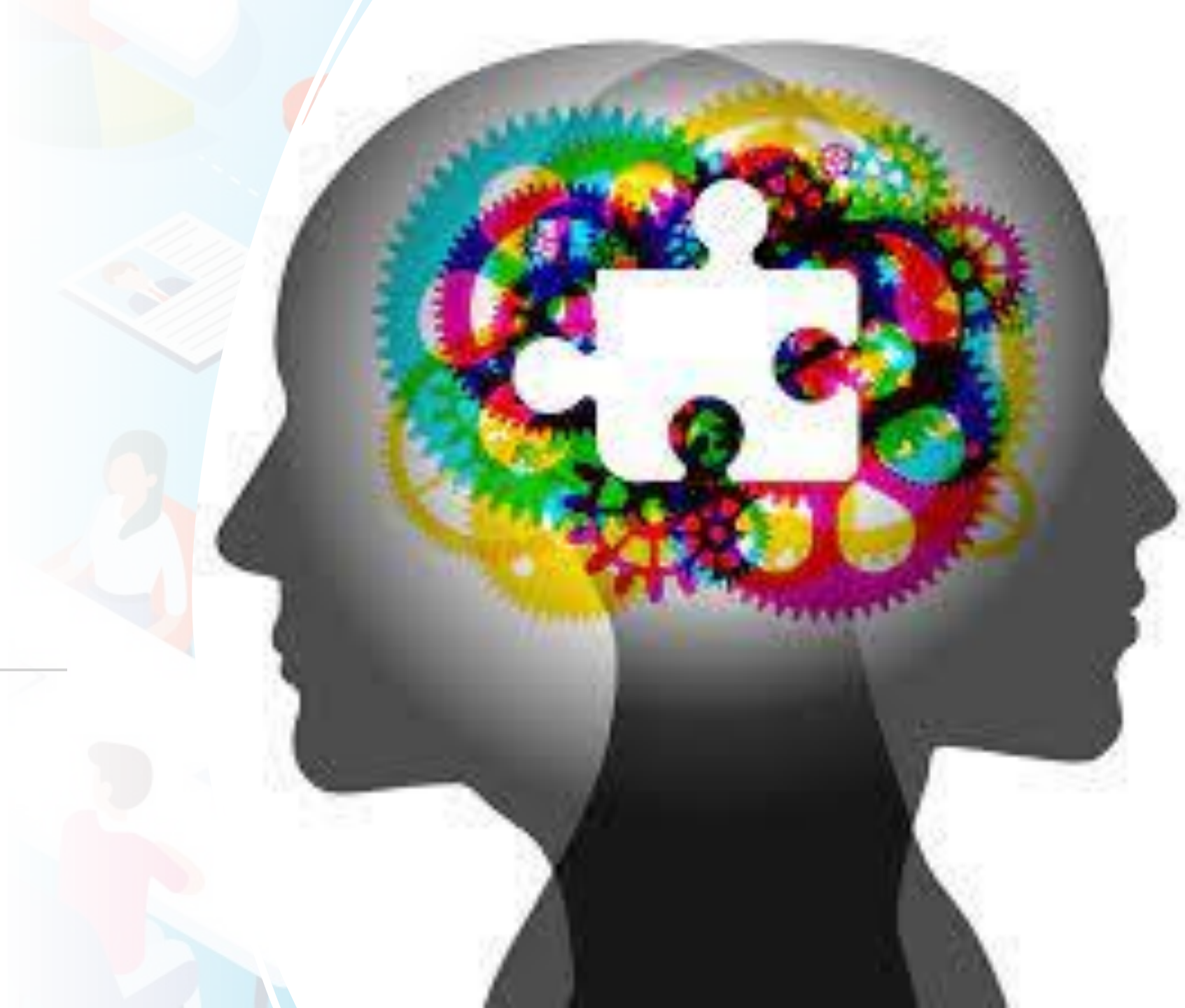


PSY 152

PSYCHOLOGICAL
DISORDERS

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Learning Objectives

- What are psychological disorders?
- Classification of psychological disorders
- Anxiety disorders
- Mood disorders
- Dissociative disorders

What are psychological disorders?

