

# Module 14: Psychological Disorders

## Guided Notes

These guided notes are optional tools to help you organize key concepts from each module. Print them out or make a digital copy to fill in as you go.

A few things to keep in mind: the notes are primarily aligned with Study Plan content, so they may not cover everything from class. Each module's format varies slightly. You're welcome to modify them to fit your needs, and they are completely optional and won't be collected or graded.

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### I. What Are Psychological Disorders?

A. Psychological Disorders are defined as patterns of \_\_\_\_\_ behaviors, thoughts, or emotions that are \_\_\_\_\_.

1. Etiology:

B. Key features include *disturbances*, disability in functioning (*dysfunction*), *distress*, and behaviors that are not \_\_\_\_\_ or culturally expected, also known as *deviant*.

C. The concept of "normal" vs. "abnormal" behavior can vary greatly depending on cultural \_\_\_\_\_ and social norms.

### II. Diagnosing and Classifying Psychological Disorders

A. The DSM-5-TR, or Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, Text Revision is the primary tool for \_\_\_\_\_ psychological disorders.

B. What are the most common types of mental illness in the U.S. each year?

C. What is comorbidity?

D. How has the DSM-5 changed?

E. International Classification of Diseases (ICD):

### III. Perspectives on Psychological Disorders

A. Explain the diathesis-stress model:

B. Biological Perspective: Looks at the \_\_\_\_\_, neurological, and genetic factors.

C. Psychodynamic Perspective: Focuses on the unconscious conflicts stemming from \_\_\_\_\_ experiences.

D. Behavioral Perspective: Considers the role of \_\_\_\_\_ and consequences in shaping behavior.

E. Cognitive Perspective: Examines how \_\_\_\_\_ and interpretations of events influence behavior.

F. Socio-cultural Perspective: Explores how social context and cultural \_\_\_\_\_ impact behavior and thoughts.

IV. Anxiety Disorders

A. Characterized by excessive fear, worry, or \_\_\_\_\_ in situations where most people would not feel threatened.

B. Types include:

1. **Specific phobias:**

a) Agoraphobia:

2. **Social anxiety disorder:**

a) What is a safety behavior?

3. **Generalized anxiety disorder (GAD)**

4. **Panic disorder**

a) What is a panic attack?

V. Obsessive-Compulsive and Related Disorders

A. **obsessive-compulsive disorder (OCD)**

1. \_\_\_\_\_: persistent, unintentional, and unwanted thoughts and urges that are highly intrusive, unpleasant, and distressing

2. \_\_\_\_\_: repetitive and ritualistic acts that are typically carried out primarily as a means to minimize the distress that obsessions trigger or to reduce the likelihood of a feared event

3. Treatment often includes \_\_\_\_\_ with a focus on Exposure and Response Prevention (ERP).

B. **body dysmorphic disorder:**

C. **hoarding disorder:**

VI. **Posttraumatic stress disorder:**

A. A disorder that develops following exposure to a \_\_\_\_\_ event, characterized by \_\_\_\_\_, avoidance, and hyperarousal.

B. Discuss the types of events that can lead to PTSD:

C. Treatments include:

VII. Mood Disorders

A. What are mood disorders?

B. **Major depressive disorder:**

1. Risk factors:

C. Bipolar disorder:

1. To be diagnosed with **bipolar I disorder**, a person must have experienced a \_\_\_\_\_ episode (or hypomanic episode for bipolar II).

2. \_\_\_\_\_: distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy lasting at least one week.
  3. What is **bipolar II**?
- D. What are the role of neurotransmitters and life events in the development of mood disorders?
- E. Treatments for mood disorders:
- F. What are some risk factors for suicide?

## VIII. Schizophrenia

- A. Psychological disorder that is characterized by major disturbances in thought, perception, emotion, and behavior.
1. \_\_\_\_\_: perceptual experience that occurs in the absence of external stimulation
  2. \_\_\_\_\_: beliefs that are contrary to reality and are firmly held even in the face of contradictory evidence.
    - a) paranoid:
    - b) grandiose:
    - c) somatic:
  3. Disorganized thinking:
  4. Positive symptoms:
  5. Negative symptoms:
- B. What are genetic factors of schizophrenia?
- C. What is the dopamine hypothesis?

## IX. Dissociative Disorders

- A. Disorders that involve a disconnection between thoughts, identity, consciousness, and \_\_\_\_\_.
- B. **Dissociative amnesia:**
- C. **Dissociative fugue**
- D. **Depersonalization/derealization disorder:**
- E. \_\_\_\_\_ formerly known as multiple personality disorder.
- F. Why is DID controversial?

## X. Personality disorders

- A. Characterized by enduring \_\_\_\_\_ patterns of behavior, cognition, and inner experience, exhibited across many contexts and deviating markedly from those accepted by the individual's \_\_\_\_\_.

## XI. Discuss the three clusters of personality disorders:

- A. A (Odd, Eccentric)
1. Paranoid

2. Schizoid
  3. Schizotypal
  - B. B (Dramatic, Emotional, Erratic)
    1. Antisocial
    2. Histrionic
    3. Narcissistic
    4. Borderline
  - C. C (Anxious, Fearful)
    1. Avoidant
    2. Dependent
    3. Obsessive-Compulsive
- XII. Disorders in Childhood
- A. **Attention-deficit/hyperactivity disorder (ADHD)**
  
  - B. **Autism spectrum disorder (ASD)**