

UNIT 12: ABNORMAL PSYCHOLOGY

PERSPECTIVES ON PSYCHOLOGICAL DISORDERS

OBJECTIVE 1: Identify the criteria for judging whether behavior is psychologically disordered.

1. Psychological disorders are persistently harmful ___ **THOUGHTS** ____, ___ **FEELINGS** ____, and ___ **ACTIONS** ____.
2. Psychiatrists and psychologists label behavior disordered when it is ___ **DEVIANT** ____, ___ **DISTRESSFUL** ____, and ___ **DYSFUNCTIONAL** ____.
3. This definition emphasizes that standards of acceptability for behavior are ___ **VARIABLE** ____ (constant/variable).
4. ADHD, or ___ **ATTENTION** ____ - ___ **DEFICIT** ____ ___ **HYPERACTIVITY** ____ ___ **DISORDER** ____ plagues children who display one or more of three key symptoms: ___ **INATTENTION** ____, ___ **HYPERACTIVITY** ____, and ___ **IMPULSIVITY** ____.
5. ADHD is diagnosed more often in ___ **BOYS** ____ (boys/girls). In the past two decades, the proportion of American children being treated for this disorder ___ **INCREASED** ____ (increased/decreased) dramatically. Experts ___ **AGREE** ____ (agree/do not agree) that ADHD is a real neurobiological disorder.
6. ADHD ___ **IS** ____ (is/is not) heritable, and it ___ **IS NOT** ____ (is/is not) caused by eating too much sugar or poor schools. ADHD is often accompanied by a ___ **LEARNING** ____ disorder or with behavior that is ___ **DEFIANT** ____ or temper-prone.

OBJECTIVE 2: Contrast the medical model of psychological disorders with the biopsychosocial approach to disordered behavior.

7. The view that psychological disorders are sicknesses is the basis of the ___ **MEDICAL** ____ model. According to this view, psychological disorders are viewed as mental ___ **ILLNESS** ____, or ___ **PSYCHOPATHY** ____, diagnosed on the basis of ___ **SYMPTOMS** ____ and cured through ___ **THERAPY** ____.
8. One of the first reformers to advocate this position and call for providing more humane living conditions for the mentally ill was ___ **PHILIPPE PINEL** ____.
9. Today's psychologists recognize that all behavior arises from the interaction of ___ **NATURE** ____ and ___ **NURTURE** _____. To presume that a person is "mentally ill" attributes the condition solely to an ___ **INTERNAL** ____ problem.
10. Major psychological disorders such as ___ **DEPRESSION** ____ and ___ **SCHIZOPHRENIA** ____ are universal; others, such as ___ **ANOREXIA** ____ ___ **NERVOSA** ____ and ___ **BULIMIA** ____ are culture-bound. These culture-bound disorders may share

an underlying ___ **DYNAMIC** ____, such as ___ **ANXIETY** ____, yet differ in their ___ **SYMPTOMS** ____.

11. Most mental health workers today take a ___ **BIOPSYCHOSOCIAL** ____ approach, whereby they assume that disorders are influenced by ___ **GENETIC** ____ ___ **PREDISPOSITIONS** ____ and ___ **PHYSIOLOGICAL** ____ ___ **STATES** ____, inner ___ **PSYCHOLOGICAL** ____ ___ **DYNAMICS** ____, and ___ **SOCIAL** ____ and ___ **CULTURAL** ____ circumstances.

OBJECTIVE 3: Describe the goals and content of the DSM-IV.

12. The most widely used system for classifying psychological disorders is the American Psychiatric Association manual, commonly known by its abbreviation, ___ **DSM-IV** _____. This manual defines a ___ **DIAGNOSTIC** ____ process and ___ **16** ____ (how many?) clinical syndromes.
13. Independent diagnoses made with the current manual generally ___ **SHOW** ____ (show/do not show) agreement.
14. One criticism of the DSM-IV is that as the number of disorder categories has ___ **INCREASED** ____ (increased/decreased), the number of adults who meet the criteria for at least one psychiatric ailment has ___ **INCREASED** ____ (increased/decreased).

