

# Abnormal Psychology

Ms. Aqsa Fayyaz  
Lecturer (Psychology)  
Science and Humanities



# Learning Outcomes

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Distinguish between normal and abnormal behaviors

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Learn about mental disorders

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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



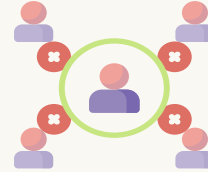
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Highly unusual behaviors that stray far from the norms.

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Example: Hearing voices

### Abnormality as a Sense of Personal Discomfort (Distress)



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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.

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Example: Obsessive Compulsive Disorder

## Abnormality as Dysfunctioning



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

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Example: Impact of Substance Use Disorders

## Abnormality as Danger



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

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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

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The big book of disorders.

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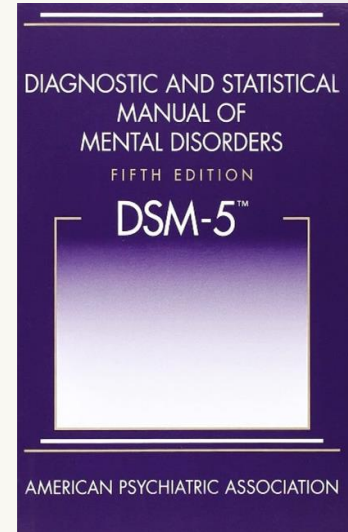
Published by the American Psychiatric Association

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DSM classifies disorders and describe the symptoms.

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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

