

6. Psychological Disorders

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Learning objectives

1. To understand and evaluate the nature of psychological disorders.
2. To summarize and compile the criteria for psychological disorders.
3. To illustrate an indepth understanding of the term mental wellness its various aspects and demonstrate the understanding of Mental Wellness on a Illness Wellness Continuum given by John Travis and interpret it in detail.
4. To classify the various Mental disorders and understand its symptoms as per the DSM-5.
5. To understand the various symptoms for indentifying and treating psychological disorders.

6.1 Introduction :

In XI Standard we have learnt about abnormal behaviour. We also tried to understand what are the criteria for the abnormality. To sum up what we have already learnt, the major criteria that we discussed were deviance, personal distress and impaired functioning. Now let us study the examples given below.

Activity 1

On the basis of your understanding of various criteria for abnormality, which of these

would you consider as normal or abnormal behavior?

- 1) Hemant wears the same lucky blue shirt for all his major competitive exams.
- 2) Seema is not able to fall asleep easily.
- 3) Rakesh throws pillows and pounding fists on the wall during arguments if he finds himself losing ground.
- 4) Reena always experiences fear but is not able to specify what is so scary.

Most of us will find it difficult to decide whether any of the above can be considered as normal or abnormal and find it difficult to classify on a clear cut basis. Why is it so? We will try to understand it in the next section.

6.2 Nature of Psychological Disorders:

We observed that distinguishing normal behaviour from abnormal is not very easy. This is because illness and absence of illness are not two different categories as we think. According to the Mental Health Continuum Model (Keyes, 2002) they are two opposite poles of the same continuum sequence in which two adjacent points are not clearly different from each other. An individual can be on any point at one particular time and we keep shifting our position on it as our situations improve or deteriorate. For convenience of better understanding let us mark on this continuum four stages. Let us study this with the help of following diagram.

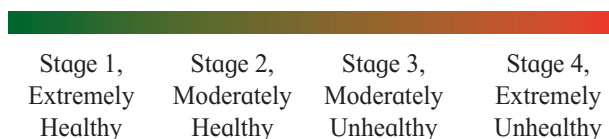


Diagram 1 - Mental Health Continuum Model

In Stage 1 : These individuals are positive and are functioning well. They show stable mood. They are calm, peaceful and satisfied with life. They feel motivated and energetic. They are physically as well as psychologically healthy. You might have experienced this during times when there is nothing to worry and you are overall contented. They are satisfied with their life.

In Stage 2 : These individuals are neutral but reactive. They do feel nervous and worried at times and get affected by the stressors of life. Sometimes they may doubt themselves which will cause anxiety and this can affect their performance. They may feel tired soon and may lack energy. You might have experienced this

too, say, while facing the examination or at the time of interview. But in this stage if the individuals become more realistic and accept their limitations or constraints placed by the environment, they can manage to reduce the stress. At the same time following a healthy diet and a healthy life style, with adequate rest and by engaging in more social activities, it is possible to push themselves back more towards positive healthy functioning.

In Stage 3 : When the individuals are at the point of Stage 3, they show signs of psychological damage and they are moderately ill. They may experience negative feelings like sadness, fear, inadequacy, restlessness or irritability. They may lack motivation to take up new challenges. Sometimes they feel overall apathy and feel tired even while completing their daily routine or work. Their relationships may get strained and they may even turn towards drug abuse or alcohol. Though they show clear signs of mental illness, they may still be productive and functioning properly, but may find it difficult to do it. But this point is also not irreversible. By consciously trying to find the realistic root cause of the stress and with the help of emotional support such individuals can fight with the moderate illness they are facing. They can get emotional support either from family and friends or at times they may need professional help.

In Stage 4 : Individuals show clear signs of major psychological disorder. They show extreme distress and impairment in all three areas of functioning, i.e. mental, emotional and social. They need professional care and treatment.

6.3 Criteria for Psychological Disorders

An individual keeps shifting from one stage to another depending on his/her life circumstances. In such situations how do we decide whether a particular person is suffering from any psychological disorder or not. The

mental health professionals currently use diagnostic procedures to make such decision. For this purpose generally DSM and ICD criteria are currently used. According to the present DSM-5, there are five criteria for psychological disorders. Let us study them in detail.