OBJECTIVE 4: Discuss the potential dangers and benefits of using diagnostic labels.

15. Studies have shown that labeling has ___ **A** ___ **SIGNIFICANT** ____ (little/a significant) effect on our interpretation of individuals and their behavior.

Outline the pros and cons of labeling psychological disorders.

PSYCHOLOGICAL LABELS MAY BE ARBITRARY. THEY CAN CREATE PRECONCEPTIONS THAT BIAS OUR PERCEPTIONS AND INTERPRETATIONS AND THEY CAN AFFECT PEOPLE'S SELF-IMAGES. MOREOVER, LABELS CAN CHANGE REALITY, BY SERVING AS SELF-FULFILLING PROPHECIES. DESPITE THESE DRAWBACKS, LABELS ARE USEFUL IN DESCRIBING, TREATING AND RESEARCHING THE CAUSES OF PSYCHOLOGICAL DISORDERS.

ANXIETY DISORDERS

OBJECTIVE 5: Define *anxiety disorders*, and explain how these conditions differ from normal feelings of stress, tension, or uneasiness.

1. Anxiety disorders are psychological disorders characterized by **___DISTRESSING, PERSISTENT ANXIETY OR MALADAPTIVE BEHAVIORS THAT REDUCE ANXIETY___**. The key to differentiating anxiety disorders from normal anxiety is in the **___INTENSITY___** and the **___PERSISTENCE___** of the anxiety.
2. Four anxiety disorders discussed in the textbook are **___GENERALIZED___ ___ANXIETY___ ___DISORDER___**, **___PANIC___ ___DISORDER___**, **___PHOBIAS___**, and **___OBSESSIVE___ - ___COMPULSIVE___ ___DISORDER___**.

OBJECTIVE 6: Contrast the symptoms of generalized anxiety disorder and panic disorder.

3. When a person is continually tense, apprehensive and physiologically aroused for no apparent reason, he or she is diagnosed as suffering from a **___GENERALIZED___ ___ANXIETY___** disorder. In Freud's term, the anxiety is **___FREE___ - ___FLOATING___**.
4. In generalized anxiety disorder, the body reacts physiologically with the arousal of the **___AUTONOMIC___** nervous system. In some instances, anxiety may intensify dramatically and unpredictably be accompanied by chest pain or choking, for example; people with these symptoms are said to have **___PANIC___ ___DISORDER___**. This anxiety may escalate into a minutes-long episode of intense fear, or a **___PANIC___ ___ATTACK___**.
5. People who fear situations in which escape or help might not be possible when panic strikes suffer from **___AGOROPHOBIA___**.

OBJECTIVE 7: Explain how a phobia differs from the fears we all experience.

6. When a person has an irrational fear of a specific object, activity, or situation, the diagnosis is a **___PHOBIA___**. Although in many situations, the person can live with the problem, some **___SPECIFIC___ ___PHOBIAS___**, such as a fear of thunderstorms, are incapacitating.
7. When a person has an intense fear of being scrutinized by others, the diagnosis is a **___SOCIAL___ ___PHOBIA___**.

OBJECTIVE 8: Describe the symptoms of obsessive-compulsive disorder.

8. When a person cannot control repetitive thoughts and actions, an **___OBSESSIVE___ - ___COMPULSIVE___** disorder is diagnosed.
9. Older people are **___LESS___** (more/less) likely than teens and young adults to suffer from this disorder.

OBJECTIVE 9: Describe the symptoms of post-traumatic stress disorder, and discuss survivor resiliency.

10. Traumatic stress, such as that associated with witnessing atrocities or combat, can produce **___POST___ - ___TRAUMATIC___ ___STRESS___** disorder. The symptoms of this disorder include **___HAUNTING___ ___MEMORIES___**, **___NIGHTMARES___**, **___SOCIAL___ ___WITHDRAWAL___**, **___JUMPY___ ___ANXIETY___**, and **___INSOMNIA___**. Despite such symptoms, some psychologists believe this disorder is **___OVERDIAGNOSED___**.
11. Researchers who believe this disorder may be overdiagnosed point to the **___SURVIVOR___ ___RESILIENCY___** of most people who suffer trauma. Also, suffering can lead to **___POST___ - ___TRAUMATIC___ ___GROWTH___**, in which people experience an increased appreciation for life.

