

# PSY 100 - Exam 4

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## Abnormal/Clinical Psychology or Psychopathology

- what most people think **psychologists** do
- largest *subfield*
- 52 different subfields in psychology
- study of abnormal behavior and mental disorders
- Diagnostic and Statistical Manual of Mental Disorders + 5th edition
- prevalence
  - currently - 10-30% of people with active mental disorder
  - lifetime - 30-50% of people over their lifetimes will have active mental disorder and should seek help
- who to see
  - counseling psychologist
    - deals with everyday problems of patients
    - front lines
  - clinical psychologist
    - deals with mental disorders
    - may be referred to from counseling psychologist
    - give you diagnosis
    - give you treatment plan
  - psychiatrist
    - medical doctor with two years of psych training
    - works for clinical psychologist
    - handles medications

- can prescribe medications
  - does little to no therapy
  - basically just does meds
- therapist
  - specializes in treatment for a specific disorder
- criteria for mental disorder
  - is strange within culture
  - causes distress
  - causes danger to self or others
  - is maladaptive
    - interfering quality of life
- meet all 4 of these at a high level, they have a disorder, 3 probably

## Insanity

- not guilty by reason of insanity if, at the time of the crime, the person could not know right from wrong
  - a few mental disorders interfere with your ability to know what you are doing
  - does not include drug use
- insanity is a legal term

## Anxiety Disorders

### Generalized Anxiety Disorder

- disorders characterized by anxiety and avoidance behaviors
- don't have sufficient reason to be stressed out

### Panic Disorder

- has panic attacks

### Phobias

- irrational fear
- specific phobia
  - irrational fear of single event or object
- most common form of anxiety disorder
- social anxiety

- irrational fear of
  - being humiliated
  - public bathrooms
  - giving speeches
- agoraphobia
  - fear of leaving home or some safe place
  - not uncommon to be source of panic attacks

## **Post Traumatic Stress Disorder**

- person goes through a trauma and then starts having flashbacks

## **Obsessive Compulsive Disorders**

### **Obsessive Compulsive Disorder**

- obsessions
  - unwanted thoughts
- compulsions
  - rituals

### **Hoarding Disorder**

- keeping things with no predictable or sentimental value

### **Body Dysmorphic Disorder**

- “body wrong shape” disorder
- you believe an aspect of your body and image is not right and causes all your problems

## **Somatic Disorders**

- disorders characterized by physical symptoms that are psychological in origin
  - mind decides that you are physically ill

## Somatic Symptom Disorder

- you believe you have a disease despite evidence that you do not
- used to be called hypochondriasis

## Conversion Disorder

- loss of function
- some part of body stops working
- most of the time, person does not seem to care
  - “doctor, it’s nothing”
  - because it does a job
    - e.g. war, people dying, hysterical blindness is good +> don’t see dead people
  - brain shuts out the signals and shit
    - triggered by some kind of psychological thing

## Dissociative Disorders

- disorders characterized by the disruption of a person’s memory, identity, or consciousness

### Dissociative Amnesia

- lose access to your memory
- usually going to be for a single event for a repressed memory
- dissociative fugue
  - forget who you are, go somewhere else, become a new person
  - your life has become so horrible that amnesia is not enough
  - hard to treat, because you have to find them

### Dissociative Identity Disorder

- distinct identity shows up in the wrong place
  - e.g. party self shows up at work
- rare
  - suspect this happens due to hypnotherapists

# Psychotic Disorders

- when a person has a break from reality

## Schizophrenia

- positive symptoms +
  - something the average person does not possess
  - inappropriate affect
    - affect +> emotion
    - emotion does not match the situation
  - grossly disorganized behavior/movement
  - hallucinations
    - might hear voices
    - could be drugs though
- delusions +
  - fixed false belief
    - not just matter of opinion
    - something demonstrably false
  - persecution
    - “they’re out to get me”
  - grandeur
    - “i am an important person”
    - will believe they are someone else, in extreme cases
  - sin & guilt
    - “i’ve done something horrible”
  - hypochondriacal
    - believe they have a bizarre disease
  - control
    - “they’re controlling my thoughts”
  - reference
    - “they’re talking about me”
  - thought broadcasting
    - “people can hear my thoughts”
  - thought withdrawal
    - “they’re stealing my thoughts”
  - thought insertion
    - “they’re putting thoughts in my brain”
  - nihilistic
    - belief that part of the world is unreal
- disorders of language +
  - neologism
    - a new word
  - word salad / loose associations

- going off topic
- clanging
  - rhyming
- poverty of content
  - have nothing to tell you, so they will tell you in great detail
- negative symptoms +
  - flat affect
    - lack of emotion
  - limited speech
  - social withdrawal
    - scared of people, don't know who to trust

