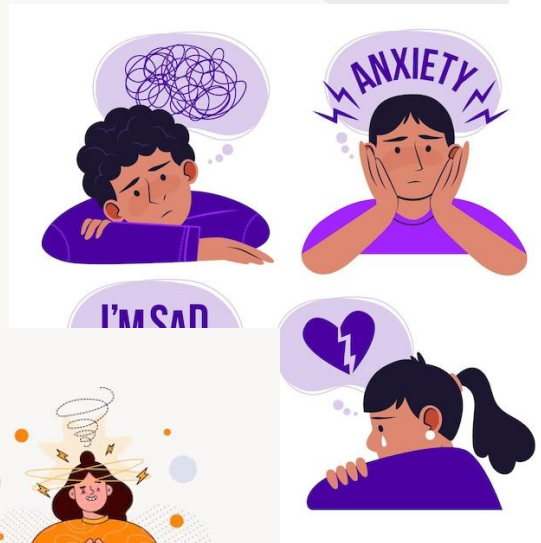
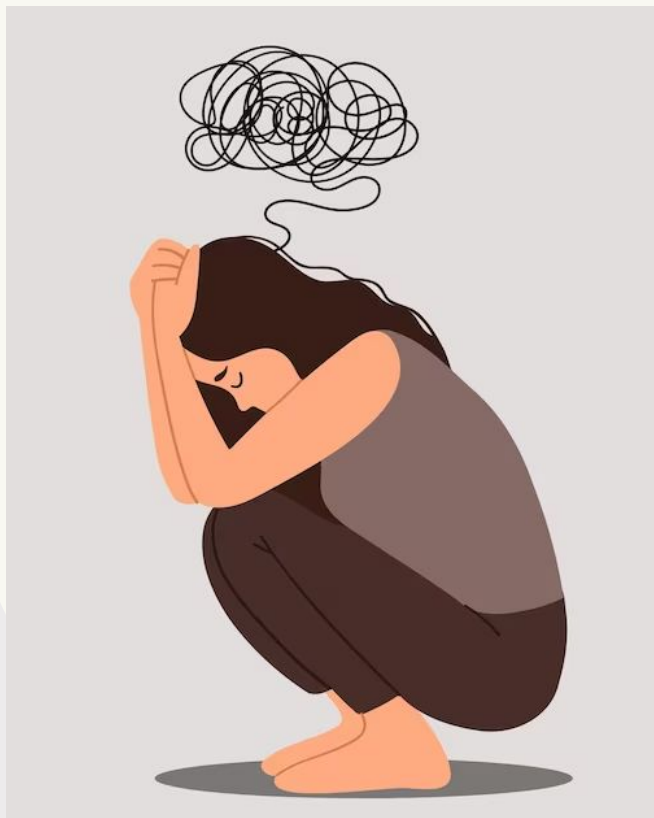
- A mental illness marked by recurrent, intrusive, unwanted thoughts and repetitive behaviors
- People with OCD often feel marked anxiety or distress due to their symptoms
- Symptoms can fluctuate with anxiety



OCPD

- A personality disorder in which someone always wants to be in control
- Signs include: strict orderliness, perfectionism
- OCPD traits tend to be persistent over time





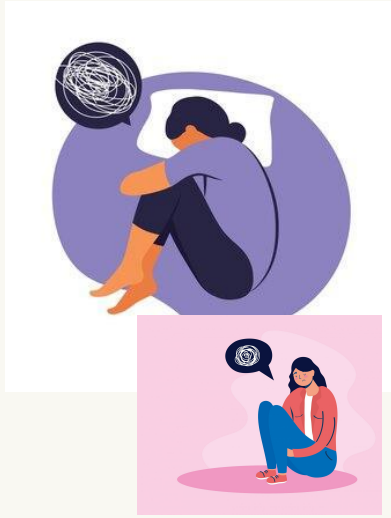


Ob

and thoughts

- **Bipolar disorder:**
Fluctuations between depressive episodes and manic/hypomanic episodes
- **You can have both**
- **Treatment:**
Medications, therapy, coping methods

An illustration of a doctor and a patient in a therapy session. The doctor, a woman with short dark hair and glasses, wearing a white lab coat, sits in a black office chair on the left. The patient, a man with short dark hair wearing a blue long-sleeved shirt and blue pants, sits on a black chair on the right. In the background, there is a pink square containing an illustration of a person sitting on the floor with a thought bubble above their head. To the right of the pink square is a blue rectangle with an illustration of a person standing by a window, looking out with a distressed expression.



BIPOLAR DISORDER SYMPTOMS

BIPOLAR DISORDER INCLUDES MANIC EPISODES:



FEELING OVERLY HAPPY FOR
LONG PERIODS OF TIME



TALKING VERY FAST
WITH RACING THOUGHTS



OVERCONFIDENCE
IN ABILITIES



ENGAGING IN RISKY BEHAVIOR
(E.G. GAMBLING)



BIPOLAR DISORDER

DEPRESSION EPISODES:



FEELING SAD OR HOPELESS
FOR LONG PERIOD OF TIME



SIGNIFICANT CHANGE
IN APPETITE



THINKING ABOUT OR
ATTEMPTING SUICIDE



FEELING FATIGUE
OR LACK OF ENERGY



PROBLEMS WITH MEMORY
AND CONCENTRATION