Chapter 13

Psychological Disorders
Psychological Disorders

- Psychological Disorder
  - a “harmful dysfunction” in which behavior is judged to be:
    - atypical--not enough in itself
    - disturbing--varies with time and culture
    - maladaptive--harmful
    - unjustifiable--sometimes there’s a good reason
Psychological Disorders

- Medical Model
  - concept that diseases have physical causes
  - can be diagnosed, treated, and in most cases, cured
  - assumes that these “mental” illnesses can be diagnosed on the basis of their symptoms and cured through therapy, which may include treatment in a psychiatric hospital
Psychological Disorders

- **Bio-Psycho-Social Perspective**
  - assumes that biological, sociocultural, and psychological factors combine and interact to produce psychological disorders
Psychological Disorders

- **Biological**
  - (Evolution, individual genes, brain structure and chemistry)

- **Social**
  - (Roles, expectations, definition of normality and disorder)

- **Psychological**
  - (Stress, trauma, learned helplessness, mood-related perceptions and memories)
Classifying Psychological Disorders

- DSM-IV
  - American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders* (Fourth Edition)
  - a widely used system for classifying psychological disorders
  - presently distributed as DSM-IV-TR (text revision)
Anxiety Disorders

- **Anxiety Disorders**
  - distressing, persistent anxiety or maladaptive behaviors that reduce anxiety

- **Generalized Anxiety Disorder**
  - person is tense, apprehensive, and in a state of autonomic nervous system arousal
Anxiety Disorders

- Panic Disorder
  - marked by a minutes-long episode of intense dread in which a person experiences terror and accompanying chest pain, choking, or other frightening sensation
Anxiety Disorders

- Phobia
  - persistent, irrational fear of a specific object or situation

- Obsessive-Compulsive Disorder
  - unwanted repetitive thoughts (obsessions) and/or actions (compulsions)
Anxiety Disorders

- Common and uncommon fears

Percentage of people surveyed

- Snakes: 100%
- Being in high, exposed places: 90%
- Mice: 95%
- Flying on an airplane: 90%
- Being closed in, in a small place: 85%
- Spiders and insects: 80%
- Thunder and lightning: 75%
- Being alone in a house at night: 70%
- Dogs: 65%
- Driving a car: 60%
- Being in a crowd of people: 55%
- Cats: 50%

Legend:
- Afraid of it
- Bothers slightly
- Not at all afraid of it
## Anxiety Disorders

### COMMON OBSESSIONS AND COMPULSIONS AMONG CHILDREN AND ADOLESCENTS WITH OBSESSIVE-COMPULSIVE DISORDER

<table>
<thead>
<tr>
<th>Thought or Behavior Symptom</th>
<th>Percentage Report</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Obsessions (repetitive thoughts)</strong></td>
<td></td>
</tr>
<tr>
<td>Concern with dirt, germs, or toxins</td>
<td>40%</td>
</tr>
<tr>
<td>Something terrible happening (fire, death, illness)</td>
<td>24</td>
</tr>
<tr>
<td>Symmetry, order, or exactness</td>
<td>17</td>
</tr>
<tr>
<td><strong>Compulsions (repetitive behaviors)</strong></td>
<td></td>
</tr>
<tr>
<td>Excessive hand washing, bathing, tooth brushing, or grooming</td>
<td>85</td>
</tr>
<tr>
<td>Repeating rituals (in/out of a door, up/down from a chair)</td>
<td>51</td>
</tr>
<tr>
<td>Checking doors, locks, appliances, car brake, homework</td>
<td>46</td>
</tr>
</tbody>
</table>

*Source: Adapted from Rapoport, 1989.*
Anxiety Disorders

- PET Scan of brain of person with obsessive-compulsive disorder
- High metabolic activity (red) in frontal lobe areas involved with directing attention
Dissociative Disorders

- Dissociative Disorders
  - conscious awareness becomes separated (dissociated) from previous memories, thoughts, and feelings

- Dissociative Identity Disorder
  - rare dissociative disorder in which a person exhibits two or more distinct and alternating personalities
  - formerly called multiple personality disorder
Personality Disorders

- disorders characterized by inflexible and enduring behavior patterns that impair social functioning
- usually without anxiety, depression, or delusions
Personality Disorders

- Antisocial Personality Disorder
  - disorder in which the person (usually man) exhibits a lack of conscience for wrongdoing, even toward friends and family members
  - may be aggressive and ruthless or a clever con artist
Mood Disorders-
Depression

- Boys who were later convicted of a crime showed relatively low arousal.

Adrenaline excretion (ng/min.)

