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## What is a “Psychological Disorder”?

- There are *four* characteristics
  - **Atypical** = the behavior isn’t exhibited by most people
  - **Disturbing** = the behavior evokes a disturbed response from those who observe it
  - **Maladaptive** = the behavior is counter-productive to one’s welfare
  - **Unjustifiable** = the behavior cannot be reasonably pinned on a simple cause

## The Medical Model

- **Medical Model** = a theory of mental illness that emphasizes finding the causes for certain illnesses
  - Treatment is often rather hit-and-miss
    - \* Lots of different types of treatment
      - Psychoanalysis
      - Therapy
      - Medication
      - Electro-shock therapy
- **Philippe Pinel** = a french person that wrote about how madness was a response to severe stress rather than a demonic ailment
- **Thomas Szasz** = a person who wrote that mental illness is a *social* construct rather than a medical phenomenon
  - Is used to ignore problematic patterns of thought or behavior
- **Diagnostic and Statistical Manual of Mental Disorders(DSM-V)**  
= widely considered the central authority on what qualifies as a mental illness and how it should be diagnosed

## Prevalence

- About half of adults experience symptoms of a mental illness at one point in their life
- About 80% of those who experienced symptoms in the last year did not seek treatment
  - Generally, men are less likely to seek treatment because of the social stigma
- Though it is quite common, mental illness is not commonly severe enough to completely debilitate someone

- Women are more likely to experience depression and anxiety
- Men are more likely to abuse substances and experience antisocial personality disorder

### Neurotic vs Psychotic

- **Neurotic** = a term that describes mental illness that causes suffering to people but doesn't impair their ability to think rationally
- **Psychotic** = a term that describes mental illness that distorts people's perceptions of reality or capacity for rational thinking

### Classifying Mental Illness

- Labels make us feel like those afflicted aren't *human*
  - *e.g.* Suicide hotline will dispatch police if they believe you may harm yourself
    - \* The autonomy of the depressed person is pretty much ignored
- **David Rosenhan** = ran an experiment where people admitted themselves to a psychiatric hospital and pretended to hear voices
  - All of them were falsely diagnosed with Schizophrenia

### Anxiety Disorders

- **Anxiety Disorders** = a mental illness that is associated with distress, persistent feelings of anxiety or harmful behaviors that the person performs to reduce feelings of anxiety
  - People with OCD repeat certain behavioral patterns in order to cope with the feelings on anxiety

### Generalized Anxiety Disorder

- **Generalized Anxiety Disorder(GAD)** = a catch-all illness that is associated with the following
  - Tense
  - Apprehensive
  - Abnormally active nervous system
  - More or less anxious about *everything*
  - Headaches
  - Stomach pains
  - Irritable

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### Panic Disorder

- **Panic disorder** = a condition characterized by relatively short periods of extreme dread and terror
  - Is often accompanied by
    - \* Chest pain
    - \* Sense of choking
    - \* Shortness of breath

### Post-Traumatic Stress Disorder

- **Post-Traumatic Stress Disorder(PTSD)** = an anxiety disorder that is caused by a traumatic experience
  - Often associated with
    - \* Flashbacks
    - \* Feelings of fear
    - \* Feelings of horror
    - \* Feelings of helplessness
    - \* Social withdrawal
    - \* Insomnia

### Why Do Anxiety Disorders Exist?

- **Learning perspective** = anxiety disorders are “learned” from the surroundings as one grows up
  - Explains how phobias can be passed on from parent to child without any genetic component
  - **Fear conditioning** = anxiety disorders arise from associations between harmful stimuli and harmless stimuli
  - **Stimulus generalization** = a phobia developed from conditioning can become broader than the stimuli that first caused it
    - \* *e.g.* a fear of a white rat can generalize into fear of white, fluffy things
  - **Reinforcement** = an effect of strengthening the association between a harmful stimulus and a harmless one by exerting effort to avoid the causing stimulus
- **Biological perspective** = anxiety disorders can be caused by genetic or physiological factors