- 1) **Clinically significant syndrome:** When we have some physical symptoms or complaints we know that we are ill. In the same way, in psychological disorders there should be certain patterns of important behavioural or psychological syndrome that occurs in an individual. There are certain symptoms that occur together in a particular disorder. These clusters of symptoms together is called a syndrome. Psychologists rely on these syndromes to diagnose the disorder. We will study about these syndromes in the section where we will examine few psychological disorders.
- 2) **Distress and Impairment:** There should be presence of distress and/or impairment. We have already learnt about distress as well as impairment in XI Standard. Distress is the psychological pain. The pain may arise due to negative feelings like sadness, fear, inadequacy, restlessness or irritability. It may also be due to stress. Impairment is inability or difficulty to perform appropriate duties and roles in personal, social and work related situations.
- 3) **Dysfunction:** If the symptoms lead to an underlying psychological, biological or developmental dysfunctions, then it leads to the diagnosis of mental disorder, e.g. inability to remember, inability to learn, inability to concentrate, etc.
- 4) **If any response given to stressors or losses are accepted as a response to that situation, it is not considered as a sign of mental disorder:** It should not be a response that is normally given to common

stressors and losses (like sadness experienced at the death of a loved one is not a sign of any mental disorder). Or it should not be a culturally sanctioned response to a particular event (e.g. trance state in certain religious rituals, should not be considered as sign of mental disorder).

- 5) **Any behaviour which is just deviant or conflicting with society but not producing dysfunction or distress or disability, then it does not become a sign of mental disorder:** Behaviour should not solely be a result of social or cultural deviance or conflicts with society or conflicts with political system. For example in certain societies and cultures homosexuality is considered as abnormal behaviour. But according to DSM 5 it is not considered as a sign of disorder.

In short Psychological disorder or mental illness is a condition or clinical syndrome which involves changes in **emotions, thinking and behaviour** or combination of these, such that it leads to distress, dysfunction and/or impairment. Before we study about various psychological disorders, let us study some important concepts and issues related to mental health.

6.4 Mental Wellness:

Study two examples given below and decide who leads a better life than the other. Why do you feel so? Remember, in both these examples, the person described is not suffering from any psychological disorders.



Activity 2

- 1) Karan an 18 year old student, got admission in one of the reputed engineering colleges. After few weeks he starts finding engineering uninteresting and difficult. He feels doing engineering is useless and a waste of time. He keeps himself out of the classes and spends most of his time wandering around the campus. He feels his life is a waste.
- 2) Pramila is an 18 year old, whose father died recently. She is eldest in the family. She and her mother are extremely worried about the financial crisis that they are soon going to face. So she took up a job during daytime and joined a night college. She feels extremely tired and tensed most of the time. She is hopeful that she will soon be able to change the situation. She dreams that one day she will establish an organization that will help all the needy students in the matters of financing their higher studies.

Now study two more examples. Both the examples are stories of psychologically ill individuals.

Activity 3

Now decide who you find functioning better than the other in spite of illness. Why?

- 3) Santosh is a drug addict. He has realized that his habit of taking drugs has caused him a lot of damage, physically, psychologically, socially as well as financially. Now he is determined to put an end to his habit. He failed in many of his attempts. But he is convinced that with continuous treatment, he will be able to lead a normal healthy life again and will be able to fulfill the needs of the family.
- 4) Lalita's parents are always fighting. Her

father is an alcoholic and beats everyone in the family. She is extremely sad and is not able to focus on her studies. She has stopped interacting with anyone including her friends. She feels very lonely and feels that her life is of no use to anyone. She feels her future is dark and gloomy. When asked about what she wants to do in future, she says that she has no goals in life. She feels very tired and says she is fed up with life.

In the first two examples you can see that in spite of having many difficulties Pramila appears to be functioning better as compared to Karan who is well placed and has fewer problems. Similarly in later two examples, though both of them are suffering from psychological disorders, we find Santosh to be doing better than Lalita. This is because mental health or mental wellness does not necessarily mean absence of illness. Then what is mental wellness? On the basis of the above examples can you identify some markers of mental wellness? What are the main differences between Karan and Lalita on one side and Pramila and Santosh on the other side? Let us study what exactly is mental wellness or mental health.

World Health Organization (WHO) defines mental wellness as, **"a state of wellbeing in which the individual realizes his or her own abilities, can cope up with the normal stresses of life, can work productively and fruitfully, and is able to make contribution to his or her community."**

In example 2 we can see that in spite of all difficulties, Pramila does not succumb to unfavorable life circumstances. She is able to work hard and is striving to get out of the stressful situations. She is able to face difficult situations boldly, though she is experiencing psychological pain of the stress. She is able to

make use of all her abilities and is able to see herself as contributing to the society by having a dream of helping the needy students in the future.

In example 3, though Santosh is having psychological disorder, he is struggling through his illness. He is trying his best to develop himself as a normal person again who will be contributing fruitfully to the wellness of his family.

