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