- **Genetic** factors can predispose people to certain phobias
    - \* Perhaps natural selection is behind some of the most common phobias
  - **Physiology** = anxious symptoms actually manifest in physiological ways
    - \* Increased heart rate
    - \* Brain activity
    - \* Stress hormones
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### Somatoform Disorders

- **Somatoform disorder** = a class of psychological disorders where sensations and symptoms have no discernible cause
  - **Conversion disorder** = a rare type of somatoform disorder with very specific genuine physical symptoms
  - **Hypochondriasis** = a somatoform disorder where normal sensations are misperceived as symptoms of a disease or illness
  - **Munchausens** = kind of a mix between a somatoform disorder and a personality disorder
    - \* Victims purposely inflict injuries on themselves for attention
    - \* **Munchausens by Proxy** = injuries are consciously inflicted on others for the attention

### Mood Disorder

- **Mood disorder** = a psychological disorder characterized by emotional extremes

### Major Depressive Disorder

- **Major depressive disorder** = a mood disorder characterized by phases of depressed moods for two or more weeks that isn't caused by any particular event
  - Diagnosis requirements
    - \* Persistent, durable symptoms over time
    - \* Does not improve for a period of two weeks

- \* **Global negativity** = a tendency to view stimuli in a negative way
- \* Low self-esteem
- What does it affect?
  - \* **Emotional**
    - Sadness
    - Hopelessness
    - Guilt
    - Ignoring friends and family
  - \* **Behavioral**
    - Dispondent facial expression
    - Disinterest in hobbies
    - Withdrawal from social situations
  - \* **Cognitive**
    - Reduced concentration
    - Inability to concentrate
    - Persistent suicidal thoughts
  - \* **Physical**
    - Changes in appetite
    - Change in sleep patterns
    - Low energy

### Dysthymic Disorder

- **Dysthymic disorder** = a psychological condition characterized by depressed moods that aren't extreme enough to qualify as major depressive disorder
  - Thought to be related to brain chemistry
    - \* Often treated with drugs
  - Can be caused by trauma
  - Doesn't increase in magnitude dramatically with time like major depressive disorder does

### Seasonal Affective Disorder

- **Seasonal affective disorder** = a psychological condition characterized by cyclical patterns of severe depression and normal mood
  - Cycles tend to align with seasons
    - \* As such, it's thought to be related to sunlight exposure
      - One of the most promising therapies is **light-exposure therapy**

- Unique symptoms
  - \* Increased hunger
  - \* Weight gain
  - \* Excess sleep
  - \* Depressive moods in evening

## Bipolar Disorder

- **Bipolar disorder** = a psychological disorder associated with alternating states of **mania** or **depression**
    - Used to be called **manic-depressive disorder**
    - **Mania** = an elated state characterized by hyperactivity and irrational optimism
    - **Unipolar** = a term that describes when one state dominates the other
    - Lithium carbonate is the most commonly used drug to treat bipolar
    - Rates of bipolar disorder don't differ substantially between sexes
    - Typically, the early symptoms appear at ages 15-25
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## Explaining Mood Disorders

- There are two main causes for mood disorders
  - Neurotransmitter unbalance
    - \* Low levels of these neurotransmitters are thought to be related
      - Dopamine
      - Norepinephrine
      - Serotonin
  - Genetics
- Certain factors can exasperbate existing mood disorders
  - Grief following the death of a loved one
  - Unemployment
  - Loss of health
  - Financial troubles

## Cognitive Differences in Depressed People

- **A.T. Beck** = a researcher that studied this issue
  - He discovered that depressed people have overly negative views of
    - \* Themselves
    - \* Their world
    - \* Their future
  - Depressed people generally perceive situations as *more* negative
- **Hopelessness theory** = a model of explaining depression that emphasizes specific patterns of behavior or cognition
  - “Learned helplessness” = a term that describes how repeated exposure to negative stimuli decrease the likelihood that a person will look for ways to help their suffering

## Dissociative Disorders

- **Dissociative disorder** = a psychological disorder associated with a separation between conscious awareness and prior identity
- Symptoms typically start early
  - Often the result of abuse or trauma early on
  - Females are more prone to the disorder
- **Dissociative Identity Disorder** = a dissociative disorder wherein a person exhibits multiple distinct personalities that alternate between one another
  - The subject is still debated in psychiatry and psychology
  - Used to be caused “multiple personality disorder”
- **Dissociative amnesia** = a symptom of some dissociative disorders that involves memory loss
  - Also called “psychogenic amnesia”
  - Is often caused by trauma
  - **Global amnesia** = a complete loss of identity
- **Dissociative fugue state** = a state of consciousness characterized by global amnesia with a replaced identity
  - Also called “psychogenic fugue”
  - Is subject to much debate
    - \* Are the subjects just pretending to avoid responsibility?