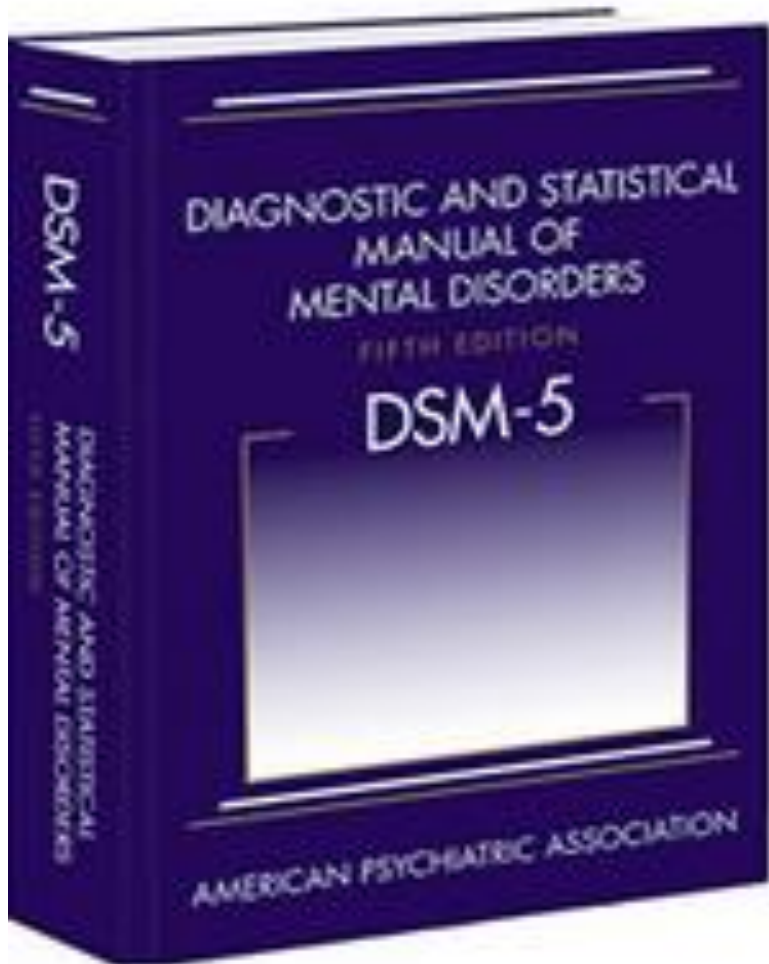
- ❖ **Psychological disorders:** patterns of behavior or mental processes that are connected with emotional distress or significant impairment in functioning.
- ❖ They include behaviors or emotional states that cause a person to suffer, self-destructive, seriously impair the person's ability to work or get along with others or endangers others or the community.

What are psychological disorders?

❖ Behavior qualifies to be psychological disorder when they meet the following criteria:

1. They are unusual
2. They suggest faulty perception or interpretation of reality
3. They suggest severe personal distress
4. They are self-defeating
5. They are dangerous
6. Behavior is socially unacceptable

Classification of psychological disorders



- ❖ The most widely used classification scheme is the American Psychiatric Association (APA's) Diagnostic and Statistical Manual (DSM).
- ❖ The DSM was developed to provide a uniform way of classifying psychological disorders
- ❖ The current DMS-5 was released in 2013 by APA

<https://www.psychiatry.org/psychiatrists/practice/dsm>

Classification of psychological disorders

- ❖ Multiaxial /multidimensional system in DSM-IV
 - ❖ Axis I - Clinical Syndromes
 - ❖ Axis II - Personality Disorders
 - ❖ Axis III – General Medical Conditions
 - ❖ Axis IV – Psychosocial and Environmental Problems
 - ❖ Axis V – Global Assessment of Functioning

Anxiety disorders

- ❖ **Anxiety disorders** are characterized by excessive fear of the worst happening, fear of losing control and inability to relax.
- ❖ It include trembling, sweating, a pounding or racing heart, elevated blood pressure and faintness
- ❖ **Types of anxiety disorders**
 - ❖ Generalized anxiety disorder
 - ❖ Panic disorder
 - ❖ Phobic disorder/Phobias
 - ❖ Obsessive-compulsive disorder
 - ❖ Post-traumatic stress disorder (PTSD)

Anxiety disorders

- ❖ **Generalized anxiety disorder:** Individual with this disorder feels anxious and worried most of the time without attributing it to specific threat or danger.
- ❖ **Panic disorder:** characterized by recurrent experience of attacks of extreme anxiety in the absence of external stimuli that usually elicit anxiety.
- ❖ **Phobic disorders/phobias:** persistent, excessive and irrational fear of a specific object or situation that presents no realistic danger or threat.

List of phobias

Acrophobia: fear of heights	Microphobia: fear of germs
Agoraphobia: fear of open spaces	Monophobia: fear of being alone
Ailurophobia: fear of cats	Mysophobia: fear of contamination
Arachnophobia: fear of spiders	Nyctophobia: fear of the dark
Algophobia: fear of pain	Ochlophobia: fear of crowds
Astraphobia: fear of storms, thunder, and lightening	Pathophobia: fear of disease
Aviophobia: fear of airplanes	Phobophobia: fear of phobias
Brontophobia: fear of thunder	Pyrophobia: fear of fire
Claustrophobia: fear of closed spaces	Syphilophobia: fear of syphilis
Dementophobia: fear of insanity	Philophobia: fear of falling in love
Genitophobia: fear of genitals	Gamophobia: fear of marriage
Emetophobia: fear of vomiting	Topophobia: fear of performing
Geniphobia: fear of sex	Xenophobia: fear of strangers
Haematophobia: fear of blood	Zoophobia: fear of animals

Anxiety disorders

❖ Obsessive-compulsive disorder

❖ **Obsession:** recurrent, anxiety-provoking thoughts, images, impulses, that seem irrational and beyond control.

❖ **Compulsion:** an irresistible urge to repeat or engage in ritualistic behavior such as washing to reduce anxiety connected with obsessions.

