Mental Disorders

Psychology CCA

Introduction

Think about as many mental illnesses as you can. Which ones are more serious or cause more problems?

OCD

4040

PARKINSON'S

ALZHEIMER'S

PTSD

SCHIZOPHRENIA

Anxiety

Eating Disorders

Addiction

What about some others?

Alcoholism

Bipolar Disorder

Anger issues

Insomnia

Video Game Addiction

What about these...? "Mulction Are these disorders...?

Homosetuality

Introversion

What is a mental disorder?

And more importantly, what's not a mental disorder?

To put it into simpler terms,

A mental **ILLNESS** is something that can be clearly diagnosed and measured.

A mental **DISORDER** is something that may indicate a mental illness, but for which there is insufficient evidence.

DSM

DSM-V is the newest edition of the DSM.

DSM stands for...

Look on the internet to see how previous editions (DSM I or DSM IV) were different.

Be ready to share back to the table!

What are some significant disorders added?

How have newer editions changed their perspective on certain disorders?

History of DSM

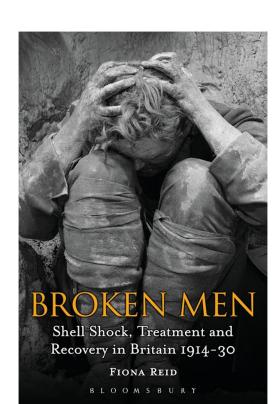
When people die, they keep speaking to the dead (as a cultural issue)

→ focused on Western society, cultural bias

Being gay was considered a mental disorder once.

One reason why homosexuals are so rarely cured is that they rarely try treatment. Too many of them actually believe that they are happy and satisfied the way they are. Another reason, says Philadelphia's Dr. Samuel B. Hadden, is that too many psychiatrists are still inhibited by the 45-year-old pessimism of Freud, who was convinced that the condition was discouragingly difficult to treat.

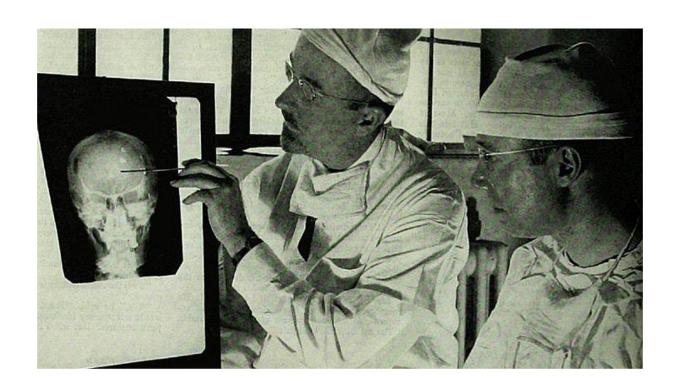
But PTSD wasn't.



Wanting democracy in the Soviet Union was a mental disorder.



Lobotomy, or the act of removing certain parts of the brain, was a common practice in treating mental disorders.



So was praying to God.



In fact, getting a fever to drive out the disorder was also viable.



This one got a Nobel Prize in Medicine in 1927.





Rise of mental disorder

Biological influence:

- individual genes
- brain structure and chemistry



Mental disorder



Psychological influence:

- stress
- trauma
- learned helplessness



Sociocultural influence:

- roles
- expectations
- definitions of *normality* and *disorder*

Cultural influence on disorder



Culture-bound syndromes

Disorders which only seem to exist within certain cultures; they demonstrate how culture can play a role in both causing and defining a disorder.

Example:

Hikikomori – social withdrawal, in Japan

Disorders are split into two categories...

Internalising Liabilities, where the disorder harms the individual more than those around them.

Externalising Liabilities, where the disorder harms those around the individual more than the individual themselves.

- Anxiety
- Depression

- Antisocial aggression
- Many, many disorders that lead to anger issues.(It's not just one)

Depression

Symptoms

Emotional symptoms

- Feelings of sadness, hopelessness, helplessness, guilt, emptiness, or worthlessness
- · Feeling emotionally disconnected from others
- Turning away from other people

Behavioral symptoms

- Dejected facial expression
- Makes less eye contact; eyes downcast
- Smiles less often
- Slowed movements, speech, and gestures
- Tearfulness or spontaneous episodes of crying
- · Loss of interest or pleasure in usual activities, including sex
- Withdrawal from social activities



Cognitive symptoms

- Difficulty thinking, concentrating, and remembering
- Global negativity and pessimismSuicidal thoughts or
- preoccupation with death

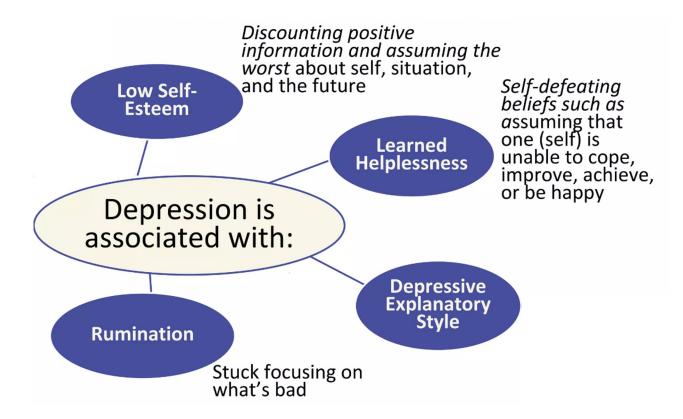
Physical symptoms

- Changes in appetite resulting in significant weight loss or gain
- Insomnia, early morning awakening, or oversleeping
- Vague but chronic aches and pains
- Diminished sexual interest
- Loss of physical and mental energy
- Global feelings of anxiety
- Restlessness, fidgety activity

Biological explanation

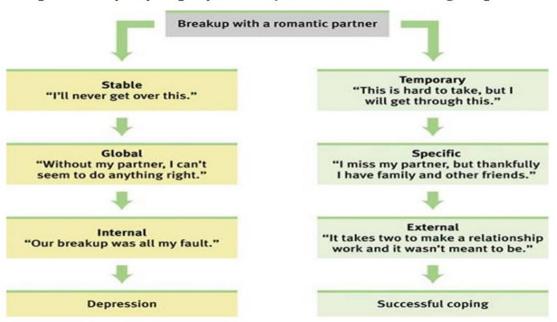
- a. Evolutionary aspect
 - i. Survival value
 - 1. depression is social-emotional hibernation.
 - 2. Allowed to conserve energy, take time to contemplate and avoid conflicts.
- b. Genetics
 - i. Depression run in families
 - ii. Rate of depression is higher in identical than fraternal twins.
- c. Neurotransmitter
 - i. Reduction of *norepinephrine* and *serotonin*

Social-cognitive perspective



Depressive explanatory style

Explanatory style plays a major role in becoming depressed.



Extension Activity:

"Gaming disorder is defined in the 11th Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior ("digital-gaming" or "video-gaming") characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences."

"For gaming disorder to be diagnosed, the behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months."

What do you think about this decision to include "Gaming Disorder" as an actual mental disorder?

Promotional video for psychology

We would like you to take part!

What have you learnt about psychology so far?

How do you find the CCA for Exploring psychology?

How is it benefitting you and your understanding of psychology?

Drafting some brief scripts...