OBJECTIVE 10: Discuss the contributions of the learning and biological perspectives to our understanding of the development of anxiety disorders.

12. Freud assumed that anxiety disorders are symptoms of submerged mental energy that derives from intolerable impulses that were **___REPRESSED___** during childhood.
13. Learning theorists, drawing on research in which rats are given unpredictable shocks, link general anxiety with **___CLASSICAL___** conditioning of **___FEARS___**.
14. Some fears arise from **___STIMULUS___ ___GENERALIZATION___**, such as when a person who fears heights after a fall also comes to fear airplanes.
15. Phobias and compulsive behaviors reduce anxiety and thereby are **___REINFORCED___**. Through **___OBSERVATIONAL___** learning, someone might also learn fear by seeing others display their own fears.
16. Humans probably **___ARE___** (are/are not) biologically prepared to develop certain fears. Compulsive acts typically are exaggerations of behaviors that contributed to our species' **___SURVIVAL___**.
17. The anxiety response probably **___IS___** (is/is not) genetically influenced.
18. PET scans of persons with obsessive-compulsive disorder reveal excessive activity in a brain region called the **___ANTERIOR___ ___CINGULATE___** cortex.

Some antidepressant drugs dampen fear-circuit activity in the AMYGDALA, thus reducing this behavior.

OBJECTIVE 11: Describe the symptoms of dissociative disorders, and explain why some critics are skeptical about dissociative identity disorder.

19. In DISSOCIATIVE disorders, a person experiences a sudden loss of MEMORY or change in IDENTITY.
20. A person who develops two or more distinct personalities is suffering from DISSOCIATIVE IDENTITY disorder.
21. Nicholas Spanos has argued that such people may merely be playing different ROLES.
22. Those who accept this as a genuine disorder point to evidence that differing personalities may be associated with distinct BRAIN and BODY states.

Identify two pieces of evidence brought forth by those who do not accept dissociative identity disorder as a genuine disorder.

SKEPTICS POINT OUT THAT THE RECENT INCREASE IN THE NUMBER OF REPORTED CASES OF DISSOCIATIVE IDENTITY DISORDER INDICATES THAT IT HAS BECOME A FAD. THE FACT THAT THE DISORDER IS ALMOST NONEXISTENT OUTSIDE NORTH AMERICA ALSO CAUSES SKEPTICS TO DOUBT THE DISORDER'S GENUINENESS.

23. The psychoanalytic and learning perspectives view dissociative disorders as ways of dealing with ANXIETY. Others view them as a protective response to histories of CHILDHOOD TRAUMA. Skeptics claim these disorders are sometimes contrived by FANTASY - PRONE people and sometimes constructed out of the THERAPIST - PATIENT interaction.

MOOD DISORDERS

OBJECTIVE 12: Define mood disorders, and contrast major depressive disorder and bipolar disorder.

1. Mood disorders are psychological disorders characterized by MOOD DISRUPTIONS. They come in two forms: The experience of prolonged depression with no discernible cause is called MAJOR DEPRESSIVE disorder. When a person's mood alternates between depression and the hyperactive state of MANIA, a BIPOLAR disorder is diagnosed.
2. Although PHOBIAS are more common, DEPRESSION is the number one reason that people seek mental health services. It is also the leading cause of disability worldwide.

3. In between the temporary blue moods everyone experiences and major depression is a condition called DYSTHYMIC DISORDER, in which a person feels down-in-the-dumps nearly every day for two years or more.
4. The possible signs of depression include LETHARGY, FEELINGS OF WORTHLESSNESS, AND LOSS OF INTEREST IN FAMILY, FRIENDS, AND ACTIVITIES.
5. Major depression occurs when its signs last TWO WEEKS or more with no apparent cause.
6. Depressed persons usually CAN (can/cannot) recover without therapy.
7. Symptoms of mania include EUPHORIA, HYPERACTIVITY, AND A WILDLY OPTIMISTIC STATE.
8. Bipolar disorder is less common among creative professionals who rely on PRECISION and LOGIC than among those who rely on EMOTIONAL expression and vivid IMAGERY.

