

# PSYCHOLOGICAL DISORDERS

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PSY 101 General Psychology

Instructor: Aimee Kim

Drexel University

# What does “abnormal” behavior mean?

Generally, people may consider behavior abnormal if:

- causes discomfort
  - looks weird
  - disruptive
  - inappropriate timing
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- The diagram illustrates the factors of abnormal behavior. Three factors—'causes discomfort', 'looks weird', and 'disruptive'—are connected by blue lines to the label 'Content of behavior'. The factor 'inappropriate timing' is connected by a blue line to the label 'Context of behavior'.
- Content of behavior
- Context of behavior

# What is a psychological disorder?

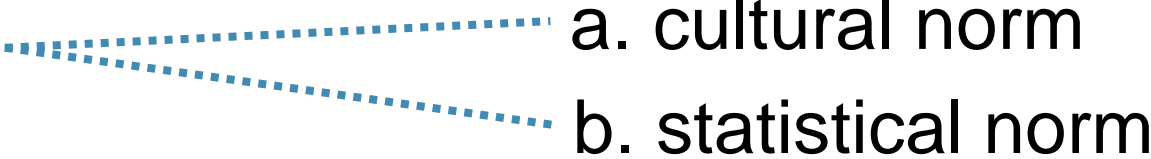
A syndrome marked by a clinically significant disturbance in an individual's cognition, emotion regulation, or behavior.

A grouping of signs and symptoms, based on their frequent co-occurrence that may suggest a common underlying pathology.

# What is a psychological disorder?

A syndrome marked by a clinically significant disturbance in an individual's cognition, emotion regulation, or behavior.

4Ds for defining abnormal behavior in psychopathology

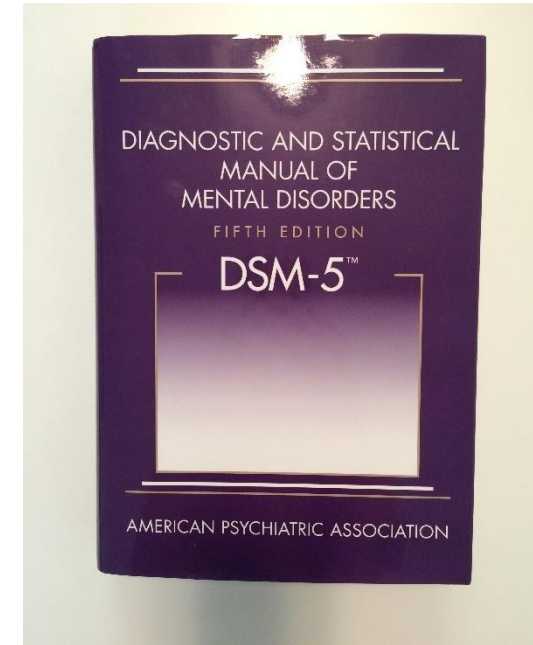
- 1. Deviance 
  - a. cultural norm
  - b. statistical norm
- 2. Distress
- 3. Dysfunctional
- 4. Danger

# How do we know what psychological disorders exist?

Diagnostic and Statistical Manual of Mental Disorders

DSM-V, 2013

American Psychiatric Association



So everyone in professions related to mental health can agree on the identification of disorders and what it is that they are working with.

# Who applies in practice?

## Psychology

Clinical psychologists  
Health psychologists  
School psychologists  
Counseling psychologists  
Counseling therapists  
Clinical social workers

## Medical discipline

Psychiatrists  
Neurologists  
Psychiatric nurses

# Classification of psychological disorders (DSM-V)

22 classes of disorders

anxiety disorders (class)

panic disorder

specific phobia

generalized anxiety disorders

Usually, there is a 'feature' or primary symptom or behavioral characteristic that ties multiple disorders under one class.