## Depressive Disorders

### Depression

- clinical depression
- depressed mood for a long time
  - between 6 months and 2 years
- anhedonia
  - loss of pleasure
    - no more pleasure in things you used to take pleasure in
    - all things you used to take pleasure in
- cognitions
  - thoughts depressed
  - negative thoughts about self
    - “i am worthless”
  - negative thoughts about others
    - “no one cares”
  - negative thoughts about future
    - sense of hopelessness
    - “it's never gonna get any better”

## Bipolar and Related Disorders

### Depression

### Mania

- polar opposite of depression
- 7 weeks to 7 months
- elevated mood

- impulsive
  - career impulsive
  - sexually impulsive
- treated with medications for whole life

## Therapy

### Psychotherapy

- “talk therapy”
- more important one

### Psychoanalytic Therapy (Freud)

- repressed
  - source of problems is repressed
- insight
  - figure out why you are the way you are
  - finding source of problem
- free association
  - let it all out, just talk talk talk
  - word pairing exercise
  - dream interpretation
    - write dream diary
- resistance
  - person pushes back as therapy approaches source of problem (scary place)
  - people want to quit therapy
    - therapy only works to the degree you trust the therapist
- transference
  - treat therapist as source of problems

### Short-Term Dynamic Therapy

- object relations
  - people are objects
  - objects must fulfill their function
  - much more direct than Freudian style therapy

### Humanistic Therapy

#### Client-Centered Therapy (Rogers)



- client is the boss
- genuineness/congruence
  - no curtain between client and therapist
- unconditional positive regard
  - care about you no matter what
- empathetic understanding
  - understand your pain

### **Gestalt Therapy (Perls)**

- german word for “whole”
- you have to make sense as one whole thing
  - thoughts, feelings, and actions need to fit together
- listen and talk and figure out what pieces are not making sense

### **Behavior Therapy**

#### **Classical Conditioning**

- aversive conditioning
  - make a good thing bad
    - e.g. smoking
- counterconditioning
  - make a bad thing good
- systematic desensitization
  - treatment for fear
  - step 1 is to teach client how to relax
  - then create fear hierarchy

#### **Operant Conditioning**

- token economy
  - involves institutional setting
    - person in facility
  - if person behaves, they get a token
  - with enough tokens, person can redeem tokens for prizes
  - used to bring someone to a level so you can start some kind of therapy

### **Modeling**

- observational learning
- assertiveness training
  - teach client how to get what they want without aggression
  - sometimes used for couples to teach them how to resolve conflicts

## **Cognitive Therapy**

- work on the way you think
- does psychotherapy work?
  - study found it works no better than talking with your friends
    - study was flawed
  - it does work, but you have to use the right therapy

## **Rational Emotive Therapy (Ellis)**

- if your thoughts are rational, so will be your emotions
- when thoughts lead to wrong emotion
- activating event
  - what sets you off, triggers
- beliefs
  - who you think you should be
- consequences
  - what happens when you're not who you should be

## **Cognitive Therapy (Beck)**

- distorted thinking/logic
- false beliefs
- goal of therapy is beliefs and logic
- do not need to find the triggers
  - when your thinking is distorted, you will always find a trigger
- used a lot for depression
  - “okay, you're worthless, so what?”

## **Cognitive Behavioral Therapy**

- have client prove themselves wrong

## **Group Therapy**

- people who suffer from same thing
- family and couple therapy
  - broken family
  - couple therapy sometimes court ordered

## **Biomedical**

- “drug therapy”
- should always be a supplement, not a replacement

## **Antipsychotics**

## **Anxiolytics**

- anti-anxiety

## **Lithium**

- bi-polar

## **Antidepressants**

- sometimes also used to treat anxiety (side effect)
  - and vice versa

## **Electroconvulsive Therapy**

- electric shock therapy
- muscle relaxants
- for severe depression
  - seizure induced by shock resets mood center
    - found this from people with insulin problems
    - insulin induced seizure
- some short-term memory loss

## **What to Expect from Therapy**

- you will work
  - keeping diary
  - read books
  - do homework
  - download apps
- relief is not a cure
  - simply feeling better does not mean you are better
- understanding is not a cure
- you will change
- don't sleep with your therapist

## **Social Psychology**

- small findings

- the study of how people think about, influence, and relate to one another
  - intersection of sociology and psychology

## **Social Influence**

- what are other people going to make us do

## **Conformity**

- a change in behavior or belief as a result of real or imagined group pressure
- far easier to change someone's behavior than their beliefs
- peer pressure
  - usually does not change beliefs
- norms
  - rules of social behavior
  - when we succumb to peer pressure