OBJECTIVE 13: Discuss the facts than an acceptable theory of depression must explain.

9. The commonality of depression suggests that its CAUSES must also be common.
10. Compared with men, women are MORE (more/less) vulnerable to major depression. In general, women are most vulnerable to disorders involving INTERNAL states, such as DEPRESSION, ANXIETY, AND INHIBITED SEXUAL DESIRE.
11. Men's disorders tend to be more EXTERNAL and include ALCOHOL ABUSE, ANTISOCIAL CONDUCT, AND LACK OF IMPULSE CONTROL.
12. It usually IS (is/is not) the case that a depressive episode has been triggered by a stressful event. An individual's vulnerability to depression also increases following, for example, A FAMILY MEMBER'S DEATH (LOSS OF A JOB, A MARITAL CRISIS, PHYSICAL ASSAULT).
13. With each new generation, the rate of depression is INCREASING (increasing/decreasing) and the disorder is striking EARLIER (earlier/later). In North America today, young adults are THREE times (how many?) as likely as their grandparents to suffer depression.

State the psychoanalytic explanation of depression.
THE PSYCHOANALYTIC PERSPECTIVE SUGGESTS THAT ADULTHOOD DEPRESSION CAN BE TRIGGERED BY LOSSES THAT EVOKE FEELINGS ASSOCIATED WITH EARLIER CHILDHOOD LOSSES. ALTERNATIVELY, UNRESOLVED ANGER TOWARD ONE'S PARENTS IS TUREND INWARD AND TAKES THE FORM OF DEPRESSION.

OBJECTIVE 14: Summarize the contributions of the biological perspective to the study of depression, and discuss the link between suicide and depression.

14. Mood disorders _____**TEND**____ (tend/do not tend) to run in families. Studies of _____**TWINS**____ also reveal that genetic influences on mood disorders are _____**STRONG**____ (weak/strong).
15. To determine which genes are involved in depression, researchers use _____**LINKAGE**_____
_____**ANALYSIS**_____, in which they examine the _____**DNA**_____ of both affected and unaffected family members. Using _____**ASSOCIATIVE**____ studies, they also search for correlations between DNA variation and population traits.
16. Depression may also be caused by _____**LOW**_____
(high/low) levels of two neurotransmitters, _____**NOREPINEPHRINE**____ and _____**EPINEPHRINE**_____.
17. Drugs that alleviate mania reduce _____**NOREPINEPHRINE**____; drugs that relieve depression increase _____**NOREPINEPHRINE**____ or _____**SEROTONIN**____ supplies by blocking either their _____**REUPTAKE**____ or their chemical _____**BREAKDOWN**_____.
18. People with depression also have lower levels in their diet of the _____**OMEGA-3**____ fatty acid. Countries such as _____**JAPAN**_____, where people consume more _____**FISH**____ that are rich in this fatty acid, tend to have _____**LOW**____ (high/low) rates of depression.
19. The brains of depressed people tend to be _____**LESS**____ (more/less) active, especially in the area of the _____**LEFT**_____ _____**FRONTAL**____ lobe. In severely depressed patients, this brain area may also be _____**SMALLER**____ (smaller/larger) in size. The brain's _____**HIPPOCAMPUS**_____, which is important in processing _____**MEMORIES**_____, is vulnerable to stress-related damage. Anti-depressant drugs that boost _____**SEROTONIN**____ may promote recovery by stimulating neurons in this area of the brain.

OBJECTIVE 15: Summarize the contributions of the social-cognitive perspective to the study of depression, and describe the events in the cycle of depression.

20. According to the social-cognitive perspective, depression may be linked with _____**SELF**____-_____**DEFEATING**____ beliefs and a _____**NEGATIVE**_____
_____**EXPLANATORY**____ style.
21. Such beliefs may arise from _____**LEARNED**_____
_____**HELPLESSNESS**_____, the feeling that can arise when the individual repeatedly experiences uncontrollable, painful events.
22. Gender differences in _____**UNCONTROLLABLE**_____
_____**STRESS**____ help explain why women have been twice as vulnerable to depression.