In contrast to this, in example 1, we find that Karan, in spite of having successfully gained admission in a reputed engineering college, is considering himself as well as his achievements as useless. He is not making the best of his abilities and sees no goals for his life.

Similarly, in example 4 we find Lalita succumbed to the adverse life situations and finds herself lonely. She finds her life aimless (without goals) and sees no future. She has no energy and is not making good use of her abilities.

On the basis of the above we can identify few important aspects of mental wellness.

1) **Emotional aspect:** Sense of well being, feeling of overall happiness and

contentment (satisfaction)

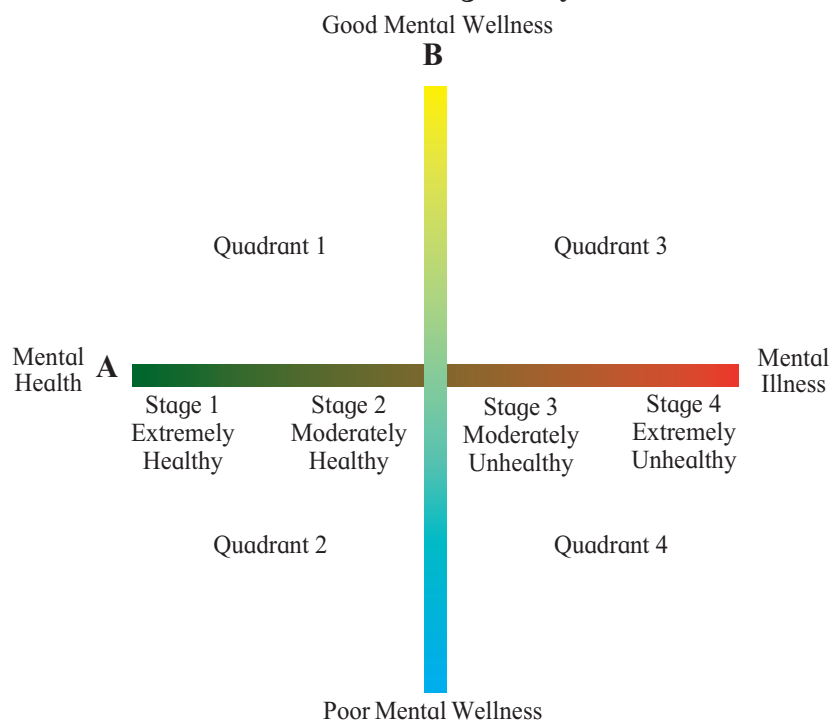
2) **Psychological aspect:** Sense of being worthy i.e. high self esteem, high self confidence and tendency of self actualization (i.e. tendency to develop one's abilities fully), ability to take the right decision, the ability to influence the environment, to satisfy one's needs and the tendency to contribute towards society or community.

3) **Life philosophy:** Having a purpose in life, having clear life goals and a direction in life.

In short, mental wellness is a state of successful performance of psychological functions, resulting in productive activities, fulfilling relationships with people, ability to cope up with stress and ability to change and adapt.

Similar to mental illness continuum, mental wellness also is on a continuum. On one end we find people with good mental wellness while at the other end of the continuum we find people with poor mental wellness. Wellness continuum can be better understood using the following diagram which is based on Illness Wellness Continuum Model given by John Travis in 1972.

Diagram 2 **Illness Wellness Continuum given by John Travis**



The horizontal line (A) denotes illness continuum while vertical line (B) denotes wellness continuum. So we get four compartments or quadrants.

The individual in **Quadrant 1** has no mental illness. He experiences happiness and feels confident to face difficulties. This is the ideal state of functioning.

In **Quadrant 2** also the individual has no mental illness. But he experiences subjective feeling of grief or unhappiness and sees no goals in life.

Individual belonging to **Quadrant 3** is suffering from mental illness. But in spite of illness he experiences high sense of subjective well being, has good self-esteem and is hopeful.

While in **Quadrant 4** we find the individual having two fold problems. He has mental illness and at the same time he experiences distress and sees no goal in life. At times personality disintegration is also observed. This is the lowest level of functioning.

Activity 4

In which Quadrants of wellness illness continuum will you place Karan, Lalita, Pramila and Santosh?

Just as our physical health is not the same all the time and when faced with illness we take treatment and regain our health. In the same way our mental health is also not the same all the time and when faced with psychological illness one can take help of an expert and can regain one's psychological health.