## Schizophrenia

- **Schizophrenia** = a psychological disorder involved with many different kinds of symptoms
    - Translated as “split mind”
    - Symptoms
      - \* Disorganized or delusional thinking
      - \* Incorrect perceptions
      - \* Mismatched emotions or actions
      - \* Obstructed speech
        - **Word salad** = rapid alternation between sensible speech and nonsense
        - **Clanging** = unintentional rhyming
    - No disparity between sexes
      - \* Often, symptoms appear during adolescence
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### Three Types of Schizophrenic Symptoms

1. **Positive symptoms** = an element of cognition that is *added* to the experience of a schizophrenic
  - **Hallucinations** = false perceptions
    - Can help reinforce **delusions**
    - Schizophrenics very often hear *voices*
      - \* Visual hallucinations are less pervasive
  - **Delusions** = false beliefs, especially of *persecution* or *grandeur*
    - **Delusions of persecution** = the belief that there are people that want to harm you
    - **Delusions of grandeur** = an overinflated ego ++ **Delusions of being controlled** = the belief that cognition itself is compromised by some external entity
2. **Negative symptoms** = an element of cognition that is *removed* from the experience of a schizophrenic
  - Poverty of speech = an inability to speak
  - Flat affect = a lack of emotional expression
3. **Disorganized symptoms** = an element of cognition that involves a perversion of an existing behavior or thought process



- **Erratic speech** = speech patterns that are irrational
  - **Word salad** = a seemingly random jumble of words that has intention but doesn't make sense
  - **Over-inclusion** = coherent thoughts that jump seamlessly from one disparate idea to another
    - \* Not like **word salad**, because each individual thought is actual coherent
  - **Paralogic** = faulty logic that reaches absurd conclusions but *feels* correct to the schizophrenic
  - **Clang associations** = unintentional rhyming while speaking
- **Disorganized behavior** = behavioral patterns that are irrational
  - Inadequate emotional expression
    - \* *e.g.* Laughing during a funeral
    - \* Often times, emotions are actually *reversed*, so sad things evoke a happy response
  - **Catatonic behavior** = a state of complete unresponsiveness
- In addition to these classifications, there are some other terms that used to describe symptoms of schizophrenia
  - **Chronic/Process** = a term that describes a pattern where symptoms emerge slowly and increase in magnitude over time
    - \* Generally, recovery from this kind of schizophrenia is unlikely
  - **Acute/Reactive** = a term that describes a pattern where symptoms emerge quickly and rise in magnitude very quickly
    - \* Generally, recovery from this kind of schizophrenia is much more likely

## Five Types of Schizophrenia

### 1. Paranoid schizophrenia

- Characterized by obsession with delusions and hallucinations, often with intense paranoia or an inflated ego

### 2. Disorganized schizophrenia

- Characterized by the disorganized symptoms
  - *e.g.*
    - \* Word salad
    - \* Flat affect

### 3. Catatonic schizophrenia

- Characterized by a *catatonic* state, extreme negativity, or mimicking other's actions

#### 4. **Undifferentiated schizophrenia**

- Kind of a catch-all term for schizophrenia that cannot be otherwise classified

#### 5. **Residual schizophrenia**

- Characterized by withdrawal following the cessation of hallucinations and delusions

### **The Dopamine Theory**

- A lot of scientists believe that an excess of dopamine can cause schizophrenia
  - As a result, many drugs that target schizophrenia act on reducing the activity of dopamine
  - Dopamine isn't the *sole* cause; other neurotransmitters seem to be related