Anxiety disorders

- ❖ **Post-traumatic stress disorder (PTSD)**: disorder that follows the experience of a major traumatic event (e.g., 9/11, incident or war)
- ❖ **Features**
 - ❖ Intense fear
 - ❖ Re-experience the event in the form of nightmare, flashbacks etc.
 - ❖ Persistent avoidance of the stimuli associated with the trauma
 - ❖ Reliving of the event

Possible causes of anxiety disorders

- ❖ **Biological factors:** genetic predisposition
- ❖ **Learning theory:** anxiety is acquired through classical conditioning or operant conditioning e.g., fears have been associated with an event
- ❖ **Cognitive theory:** appraisal of the magnitude of the threat event determine whether event is traumatic and may lead to PTSD

Possible treatment of anxiety disorders

❖ Cognitive-behavioral Therapy

- ❖ Range of techniques that address thoughts, thinking and reasoning for the purpose of changing negative and destructive behavior e.g., mindfulness, emotional regulation, self-control

❖ Exposure therapy

[\(1628\) Woman Freaks Out Over Birds | My Extreme Animal Phobia - YouTube](#)

Mood disorders

- ❖ **Mood disorders** are characterized by disturbances in expressed emotions involving depression or elation
- ❖ **Types of mood disorders**
 - ❖ **Major depressive disorder:** depressed mood characterized by loss of appetite, psychomotor behavior and impaired reality.
 - ❖ **Bipolar disorder:** Mood alternates between two extreme poles (depression and maniac (elation)). It is also called *manic-depression*
 - ❖ **Manic episode:** extreme elation, euphoria, grandiose thoughts or feelings

Your Turn

What are life events that may cause mood disorders?



Life event that may cause mood disorders

- ❖ Marital problems
- ❖ Academic problems
- ❖ Relationship problems
- ❖ Problems at the workplace
- ❖ Job loss
- ❖ Disease/sickness
- ❖ Lost of love one
- ❖ Financial problems
- ❖ Unemployment
- ❖ Unwanted pregnancy
- ❖ Jail term
- ❖ Conflict with the law

Possible causes of mood disorders

- ❖ Genetic predisposition
- ❖ Neurochemical imbalance (biological processes)
e.g., low secretion of serotonin
- ❖ Cognitive factors (cognitive distortion)
 - ❖ e.g., negative thinking style such as drawing negative conclusions about oneself
- ❖ Learned helplessness
 - ❖ inactivity due to presentation of aversive events

Schizophrenia

- ❖ **Schizophrenia:** A type of psychosis characterized by disturbed thoughts, reasoning and emotional behavior.
- ❖ Individual with the disorder tend to withdraw from social contact and be in their own thoughts and fantasies.
- ❖ **Types of schizophrenia**
 - ❖ Paranoid types
 - ❖ Disorganized type
 - ❖ Catatonic type

Schizophrenia

❖ Types of schizophrenia

- ❖ **Paranoid types:** characterized primarily by delusions-commonly of persecution and by vivid hallucination e.g., delusion of jealousy
- ❖ **Disorganized type:** characterized by disorganized delusions and vivid hallucination e.g., neglect their hygiene
- ❖ **Catatonic type:** characterized by striking impairment in motor activity e.g., hold difficult posture for hours.

Schizophrenia

❖ Major symptoms of schizophrenia

❖ Delusions

- ❖ False beliefs (even though they are out of touch with reality)
- ❖ Delusions of persecution e.g., “the Ghana police wants to track me and arrest me”
- ❖ Delusions of broadcasting
- ❖ Shifting of thoughts
- ❖ Delusions of grandeur e.g., “Jesus Christ wants to see me”

Schizophrenia

❖ Major symptoms of schizophrenia

❖ Hallucinations

- ❖ Distortions of sensory perceptions

- ❖ Auditory, visual or even all senses

 - ❖ i.e., hearing voices e.g., jump out of a storey building

- ❖ Cannot distinguish between reality and fantasy

Schizophrenia

❖ Major symptoms of schizophrenia

- ❖ Disorganized speech

- ❖ Disturbed behavior

- ❖ Inappropriate emotion

- ❖ Deterioration of adaptive behavior

- ❖ Inappropriateness to social situation

 - ❖ e.g., neglect of personal hygiene

Possible Schizophrenia

- ❖ Genetic predisposition and vulnerability
- ❖ Neurochemical factors(biological processes)
e.g., high level of dopamine
- ❖ Structural abnormalities of the brain
 - ❖ Enlarged ventricle

Dissociative disorders

- ❖ Individuals with dissociative disorder feels sudden, temporary changes in consciousness or self-identity.
- ❖ Types of dissociative disorder
 - ❖ Dissociative amnesia
 - ❖ Dissociative fugue
 - ❖ Dissociative identity disorder

Dissociative disorders

❖ Types of dissociative disorder

❖ **Dissociative amnesia**: characterized by loss of memory or self-identity: skills and general knowledge are usually retained.

❖ **Dissociative fugue**: individual experiences amnesia and flees to a new location

❖ **Dissociative identity disorder**: marked by multiple identities or personalities each with distinct traits or memories.