6.5 Mental Disorders - Its classification:

All disorders, be it psychological or physical, need to be classified because the treatment is directly dependent on its type and the causes. For proper diagnosis and treatment plan, one needs to know which type or category

of disorder it is. For example, if an individual has a fever due to infection of malarial parasite, his treatment plan will be different than the individual who has fever due to typhoid. For this purpose classification of disorders is very essential. For physical disorders the classification is mainly based on the root cause, i.e. etiology. Unfortunately the causes for various psychological disorders are explained differently by various perspectives and theories in psychology. More research is needed for this. Moreover we have just studied criteria for the abnormal behaviour where you might have noticed that there is no reference of etiology or causative factors. The main emphasis is on the cluster of symptoms or syndromes. So classification of mental disorders keeps changing. Nevertheless, attempts are made to make the classification more and more scientific. Psychological disorders are of many types and categories. Presently there are two major systems to classify psychological disorders. They are (1) Diagnostic and Statistical Manual for Mental Disorders (DSM) and (2) International Classification of Diseases and Related Health Problems (ICD)

- (1) **Diagnostic and Statistical Manual for Mental Disorders (DSM)** is classification of officially recognized psychiatric disorders published by American Psychiatric Association (APA). It is mainly used to ensure uniformity of diagnosis by mental health professionals. Its first version was published in the year 1952 (DSM-I) and subsequently revised periodically. The present version of it is DSM-5 was introduced in 2013. It contains 22 broad categories of mental disorders with many sub categories.
- (2) **International Classification of Diseases and Related Health Problems (ICD)** is created by The World Health Organization

(WHO) for documenting all types of diagnoses, diseases, signs and symptoms and social circumstances. It contains a section on psychological disorders. The latest, 11th version of ICD was presented in 2019. According to the ICD-11, there are 19 broad categories of mental disorders, most of which overlap with DSM-5. It is not possible to study all these categories of disorders in just one chapter. So we will limit ourselves to only few common disorders.

6.6 Major Psychological Disorders :

6.6.1. Anxiety Disorders

One day Hema was driving back home from her office. Suddenly she felt her heart beats were increasing. She felt breathless and was perspiring profusely. She felt so scared that she stopped the car and got out of it immediately. This continued for many days and the frequency of such experiences kept on increasing. Due to this she started getting scared of driving in heavy traffic. If she was driving in heavy traffic she felt as if she would die. As a result she completely stopped driving the car. After a period of time she even stopped stepping out of the house. Frequently she started getting crying spells. She was diagnosed as suffering from Anxiety Disorder.



The word anxiety is derived from Latin word 'Anxietas' which means "uneasy or troubled mind".

Definition: When a person feels nervous or worried without any obvious reason for a long time such that it starts interfering with the daily life, it is called Anxiety Disorder.

There are many sub varieties of Anxiety disorders but we will study two major anxiety disorders, namely, generalized anxiety disorder and Phobia

A) Generalized anxiety disorder:

We all feel tensed in our daily life due to various reasons, for example, during exams, while speaking in public, etc. It is sometimes beneficial to experience mild tension while shouldering responsibilities or while facing a difficult situations. It compels us to face difficulty in a systematic and planned manner. But instead of mild or moderate tension if it becomes too intense, it starts interfering with our daily routine as well as our work performance. We start feeling tensed or nervous without any reason. We start avoiding people and are unable to perform daily routines.

To diagnose any individual suffering from this disorder, the symptoms should be present for atleast four weeks for children and for six months for adults. Due to extreme nervousness his capacity to solve problems may breakdown. Of course as we have already seen there is not just one criterion to be fulfilled for diagnosis of any disorder, so consultation of the expert is essential.

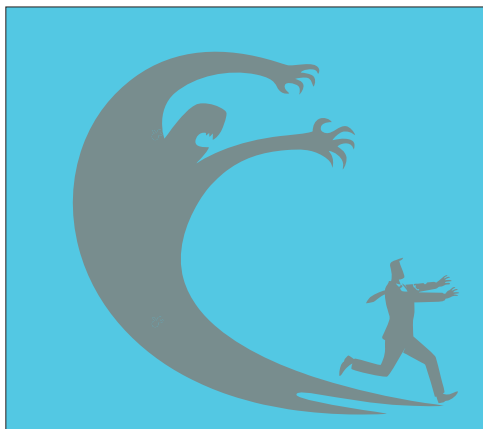
Symptoms: Extreme fear of the unknown, increased heart beats, irritability, frequent headaches, frequent worry, lack of sleep, sensation of vomiting, uneasiness, breathlessness, blackouts, etc.

Activity 5

Collect information about Anxiety disorders and discuss this with your friends or parents.

B) Phobic disorders

Ninad went for his college picnic. From the top of a hill when he looked down he felt an unexplained fear. Few days later when he went to his uncle's house and looked down from 15th floor he experienced the same fear. Thereafter he noticed the same fear whenever he looked down from certain height. He realized that his fear is not normal. These are symptoms of Acrophobia.