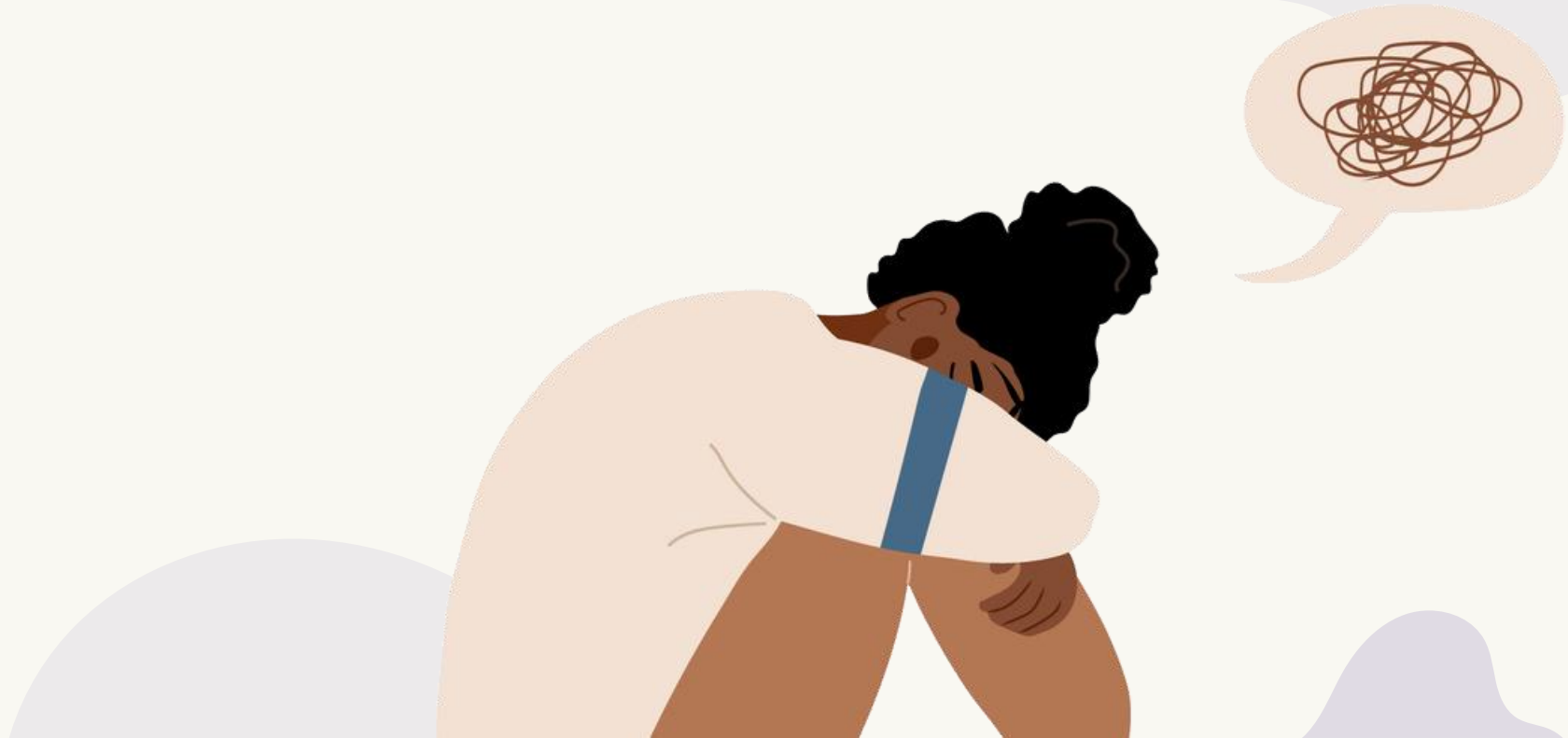
Obsessive  
Compulsive  
Disorder

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.





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Sleep disturbance

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Significant weight loss/weight gain. Changes in appetite

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

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Feelings of excessive guilt or low self-worth

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Hopelessness about the future

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Poor concentration or indecisiveness

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Thoughts about dying or suicide

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

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# Panic Disorder



# Panic Disorder

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

*panic attacks* (a sudden episode of intense fear) occur that 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.



# PANIC ATTACK SYMPTOMS



Dizziness



Breathing difficulties



Chest pain



Nausea & Vomiting



Body tremors



Sweating



Pounding heart



Fear

## 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
- Not everyone who experiences a panic attack will develop panic disorder.

# Schizophrenia



# Schizophrenia

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

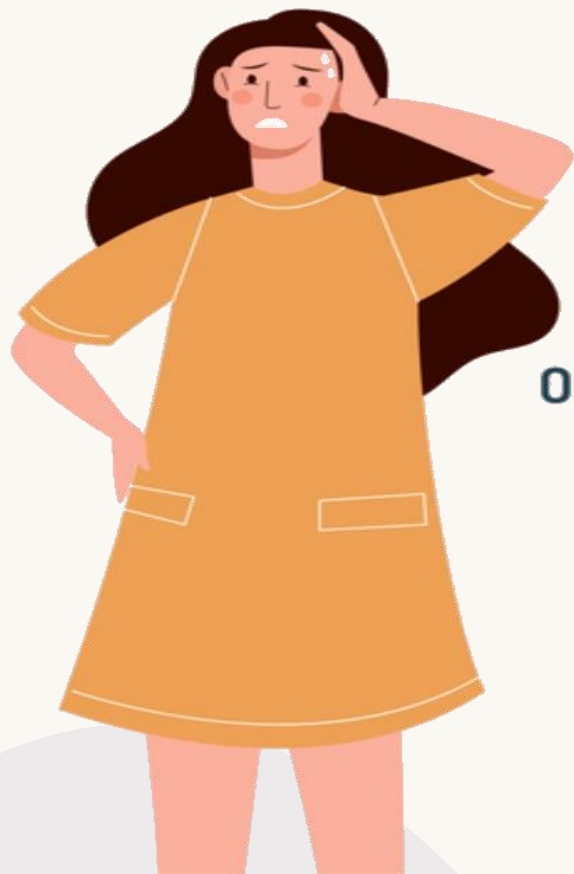
People with schizophrenia may seem like they have lost touch with reality, which can be distressing for them and for their family and friends. Severe distortion of reality occurs.



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).

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

People 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. The repetitive behaviors can significantly interfere with a person's daily activities and social interactions.

