

Psychological Disorders Guided Notes

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)**