The word phobia is derived from Phobos - the name of a Greek god of fear. We all are afraid of something or the other and we normally are able to overcome it with little efforts. But even when something or some situations are either less dangerous or not dangerous at all, if an individual is intensely afraid of it and that creates problems in adjustments in daily life then that fear is called phobia. For example, heights, water, darkness, dog, cockroach, being alone, blood, crowd, elevator, etc. The individual then tries to avoid it at any cost. If it starts interfering with his/her daily life and creates adjustment problems for more than six months then it is called Phobia. In short, phobia is an intense and irrational fear of some objects or situations. There are various sub types of phobias like Specific Phobia, Social Phobia, Agoraphobia, etc.

Activity 6

Collect information about other types of phobia.

6.6.2. Depressive disorders:

Vinita is 35 years old working lady having two children. Except for earlier few years of marriage, she had disturbed married life due to constant quarrels over small issues with her husband. This resulted into a divorce for which she was totally unprepared. As a result she became very disappointed and lost all hope. She started feeling lonely, frustrated, stressed and started blaming herself for the divorce. The stress of financial crisis and children's education led to disturbances of sleep. She also started experiencing frequent health complaints. She was feeling sad all the time. These are symptoms of depressive disorder.

In the total population 5% to 6% of people suffer from mild depression. Due to some negative incidences or some other external factors the individual may experience negative feelings, but if it continues for a very long time then it is called Depressive Disorder. Feelings of hopelessness, anxiety and sadness are the major feelings experienced in this disorder.

The disorder in which the individual experiences extreme feeling of sadness as well as guilt for at least two weeks, is called Depressive disorder.

Symptoms: Feeling of hopelessness, lack of enthusiasm, weight loss, lack of interest in food and loss of appetite, either lack of sleep or excessive sleep, constant feeling of fatigue, sad feeling, excessive feeling of guilt over some matter, sexual dysfunction, suicidal thoughts, inability to concentrate, indecisiveness, etc. are found in the individual suffering from depressive disorder.



6.6.3 Bipolar disorder:

This is also called Manic Depressive disorder. In this disorder the individual experiences alternate phases of extreme sadness, hopelessness, stress at one time and extreme happiness, enthusiasm, and elation at other times. In the same individual you can see these opposite conditions one after the other. That's why it's called manic depressive disorder.

Symptoms: The individual experiences alternate phases of two states, one in which the individual is extremely happy, excited and elated and in other he experiences sad, stressed, losing hopes, thinks unrealistically, gets irritable or aggressive.

Genetic factors, imbalance in neurotransmitters in the brain, mainly nor-epinephrine, serotonin and dopamine are found to be the main causative factors.

6.6.4 Trauma and Stress related Disorders:

When a individual is not able to cope up with the existing situation, he tends to experience stress or tension. Daily problems encountered due to fast paced life, relationship issues, loneliness, lack of proper adjustment, lack of enough personal space, time constraints, consumerism, frustration due to non fulfilment of desires, addiction, prolonged physical illness, constant feeling of uncertainty, family problems, cut throat competition, etc. are causative factors for stress. Stress or tension is inevitable in life. If it is in moderate intensity, it appears to be useful by providing motivation to the individual.

But if the individual experiences intense stress, then his/her capacities to deal with it gets imbalanced. For example, war condition, serious accident, death of a loved one, natural disasters, divorce, sexual abuse, breakup in relationships etc. are the conditions that can create deep impact on the life of the individual and may even be responsible for illness like Stress Disorder. Out of many types of stress disorders let us study two types of stress disorders, (a) Acute Stress Disorder (ASD) and (b) Post Traumatic Stress Disorder (PTSD)

A) Acute Stress Disorder:

39 years old Vinesh is a working man and was staying with wife and two children. One night while returning from work, he was surrounded by few gangsters, was beaten ruthlessly, they snatched away all his belongings and threatened to kill him. He started begging for his life. They tied him to an electric pole, tortured him physically and left. After a long time somehow Vinesh managed to rescue himself and went to the police station. Three days later, he started getting nightmares, started getting illusions, was extremely scared most of the time, started getting flash backs of the incidence again and again, could not sleep well and this felt extremely frustrated. Not only that but he could not concentrate on work. He was diagnosed as suffering from Acute Stress Disorder.