- No criminal conviction
- Criminal conviction

Those with criminal convictions have lower levels of arousal

- Nonstressful situation
- Stressful situation
Personality Disorders

- PET scans illustrate reduced activation in a murderer’s frontal cortex

![Normal vs Murderer PET scans](image.png)
Mood Disorders

- Mood Disorders
  - characterized by emotional extremes
- Major Depressive Disorder
  - a mood disorder in which a person, for no apparent reason, experiences two or more weeks of depressed moods, feelings of worthlessness, and diminished interest or pleasure in most activities
Mood Disorders

- **Manic Episode**
  - a mood disorder marked by a hyperactive, wildly optimistic state

- **Bipolar Disorder**
  - a mood disorder in which the person alternates between the hopelessness and lethargy of depression and the overexcited state of mania
  
  - formerly called manic-depressive disorder
Mood Disorders - Depression

Percentage of 18–84-year-olds experiencing major depression at some point in life

Around the world, women are more susceptible to depression
Mood Disorders - Suicide

Suicides per 100,000 people (1998)

Men’s already-high suicide rate further increases in late adulthood

Age, in years

5-14  15-24  25-34  35-44  45-54  55-64  65-74  75+

Males

Females
Mood Disorders - Bipolar

- PET scans show that brain energy consumption rises and falls with emotional switches.
Mood Disorders - Depression

- Altering any one component of the chemistry-cognition-mood circuit can alter the others
Mood Disorders - Depression

1. Stressful experiences
2. Negative explanatory style
3. Depressed mood
4. Cognitive and behavioral changes

- The vicious cycle of depression can be broken at any point
Schizophrenia

- Schizophrenia
  - literal translation “split mind”
  - a group of severe disorders characterized by:
    - disorganized and delusional thinking
    - disturbed perceptions
    - inappropriate emotions and actions
Schizophrenia

- Delusions
  - false beliefs, often of persecution or grandeur, that may accompany psychotic disorders

- Hallucinations
  - sensory experiences without sensory stimulation
Schizophrenia
Schizophrenia

**SUBTYPES OF SCHIZOPHRENIA**

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Paranoid</strong></td>
<td>Preoccupation with delusions or hallucinations, often with themes of persecution or grandiosity</td>
</tr>
<tr>
<td><strong>Disorganized</strong></td>
<td>Disorganized speech or behavior, or flat or inappropriate emotion</td>
</tr>
<tr>
<td><strong>Catatonic</strong></td>
<td>Immobility (or excessive, purposeless movement), extreme negativism, and/or parrotlike repeating of another’s speech or movements</td>
</tr>
<tr>
<td><strong>Undifferentiated</strong></td>
<td>Many and varied symptoms</td>
</tr>
<tr>
<td><strong>Residual</strong></td>
<td>Withdrawal, after hallucinations and delusions have disappeared</td>
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</tbody>
</table>
Schizophrenia

Schizophrenia risk for twins of those with schizophrenia diagnosed

- **Fraternal twins**
- **Identical twins**

<table>
<thead>
<tr>
<th>Country</th>
<th>Year</th>
<th>Fraternal Twins</th>
<th>Identical Twins</th>
</tr>
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<tbody>
<tr>
<td>Japan</td>
<td>1996</td>
<td>10</td>
<td>70</td>
</tr>
<tr>
<td>Denmark</td>
<td>1996</td>
<td>10</td>
<td>70</td>
</tr>
<tr>
<td>Finland</td>
<td>1998</td>
<td>10</td>
<td>70</td>
</tr>
<tr>
<td>Germany</td>
<td>1998</td>
<td>30</td>
<td>70</td>
</tr>
<tr>
<td>U.K.</td>
<td>1999</td>
<td>10</td>
<td>70</td>
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Schizophrenia
# Rates of Psychological Disorders

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Ethnicity</th>
<th>Gender</th>
<th>Total</th>
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<tbody>
<tr>
<td>Alcohol abuse or dependence</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>13.6%</td>
<td></td>
<td>23.8%</td>
</tr>
<tr>
<td>Black</td>
<td>13.8%</td>
<td></td>
<td>4.6%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>16.7%</td>
<td></td>
<td>13.8%</td>
</tr>
<tr>
<td>Generalized anxiety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>3.4%</td>
<td></td>
<td>2.4%</td>
</tr>
<tr>
<td>Black</td>
<td>6.1%</td>
<td></td>
<td>5.0%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>3.7%</td>
<td></td>
<td>3.8%</td>
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<tr>
<td>Phobias</td>
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</tr>
<tr>
<td>White</td>
<td>9.7%</td>
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<td>10.4%</td>
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<tr>
<td>Black</td>
<td>23.4%</td>
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<td>17.7%</td>
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<tr>
<td>Hispanic</td>
<td>12.2%</td>
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<td>14.3%</td>
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<tr>
<td>Obsessive-compulsive disorder</td>
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<tr>
<td>White</td>
<td>2.6%</td>
<td></td>
<td>2.0%</td>
</tr>
<tr>
<td>Black</td>
<td>2.3%</td>
<td></td>
<td>3.0%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1.8%</td>
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<td>2.6%</td>
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<tr>
<td>Mood disorder</td>
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<tr>
<td>White</td>
<td>8.0%</td>
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<td>5.2%</td>
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<tr>
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<td>10.2%</td>
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<tr>
<td>Hispanic</td>
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<tr>
<td>Schizophrenia</td>
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<tr>
<td>White</td>
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<tr>
<td>Black</td>
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<td>1.7%</td>
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<tr>
<td>Hispanic</td>
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<td>1.5%</td>
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<tr>
<td>Antisocial personality</td>
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<tr>
<td>White</td>
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<td>4.5%</td>
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</tbody>
</table>

*Source:* Data from Robins & Regier, 1991. Similar gender differences, though with somewhat higher rates of disorder, come from the U.S. National Comorbidity Survey (Kessler & others, 1994).