Describe how depressed people differ from others in their explanations of failure and how such explanations tend to feed depression.

23. Research studies suggest that depressing thoughts usually _____**COINCIDE WITH**____ (precede/follow/coincide with) a depressed mood.
24. Depression-prone people respond to bad events in an especially _____**SELF-FOCUSED**____, _____**SELF-BLAMING**____ way.
25. According to Susan Nolen-Hoeksema, when trouble strikes, men tend to _____**ACT**____ and women tend to _____**THINK (OR OVERTHINK)**_____.
26. Being withdrawn, self-focused, and complaining tends to elicit social _____**REJECTION**____ (empathy/rejection).

Outline the vicious cycle of depression.

DEPRESSION IS OFTEN BROUGHT ON BY STRESSFUL EXPERIENCES. DEPRESSED PEOPLE BROOD OVER SUCH EXPERIENCES WITH MALADAPTIVE EXPLANATIONS THAT PRODUCE SELF-BLAME AND AMPLIFY THEIR DEPRESSION. IN ADDITION, BEING WITHDRAWN AND COMPLAINING TENDS TO ELICIT SOCIAL REJECTION AND OTHER NEGATIVE EXPERIENCES.

SCHIZOPHRENIA

OBJECTIVE 16: Describe the symptoms of schizophrenia, and differentiate delusions and hallucinations.

1. Schizophrenia, or "split mind," refers not to a split personality, but rather to a split from _____**REALITY**_____.
2. Three manifestations of schizophrenia are disorganized _____**THINKING**_____, disturbed _____**PERCEPTIONS**_____, and inappropriate _____**EMOTIONS**____ and _____**ACTIONS**_____.
3. The distorted, false beliefs of schizophrenia patients are called _____**DELUSIONS**_____.
4. Many psychologists attribute the disorganized thinking of schizophrenia to a breakdown in the capacity for _____**SELECTIVE**_____ _____**ATTENTION**_____.
5. The disturbed perceptions of people suffering from schizophrenia may take the form of _____**HALLUCINATIONS**_____, which usually are _____**AUDITORY**____ (visual/auditory).
6. Some victims of schizophrenia lapse into a zombielike state of apparent apathy, or _____**FLAT**____
_____**AFFECT**____; others, who exhibit _____**CATATONIA**____, may remain motionless for hours and then become agitated.

OBJECTIVE 17: Distinguish the five subtypes of schizophrenia, and contrast chronic and acute schizophrenia.

7. The term *schizophrenia* describes a **CLUSTER OF DISORDERS** (single disorder/cluster of disorders).
8. Positive symptoms of schizophrenia include **DISORGANIZED AND DELUDED THINKING, INAPPROPRIATE EMOTIONS**.
Negative symptoms include **EXPRESSIONLESS FACES, TONELESS VOICES, MUTE OR RIGID BODIES**.
9. When schizophrenia develops slowly (called **CHRONIC OR PROCESS** schizophrenia) recovery is **LESS** (more/less) likely than when it develops rapidly in reaction to particular life stresses (called **ACUTE (OR REACTIVE)** schizophrenia).

OBJECTIVE 18: Outline some abnormal brain chemistry, functions, and structures associated with schizophrenia, and discuss the possible link between prenatal viral infections and schizophrenia.

10. The brain tissue of schizophrenia patients has been found to have an excess of receptors for the neurotransmitter **DOPAMINE**. Drugs that block these receptors have been found to **DECREASE** (increase/decrease) schizophrenia symptoms. Drugs that interfere with receptors for the neurotransmitter **GLUTAMATE** can produce negative symptoms of schizophrenia.
11. Brain scans have shown that many people suffering from schizophrenia have abnormally **LOW** (high/low) brain activity in the **FRONTAL** lobes.
12. Enlarged, **FLUID**-filled areas and a corresponding **SHRINKAGE** of cerebral tissue is also characteristic of schizophrenia. Schizophrenia patients also have a smaller-than-normal **THALAMUS**, which may account for their difficulty in filtering **SENSORY INPUT** and focusing **ATTENTION**.
13. Some scientists contend that the brain abnormalities of schizophrenia may be caused by a prenatal problem, such as **LOW BIRTH WEIGHT**, birth complications such as **OXYGEN DEPRIVATION**, or a **VIRAL INFECTION** contracted by the mother.