If an individual with age of 6 years or greater has experienced or witnessed extreme situation like death of loved one, serious physical injury, natural disasters, sexual abuse like rape, etc. he/she experiences extreme fear, emotional numbness, severe confusion, gets dreams of the incident, or gets uncontrollable thoughts about it, not able to concentrate, not able to sleep, experiences severe guilt about the event and holds himself responsible and goes

into depression. He/she becomes irritable, his/her emotional world becomes unstable, he/she prefers to stay alone, does not take help of others. Upto three days after the traumatic experience such reactions are not diagnosed as stress disorder as they are considered as normal reactions to extremely painful incidence. But if this situation lasts for more than 3 days upto 4 weeks and persists beyond that period then it is called Acute Stress Disorder.

B) Post Traumatic Stress Disorder (PTSD):

You have just learnt about the symptoms of Acute stress disorder. If these symptoms continue for more than one month with the same intensity i.e. without much improvement, the individual is diagnosed as suffering from Post-Traumatic Stress Disorder (PTSD). In the above example if Vinesh continues to experience acute stress beyond one month, he would be diagnosed as suffering from Post Traumatic Stress Disorder. An individual who has suffered trauma normally goes through three stages.

- 1) **Shock stage:** The individual in this stage is extremely disturbed and is not able to think anything. He is in shock.
- 2) **Suggestible stage:** In this stage the individual tries to find out how to get out of this circumstances by asking others or seeks guidance. In this stage the individual gets extra sensitive towards suggestions given by others to the extent that he may accept any suggestion without thinking over its consequences.
- 3) **Recovery stage:** Though the individual is still under stress but has started regaining his mental balance. He/she is trying to get out of the situation and shows signs of recovery. However some individuals still cannot maintain their mental balance and starts showing signs of mental illness, Post Traumatic Stress Disorder.

Activity 7

We make use of various strategies to reduce our stress. Speak to five of your friends and make a list of atleast ten different strategies used by them to reduce stress. Share it with your group and discuss which are healthy and which are unhealthy.

6.6.5 Substance-related and Addictive Disorders

Mohan is a 20 year old post graduate student. He lives at home with his parents and elder sister, Payal. Mohan's father is an alcoholic. He feels that everyone in his family pampers Payal and ignores him. He feels very neglected at home because of that. One day his friends invited him for a party where alcohol was being served. At the party he consumed alcohol for the first time and liked it. Gradually he started drinking regularly and even after joining work he continued to drink, sometimes he would go to work in a drunken state. His performance at work started declining. He couldn't stay without alcohol, this is an indication of addiction.

Since ancient time human beings made use of the juice of various herbs as a means to increase strength or enthusiasm to reduce pain or sadness. These herbs are also used for experience of euphoria, drowsiness, ecstasy and 'high' or 'kick'. At present, apart from these natural derivatives, there are number of synthetic chemicals that can be used for the same purpose.

After taking addictive substances like opium, charas (hashish), ganja (marijuana), heroin, etc. for several times, the person gets

habituated to it to the extent that he cannot stay without it. This is known as Drug Addiction.

The addict may go to the extent of stealing, begging or borrowing money, and at times may not hesitate to kill someone to get money to buy the addictive substances. His/her physical, mental social and moral health is affected. His/her family life breaks down, financial situations deteriorate, and he/she is not able to focus. Due to continuous and long term consumption of addictive substances, he develops physical dependence on it and may even die due to overdose of drugs. If he tries to either reduce the dose or tries to stop the drugs then withdrawal symptoms are created. Withdrawal symptoms are very painful and creates a threat to his life. He/she experiences tremors, losses control over body movements and may even die.

Symptoms: Excessive consumption of drugs or alcohol, inability to reduce the dosage, intoxicated the whole day, desire to consume the substance again and again, reduction in social contacts even with friends, continued consumption even during physical illness or when it is contraindicated, increase the dose to get the same effects, etc. are some of the symptoms of drug addiction.

Alcoholic Anonymous is the organization that helps an alcoholic to get rid of the habit of consuming alcohol. There are two groups, one consists of present alcoholic while second includes ex-alcoholic. An alcoholic explains to the addict how his/her life can improve if he / she gets out of his/her addiction and thus provides the emotional support. In this way the ex-alcoholic encourages an alcoholic to get out of the dependence on alcohol.

6.6.6 Schizophrenia:

Ronnie, a 20 years old youth joined a firm after completion of his graduation. Soon he became popular as a hard working and enthusiastic person but he didn't like to intermingle with his co-workers . In few days people started noticing the changes in him. He started remaining absent from the work, at home too he remained quiet most of the time, he started experiencing hallucinations, he started feeling as if someone is following him. He started talking to himself and was extremely apathetic. He constantly felt that someone is talking about him and is criticizing him. He felt as if someone is planning to kill him. He was diagnosed as suffering from Schizophrenia.

