Criteria to Identify Abnormal Behavior

- Unusualness
- Social deviance
- Emotional distress
- Maladaptive behavior
- Dangerousness
- Faulty perceptions or interpretations of reality
  - Hallucinations
  - Delusions
Psychological Models of Abnormal Behavior

- Psychodynamic model (Freud)
  - Unconscious conflicts

- Behaviorist model (Pavlov)
  - Role of learning

- Humanistic model (Rogers, Maslow)
  - Conscious choices and self-actualization

- Cognitive theories (Ellis, Beck)
  - Distorted thinking and maladaptive behavior
How do we diagnose psychological disorders?

• American Psychiatric Association
  – Diagnostic and Statistical Manual of Mental Disorders – 4th ed. (DSM - IV)
  • Multi-axial system
    – 5 axes or dimensions
Psychodiagnosis: The Classification of Disorders

- Axis I – Clinical Syndromes
- Axis II – Personality Disorders or Mental Retardation
- Axis III – General Medical Conditions
- Axis IV – Psychosocial and Environmental Problems
- Axis V – Global Assessment of Functioning
Psychological Disorders

• Distinctive patterns of abnormal behavior
  – Mental disorders or illnesses

• Rates of disorders
  – Rather common
  – About 50% in lifetime

• Classification
  – Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR)
Types of Anxiety Disorders

- Phobias
  - Social phobias
  - Specific phobias (acrophobia, claustrophobia)
  - Agoraphobia
- Panic disorder
- Generalized anxiety disorder (GAD)
- Obsessive-compulsive disorder (OCD)
Causes of Anxiety Disorders

- Biological factors
  - Disturbances in neurotransmitter functioning
  - Genetic influences

- Psychological factors
  - Classical and operant conditioning
  - Cognitive factors
Mood Disorders

- Severe or persistent disturbances of mood
  - Limit ability to function
- Include
  - Depressive disorders
  - Bipolar disorders
Depressive Disorders

- Major depressive disorder
  - Depressed mood for at least two weeks
    - Sadness
    - Worthlessness
    - Changes in sleep, appetite
    - Lethargy
    - Loss of interest, concentration

- Seasonal affective disorder (SAD)

- Dysthymic disorder
Bipolar Disorders

• Bipolar disorder
  – Alternate between
    • Depression
    • Manic episodes
      – Euphoria
      – Restlessness, excitement
      – Reckless behavior

• Cyclothymic disorder
Causes of Mood Disorders: Psychological Factors

- Cognitive view
  - Negative way of interpreting events
  - Distorted or biased way of thinking
  - Cognitive distortions, such as
    - All-or-nothing thinking
    - Misplaced blame
    - Jumping to conclusions
    - Catastrophizing
    - Shouldisms
Causes of Mood Disorders: Biological Factors

- Chemical imbalances in brain (neurotransmitters)
  - Norepinephrine
  - Serotonin
- Treatment with antidepressants
  - Prozac
- Hereditary influences
Schizophrenia

- About one of one hundred people
- Psychotic disorder
- Symptoms
  - Hallucinations
  - Delusions
  - Thought disorder, loose associations
  - Positive versus negative symptoms
Types of Schizophrenia

• Disorganized type
  – Confused behavior, incoherent speech
  – Vivid, frequent hallucinations

• Catatonic type
  – Bizarre movements, postures, grimaces
  – Waxy flexibility

• Paranoid type
  – Delusions of grandeur, persecution, jealousy
Causes of Schizophrenia

• Genetic factors- concordance rate for identical twins. (A quantitative statistical measurement for the presence of a given genetic trait in both members of a pair of twins.)

• Biochemical imbalances
  – Neurotransmitter dopamine -Effects of antipsychotic drugs

• Brain abnormalities- Prefrontal cortex, limbic system

• Psychosocial influences
  – Diathesis-stress model
Personality Disorders

• Rigid patterns of behavior, personality
  – Self-defeating
  – Deeply ingrained maladaptive personality traits

• Various disorders (10 in DSM) including
  – Narcissistic personality disorder
  – Paranoid personality disorder
  – Schizoid personality disorder
  – Borderline personality disorder
  – Antisocial personality disorder