OBJECTIVE 19: Discuss the evidence for a genetic contribution to the development of schizophrenia.

14. Twin and adoptive studies **SUPPORT** (support/do not support) the contention that heredity plays a role in schizophrenia.
15. The role of prenatal environment in schizophrenia is demonstrated by the fact that identical twins who share the same **PLACENTA**, and are therefore more likely to experience the same prenatal **VIRUSES**, are more likely to share the disorder.

16. Adoption studies **CONFIRM** (confirm/do not confirm) a genetic link in the development of schizophrenia.

OBJECTIVE 20: Describe some psychological factors that may be early warning signs of schizophrenia in children.

17. It appears that for schizophrenia to develop there must be both a **GENETIC** predisposition and some **PSYCHOLOGICAL** trigger.

List some of the warning signs of schizophrenia in high-risk children.

SUCH SIGNS MAY INCLUDE SEVERE, LONG-LASTING SCHIZOPHRENIA IN THE MOTHER; COMPLICATIONS AT BIRTH AND LOW BIRTH WEIGHT; SEPARATION FROM PARENTS; SHORT ATTENTION SPAN AND POOR MUSCLE COORDINATION; DISRUPTIVE OR WITHDRAWN BEHAVIOR; EMOTIONAL UNPREDICATABILITY; AND POOR PEER RELATIONS AND SOLO PLAY.

PERSONALITY DISORDERS

OBJECTIVE 21: Contrast the three clusters of personality disorders, and describe the behaviors and brain activity associated with the antisocial personality disorder.

1. Personality disorders exist when an individual has character traits that are enduring and impair **SOCIAL FUNCTIONING**.
2. A fearful sensitivity to rejection may predispose the **AVOIDANT** personality disorder. Eccentric behaviors, such as emotionless disengagement, are characteristic of the **SCHIZOID** personality disorder. A person with **HISTRIONIC** personality disorder displays shallow, attention-getting emotions. A person who exaggerates his or her own importance exhibits a **NARCISSISTIC** personality disorder, and a person who has an unstable identity and unstable relationships is considered **BORDERLINE**.
3. An individual who seems to have no conscience, lies, steals, is generally irresponsible and may be criminal is said to have an **ANTISOCIAL** personality. Previously, this person was labeled a **PSYCHOPATH OR SOCIOPATH**.
4. Studies of biological relatives of those with antisocial and unemotional tendencies suggest that there **IS** (is/is not) a biological predisposition to such traits.
5. Some studies have detected early signs of antisocial behavior in children as young as **THREE TO SIX**. Antisocial adolescents tended to have been **IMPULSIVE**, **UNINHIBITED**, unconcerned with **SOCIAL REWARDS**, and low in **ANXIETY**.
6. PET scans of murderers' brains reveal reduced activity in the **FRONTAL LOBE**.
7. As in other disorders, in antisocial personality, genetics **IS NOT** (is/is not) the whole story.

RATES OF PSYCHOLOGICAL DISORDERS

OBJECTIVE 22: Discuss the prevalence of psychological disorders, and summarize the findings on the link between poverty and serious psychological disorders.

1. Research reveals that approximately 1 in every _____ **7** _____ (how many?) Americans suffered a clinically significant mental disorder during the prior year.
2. The incidence of serious psychological disorders is _____ **HIGHER** _____ (higher/lower) among those below the poverty line.
3. In terms of age of onset, most psychological disorders appear by _____ **EARLY** _____ (early/middle/late) adulthood. Some, such as _____ **ANTISOCIAL** _____ **PERSONALITY** _____ and _____ **PHOBIAS** _____, appear during childhood.