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For people with OCD, thoughts are persistent and intrusive, and behaviors are rigid. Not performing the behaviors commonly causes great distress, often attached to a specific fear of dire consequences (to self or loved ones) if the behaviors are not completed.

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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.

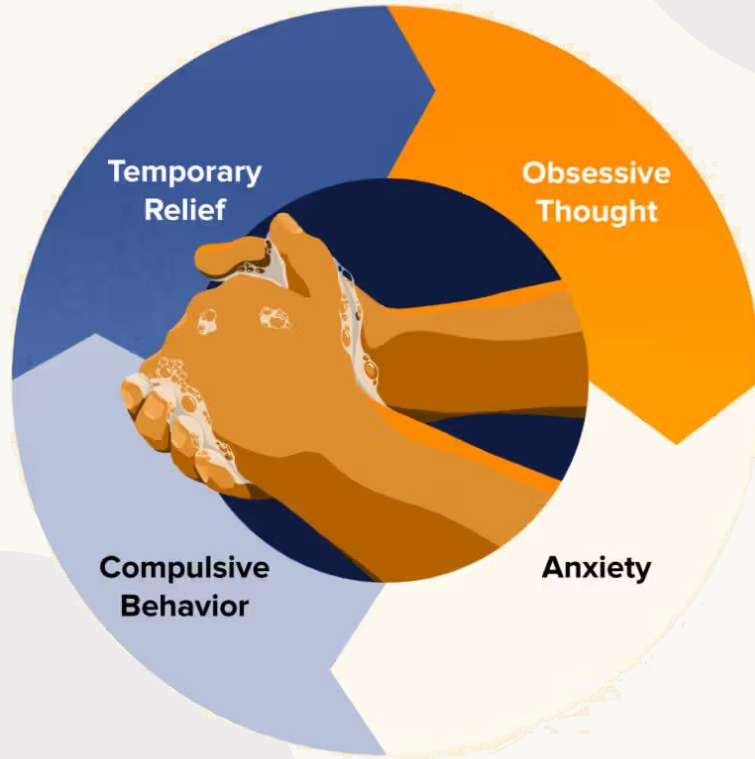
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A diagnosis of OCD requires the presence of obsessional thoughts and/or compulsions that are time-consuming (more than one hour a day), cause significant distress, and impair work or social functioning.

 Some people may have some symptoms of OCD but not meet full criteria for this disorder.



# 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**

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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.

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An individual may experience this as emotionally or physically harmful or life-threatening and may affect mental, physical, social, and/or spiritual well-being. Examples include natural disasters, serious accidents, terrorist acts, war/combat, rape/sexual assault, historical trauma, intimate partner violence and bullying.



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PTSD has been known by many names in the past, such as “shell shock” during the years of World War I and “combat fatigue” after World War II, but PTSD does not just happen to combat veterans.

# 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).

These emotional states 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) - **Emotional highs (mania or hypomania) and lows (depression)**

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



# Internet Gaming Disorder



# Internet Gaming Disorder

Early evidence suggests that videogames are one of the most addicting technologies around.

Addiction to gaming is described in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)*,

In the *DSM-5-TR*, the condition is referred to as Internet Gaming Disorder (IGD). IGD is included in the section recommending conditions for further research, along with caffeine use disorder and other conditions.

*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:



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Preoccupation with gaming

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Withdrawal symptoms when gaming is taken away or not possible (sadness, anxiety, irritability)

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Tolerance, the need to spend more time gaming to satisfy the urge

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Inability to reduce playing, unsuccessful attempts to quit gaming

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Giving up other activities, loss of interest in previously enjoyed activities due to gaming

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Continuing to game despite problems

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Deceiving family members or others about the amount of time spent on gaming

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The use of gaming to relieve negative moods, such as guilt or hopelessness

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Risk, lost a job or relationship due to gaming

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Under the proposed criteria, a diagnosis of internet gaming disorder would require experiencing five or more of these symptoms within a year. The condition can include gaming on the internet with others or alone.