In 1911, a Swiss psychologist, Paul Eugene Bleuler used the term Schizophrenia for the first time. The term Schizophrenia is made from two terms, Schizein (which means split) and Phren (which means mind). So the term Schizophrenia means split mind. This disorder is not easily seen among children, but mainly starts in adolescence young adulthood. In comparison to females it is found more frequently among males. Schizophrenia is a major disorder involving delusions, hallucinations and disintegration of language, thoughts, emotions and behaviour.

Symptoms: According to the DSM-5, there are two different types of symptoms for Schizophrenia. They are (a) Positive symptoms and (b) Negative symptoms.

(a) Positive symptoms : These behaviours are an excess of an addition to the normal thoughts or behaviours of an individual. They are as follows.

(1) Hallucinations: Hallucinations refer to

false perceptions in the absence of stimulus. It means the individual experiences something even when there is nothing present. For example, even if there is pin drop silence and yet the individual can hear someone talking to him/her, then it is auditory hallucination. Similarly there may be visual, tactile (related to touch), olfactory (related to smell), gustatory (related to taste) or may be related to internal sensations of the body.

- (2) **Delusions:** Delusion occurs when an individual has a belief which is false but the individual is not ready to change it in spite of clear evidence contrary to it. For example, the belief that 'somebody is conspiring to kill me' even when there is no one who is making such plans.
- (3) **Disorganized speech and loosening of association:** The individual's talk is unrelated to each other, like he/she may use useless word or may jump from one point to another which has no connection to the first.
- (4) **Disorganized behaviour (Bizarre movements):** The individual behaves in very strange manner like doing the same act for hours together, screaming without reason, running here and there without any purpose, attacking or biting someone, undressing clothes in public places, etc.
- (5) **Incongruent affect :** Here the emotions expressed by the individual does not match with the situations. For example, the individual cries in happy occasions and laughs in sad occasions.
- (b) **Negative symptoms :** Negative symptoms lead to low levels of functioning and so the quality of the life deteriorates. Generally negative symptoms of schizophrenia does not improve much with treatment. They

are: (1) diminished emotional expression, (2) lack of initiative or enthusiasm, (3) diminished and reduced speech, (4) Anhedonia (no experience of deep positive emotions), (5) Asocial, (6) Apathy.

Sometimes both positive as well as negative symptoms can be seen in schizophrenia patients. If positive symptoms are seen for one month or longer or if negative symptoms are seen for more than six months, the person is diagnosed having schizophrenia.

Activity 8

The movie "A beautiful mind" is on John Nash, a mathematician who was diagnosed with Paranoid Schizophrenia, and how he copes with disorder. In 1994 he was awarded Nobel Prize for Game theory. Watch the movie and discuss it with friends.

6.7 Identifying and treating Psychological Disorders:



So far we have tried to understand a few of the psychological disorders. After this understanding few questions inevitably pop up in our mind. One such question is whether there are any ways you can easily identify people with mental disorders at an early stage. The answer to this question is YES! There are a few signaling signs that can help one to identify individuals who may require help of an expert in mental health. These are called red flags. Red flags for

various disorders are generally used to identify people in need of professional help.

Activity 9

Identify from the internet the red flags (signaling symptoms) for various disorders that you have already studied.

If you carefully study all the symptoms of various disorders, you will realize that there are many symptoms which are common among many disorders. If you find such symptoms in any individual, find out if it satisfies these three requirements. The first is it should be for a considerably long period of time. Second, find if symptom has become more severe or serious over a period of time. Lastly, find if the symptom has created any problems in the life of the individual or not. If the answer for all three is affirmative, it is likely that the sign indicates the beginning or existence of psychological health problem. Keeping all these considerations in mind, study the "Signals indicating need for professional help" given below

Signals indicating need for professional help

- 🚩 Inability to concentrate
- 🚩 Inability to sleep well
- 🚩 Various physical complaints
- 🚩 Uncontrollable and frequent bad thoughts
- 🚩 Too intense uncontrollable negative feelings (fear, anger, sadness, worry, etc.)
- 🚩 Severe confusion
- 🚩 Memory loss
- 🚩 Loss of interest in activities and friends
- 🚩 Odd or irrational statements or strange use of words or way of speaking

