

General Psychology Psy 100

Abnormal Behavior



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What We Will Cover in This Section

- What is it?
- Perspectives
- Anxiety disorders
- Mood disorders
- Psychotic disorders
- Personality disorders



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Warning!

**Don't apply these diagnoses
to yourself!**

**Don't apply these diagnoses
to your friends!**

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What is it?

1. **Statistical deviation.**
2. **Deviation from social norms.**
3. **Maladaptive.**
4. **Distress.**
 - Person
 - Others
5. **Irrational.**

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Approaches to Abnormal Behavior

1. **Religious**
2. **Psychodynamic**
3. **Behavioral**
4. **Cognitive**
5. **Humanistic**
6. **Sociocultural**
7. **Biological**

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Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR).

- **Axis I.**
 - Mental disorders that are painful and impair functioning.
- **Axis II.**
 - Personality disorders and mental retardation.

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Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR).

- **Axis III.**
 - General medical problems.
- **Axis IV.**
 - Psychosocial and environmental problems.
- **Axis V.**
 - Overall functioning.

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Insanity

Inability to judge between right and wrong

and


Inability to control one's actions.

This is a legal term, not a psychological term.

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Anxiety Related Disorders

- **Characterized by generalized feeling of dread, fear, or worry usually relating to something that is not there or something that is typically neutral.**



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Generalized Anxiety

Broad sense of overall tension and dread unfocused on any specific thing.

- **Characterized by**
 - Fatigue
 - Headaches
 - Poor concentration.
- **PANIC ATTACK**
Brief episode of intense dread or fear.

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Phobias

Anxiety focused on a specific object, activity, or event.

- **Characterized by**
 - Keeping people from doing what is normal.
 - Interfere with normal activities and thinking.

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Phobias

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Obsessive Compulsive Disorder

- **Compulsion**
Behaviors a person feels a need to perform.
- **Obsession.**
Recurring thought that are troublesome and persist without control.
- **Characterized by.**
 - Interference with our daily activities.
 - Rituals.

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Post Traumatic Stress Disorder

Reexperiencing some stressful event months or years afterwards.

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Somatoform Disorders

Physical symptoms for which there are no apparent biological causes.

- **Types.**
 - **Conversion Disorder**
Sudden inability to use a body part.
 - **Hypochondriasis**
Constant physical complaints for which there is no evidence of sickness.

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Dissociative Disorders

- **Dissociative Amnesia**
Inability to recall stressful, anxiety producing events.
- **Dissociative Fugue**
Flight, physical running away and later no memory of who you are.
- **Dissociative Identity Disorder**
Two or more distinct personalities in one person.

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Anxiety Disorders: Explanations #1

- **Biological Explanation**
 - Sense of alertness has survival value.
 - GABA levels.
 - Twins
- **Psychodynamic Explanation**
 - Conflict between Id and Superego cannot be resolved.
 - Example. Displacement in obsessive-compulsive behavior.

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Anxiety Disorders: Explanations #2

- **Behavioral Explanation**
 - Classical Conditioning
 - Phobias
 - Operant Conditioning
 - Inappropriate learning history.
- **Cognitive Explanation**
 - Person has distorted beliefs.
 - Overestimate dangers.
 - Underestimate ability to cope.

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Mood Disorders

- Disorders in which a major ingredient is depression or depression alternating with mania.



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Seasonal Affective Disorder

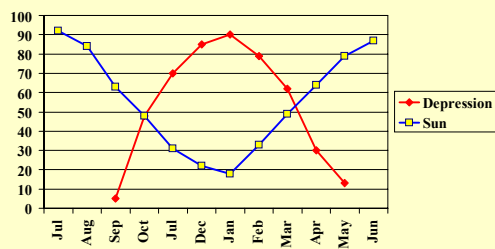
- Increased feelings of depression as a result of decreased sunlight.

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Seasonal Affective Disorder Graph



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Major Depression

- Intense feelings of depression over an extended time.
- Characterized by
 - Mood. Feelings of sadness, hopelessness, dejection.
 - Cognitive. Persistent negative thoughts.
 - Motivation. Low, do nothing.
 - Physical. Low appetite, sleep disorder, low energy.

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IMPORTANT! Suicide Risks

- When suicide is likely.
- Warning signs.
 - Talking about it.
 - Previous attempts.
 - Giving things away.
 - Sudden elevation in mood.
 - Withdrawal.
- Ask for help.

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Bipolar Depression

- Mood disorder with alternating periods of depression and mania.
 - Mania.
A period of extreme elation, euphoria and exaggerated thoughts or feelings about personal abilities.

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Mood Disorders: Explanations #1

- **Biological**
 - Genetic factors.
 - SAD
 - Neurotransmitters
- **Psychodynamic**
 - Sense of hostility and anger turned inward (Displacement).

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Mood Disorders: Explanations #2

- **Behavioral**
 - Person receives insufficient positive reinforcement and too much punishment.
- **Cognitive**
 - Learned Helplessness.
 - Belief that one cannot control environmental events.
- **Humanistic.**
 - Trying to play an imposed Role.

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Psychoses



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Characteristics

- **Disorganized thoughts.**
 - Delusions.
 - Communications.
 - Attention.
- **Disturbed perceptions.**
 - Hallucinations.
 - Inappropriate affect.
- **Withdrawal from reality.**
- **Unusual Body Movements.**

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Types

- **Disorganized.**
 - Incoherent, silly and emotional behavior.
- **Paranoid.**
 - Delusions of persecution and grandeur with anxiety and deep suspiciousness of others.
- **Catatonic.**
 - Bizarre physical movements.
 - Waxen immobility.
- **Residual.**

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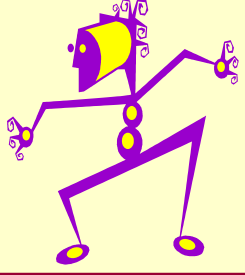
Mood Disorders: Explanations

- **Biological**
 - Genetic factors.
 - Brain function.
- **Diathesis-stress hypothesis.**

Genetic factors predispose a person to a certain disorder but environmental conditions trigger the symptoms.

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Personality Disorders



Inflexible, maladaptive patterns of thought, emotions, behavior and interpersonal relationships.

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Paranoid Personality

Persistent distrust and suspiciousness of the motives of others without sufficient basis for this feeling.

- **Characterized by**
 - Feeling wronged by slights.
 - Blaming others for shortcomings.
 - Jealousy.

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Narcissistic Personality

Overdeveloped sense of self-importance, preoccupation with fantasies of success, and constant need for admiration.

- **Characterized by**
 - Attention seeking behavior.
 - Dramatic expressions of opinions.
 - Shallowness
 - Overly emotional reactions to events.

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Antisocial Personality

Pattern of irresponsible, impulsive, and or unlawful behavior with little concern for the consequences.

- Characterized by...
 - Little remorse or shame for their behavior.
 - Indifference to the rights of others.
 - Lying, fighting, cheating, stealing.
 - Indifference to common social standards.

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THE END



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