# Caffeine Use Disorder



# Caffeine Use Disorder

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## Caffeine Intoxication and Withdrawal

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Caffeine intoxication and caffeine withdrawal are included in *DSM-5*. Caffeine use disorder, however, is in the section of *DSM-5* for conditions requiring further research. While there is evidence to support this as a disorder, experts conclude it is not yet clear to what extent it is a clinically significant disorder



## Attention-deficit/hyperactivity disorder (ADHD)





# Attention-deficit/hyperactivity disorder (ADHD)

A neurodevelopmental disorder

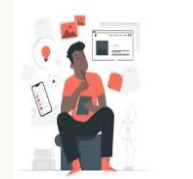
Persistent symptoms of inattention and/or hyperactivity and impulsivity that interfere with functioning or development.

People with ADHD experience an ongoing pattern of:

**Inattention:** Having problems staying on task, paying attention, or being organized, which are not due to defiance or a lack of comprehension.

**Hyperactivity:** Being extremely restless or constantly moving, including in situations when it is not appropriate; excessively fidgeting or tapping; or talking too much.

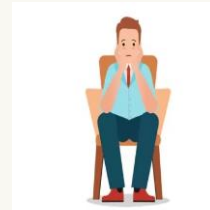
**Impulsivity:** Acting without thinking, interrupting others, or having difficulty with self-control. Impulsivity can also involve a desire for immediate rewards or an inability to delay gratification or consider long-term consequences.



Difficulty focusing



Easily distracted



Always remain worried



Forgetfulness



Easily get irritated

# Inattention

Difficulty Sustaining Attention: Struggles to remain focused during lectures, conversations, or reading.

Poor Listening Skills: Appears not to listen when spoken to directly, with the mind wandering.

Failure to Follow Instructions: Frequently does not follow through on instructions, leading to incomplete tasks.

Organizational Challenges: Difficulty organizing tasks, managing sequential activities, or keeping belongings in order.

Avoidance of Mental Effort: Avoids tasks requiring sustained mental effort, such as homework or paperwork.

Losing Items: Often loses necessary items for tasks, like school materials or keys.

Easily Distracted: Easily distracted by unrelated stimuli, affecting concentration.



Forgetfulness: Frequently forgets daily activities or chores, even appointments or returning calls.

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## Hyperactivity-impulsivity

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Fidgeting and Squirming: Often fidgets with hands or feet or squirms in the seat.

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Leaving Seat: Frequently leaves the seat when expected to remain seated, such as in classrooms or offices.

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Inappropriate Running or Climbing: Runs or climbs in situations where it's inappropriate.

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Inability to Play Quietly: Unable to play or engage in leisure activities quietly.

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Restlessness: Often seems “on the go,” unable to stay still for extended periods.

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Excessive Talking: Talks excessively, often without waiting for a turn in conversations.

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Blurting Out Answers: Blurts out answers before questions are completed.

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Difficulty Waiting: Finds it hard to wait for a turn, frequently interrupting or intruding on others' activities.

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# Narcissistic Personality Disorder



# Attention-deficit/hyperactivity disorder (ADHD)

It is a mental disorder in which people have an inflated sense of their own importance, a deep need for admiration and a lack of empathy for others

**Sense of self-importance**

**Preoccupation with power, beauty, or success**

**Entitled**

**Can only be around people who are important or special**

**Interpersonally exploitative for their own gain**

**Arrogant**

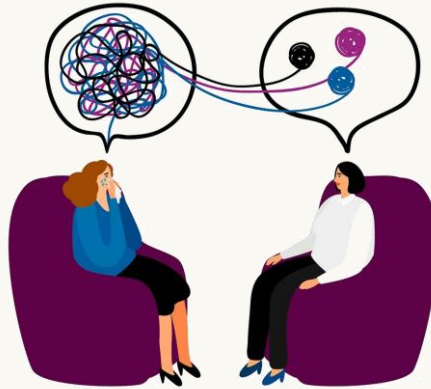
**Lack empathy**

**Must be admired**

**Envious of others or believe that others are envious of them**



# Treatment of Psychological Disorders



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Treatment depends on the type of mental illness its severity and what works best.

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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).