🚩 Self-harm

🚩 Signs of self-neglect

Another question that immediately follows once you have identified the individual in need of professional help is, whether they are any ways such individual can lead a normal life again. Fortunately, the answer to this question is also affirmatively **YES!** There are various treatment modalities that can be helpful for different disorders. These treatment strategies range from pharmacotherapy (i.e. drugs) to various psychotherapeutic techniques like Rational Emotive Behaviour Therapy, Humanistic therapy, Gestalt therapy, Interpersonal psychotherapy, Family and couple therapy, etc. It is beyond the scope of this book to narrate them even in nutshell. But one note of caution needs to be mentioned here. If you find any individual having benefited with one type of therapy, it does not necessarily mean that the other individual also will benefit from the same therapy. One must keep in mind several factors and considerations before deciding the line of treatment. This can be best done by an expert in the field. So the best thing is to seek out a professional and get the required help. It is rightly said, "Having a mental disorder isn't easy.... It is even harder to accept, 'Yes, I am ill'..... The hardest of all is when people assume 'you just can get over it'.... The fact is you cannot 'automatically' just get over it, you need to work towards the right path to be able to get over it! Healing is not automatic, it's a journey that needs to be trodden."

Summary

- Psychological disorder is a condition that involves experience of distress and impairment that affects his/her emotion, behavior, thought and levels of functioning.
- Psychological condition of disorder is dynamic and ever changing. Psychological health and illness are not two distinct categories, but instead, lie on a continuum.
- The major criteria for mental disorder are : clinical syndrome, distress, impairment and dysfunction. But expectable responses to stressors and behaviour conflicting with social, cultural or political system are not signs of psychological disorder.
- Dimension of mental wellness is different from dimension of illness. Mental Wellness is concerned with certain positive emotional and psychological aspects and with

well-defined life philosophy.

- DSM and ICD are two major classification systems to classify psychological disorders. There are various psychological disorders including Anxiety disorders, Depressive disorders, Bipolar disorders, Substance related and Addictive disorders, Schizophrenic disorders and many more.
- There are many signals that can indicate onset or presence of psychological disorders which can be helpful to identify them at an early stage.
- There are different therapies for the treatment of mental disorders that are available. Only mental health professionals are qualified to make decisions regarding which treatment plan to follow.

Important Concepts

- Mental Wellness
- Distress
- Dysfunction
- Syndrome
- DSM-5

- ICD
- Alcoholic Anonymous
- Hallucination
- Delusion

Important Psychologists

- **John Travis** : He is an American author and medical practitioner who introduced the concept of "Wellness" and originated the illness-wellness continuum

- **Paul Eugene Bleuler** : He was a Swiss psychiatrist who coined the term "Schizophrenia" in 1910 derived from the Greek words "Schizein" (split) and "Phren" (mind).

Exercises

Q. 1 (A) Choose the correct alternative and complete the sentences.

- 1) _____ is the present system for classification of mental disorders.
a. DSM-5 b. WHO c. APA
- 2) Term Schizophrenia was first used by _____.
a. Albert Ellis b. Eugen Bleuler
c. John Travis
- 3) World Health Organization has developed _____ for classification of all types of disorders.
a. ICD b. DSM c. MCA
- 4) We find alternate phases of depression and mania in _____ disorders.
a. depressive
b. bipolar
c. anxiety

(B) Match the pairs :

- | | |
|-------------------------|---|
| 1) Phobia | a) 2013 |
| 2) DSM-5 | b) Wellness |
| 3) ICD - 11 | c) Schizophrenia |
| 4) Eugene Bleuler | d) 2019 |
| 5) John Travis | e) Illogical fear |
| 6) Depressive disorders | f) Sad feelings for a long period of time |

(C) State whether following statements are True or False :

- 1) Socially or culturally deviant behaviours are signs of psychological disorders.
- 2) Schizophrenia is a serious psychological disorder.
- 3) Feeling of hopelessness is one of the symptoms seen in depressive disorders.

(D) Answer in one sentence :

- 1) From which Latin word is the term anxiety derived?
- 2) In which disorder does the person experience sadness and guilt for a long period of time?
- 3) What do you call the fear that you experience unnecessarily in a non threatening situation?

Q. 2 Answer the following questions briefly :

- 1) Explain the nature of psychological disorder.
- 2) What is meant by Anxiety disorders?
- 3) Narrate indicators of psychological disorders.
- 4) What is meant by Bipolar disorder?
- 5) Describe Post Traumatic Stress Disorders?

Q. 3 Explain the following concepts.

- (1) DSM - 5 (2) ICD 11
- (3) Phobia (4) Syndrome
- (5) Hallucination

Q. 4 Write short notes on the following :

- 1) Nature of mental wellness
- 2) Drug Addiction
- 3) Depressive disorders
- 4) Anxiety disorders

Q. 5 Answer the following in 150 to 200 words:

- 1) Describe the criteria of Psychological disorders.
- 2) Narrate any two psychological disorders in detail.
- 3) What is Schizophrenia ? Describe the major symptoms of it.

