

8.5a Categories of Disorders

Nervous Breakdown

- Ψ The term "nervous breakdown" is not a valid clinical term, and technically, there is no such thing.
- Ψ However, it has been informally used by the general public to describe a variety of mental health problems.
 - Sometimes it has been used to describe an individual who has experienced a psychotic episode.
 - Other times it has been used to describe an individual who has had a major depressive episode

Anxiety Disorders

- Ψ Psychological disorders characterized by severe anxiety, characterized by behavioral, cognitive, or physiological symptoms
 - phobias
 - panic disorder
 - generalized anxiety disorder
 - obsessive-compulsive disorder



8.5b Categories of Disorders Phobias

Phobias

- Ψ An intense, *irrational* fear of an object, activity, or situation
- Ψ **Specific:** specific stimuli or situations
 - animals (e.g., snakes)
 - situations (e.g., heights)
 - more often in females than males
- Ψ **Social:** negative evaluations by others or acting in a way that is embarrassing
 - **agoraphobia:** separation from safety or being somewhere from which you can't escape

Some Unusual Phobias

- Ψ Ailurophobia - fear of cats
- Ψ Algophobia - fear of pain
- Ψ Anthropophobia - fear of men
- Ψ Monophobia - fear of being alone
- Ψ Pyrophobia - fear of fire
- Ψ Coulrophobia – fear of clowns
- Ψ Arachityrophobia – fear of peanut butter sticking to the roof of one's mouth

8.5c Categories of Disorders Anxiety

National Standards Psychological Disorders: Categories of Disorders

Generalized Anxiety Disorder

- Ψ Excessive and long-lasting anxiety that is NOT related to any one event or object
- Ψ More common in women (but perhaps just underreported by men)
- Ψ Will affect 5% of U.S. population at some point in their lives

National Standards Psychological Disorders: Categories of Disorders

Panic Disorder

- Ψ **Panic attacks:** intense chest pains, heart palpitations, dizziness, sweating, and faintness
 - occur *without* good reason

8.5d Categories of Disorders

Obsessive-compulsive Disorder (OCD)

Ψ **Obsessions:** persistent, upsetting, unwanted thoughts

Ψ **Compulsions:** repetitive behaviors

Ψ There are checkers and cleaners.

Ψ Some people check and double check electrical devices, doors, and windows

Ψ While others clean the windows, the closets, inside envelopes, etc.

Is this an obsession?



8.5e Categories of Disorders

National Standards Psychological Disorders: Categories of Disorders

A teacher friend has students hand in their empty BIC pens. Inside the pens are their names, the year they graduate and a message. Is it an obsession (over 3000 pens) or a wonderful gesture?



National Standards Psychological Disorders: Categories of Disorders

Somatoform Disorders

Ψ Somatoform disorders - disorders involving physical complaints that do not have a known medical cause but are related to psychological factors

- Appear when stressed
- Reduce stress by helping avoid situations
- People show little concern for their physical condition
- Symptoms often physically impossible
- “La belle” indifference

8.5f Categories of Disorders

Some Somatoform Disorders

Ψ Conversion disorder

- A disorder in which the person loses the use of motor or sensory functioning with no physical reason

Ψ Hypochondriasis

- A disorder where a people are preoccupied with their health and convinced they have a serious disorder but there is not any medical problem.

Dissociative Disorders

Ψ A loss of memory of one's identity or periods in one's life. There are three types:

- **Dissociative amnesia**
 - Periods of life are forgotten
- **Dissociative fugue**
 - Amnesia plus moving geographically away. They seem to “come-to” at some point.
- **Dissociative identity disorder (DID)** and formerly referred to as MPD or multiple personality disorder

8.5g Categories of Disorders Mood Disorders

Depressive Disorders

Ψ Marked by feelings of feelings of great sadness, despair, guilt, worthlessness, and hopelessness.

- Delusions and hallucinations also are present in extreme cases



Bipolar Disorder

Ψ People alternate between two radical different moods of emotional extremes

- **Depression:** like major depressive disorder (6-8 weeks)
- **Mania:** overexcited, hyperactive state)
 - Usually very happy with boundless energy, euphoric, wild –optimism.

8.5h Categories of Disorders Schizophrenia

Schizophrenia

Ψ A group of disorders marked by *severely disturbed thinking, a loss of contact with reality, hallucinations, delusions, and bizarre behavior.*



Symptoms of Schizophrenia

Ψ Disorganized thought and language:

- Neologisms-make-up new words
- Clanging-rhyming words
- Word salad usual word combinations

Ψ **Hallucinations:** false perceptions

Ψ **Delusions:** false beliefs

Ψ Inappropriate affect or feelings