

# Psychological Disorders

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## Psychological Disorders

- Anxiety disorders
- Mood disorders
- Psychotic disorders
- Personality disorders
- Disruptive behavior disorders
- Developmental disorders
- Sexual disorders
- Somatoform disorders
- Dissociative disorders

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## Anxiety Disorders

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## General Anxiety

- General anxiety disorder is a state of constant nervousness
- People with this disorder usually overreact to any type of stress
- Typically, individuals have trouble making decisions and when they actually do this it usually only causes additional worries.
- 4% of population

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## Obsessive-Compulsive Disorder

- **Obsessive-Compulsive Disorders**
- Obsession = the persistent intrusion of unwelcome thoughts, images, or impulses, that cause anxiety
- Compulsion = an irresistible urge to carry out certain acts or rituals that reduce anxiety
- These two things are often linked together
- Individuals with OCD know that their behavior is irrational, but are unable to resist
- Resisting the behavior causes increased anxiety
- Only completing the behavior will relieve that anxiety
- 3% of population

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## Panic Attack

- Discrete period of intense fear or discomfort, in which 4 of the following symptoms develop abruptly
  - Palpitations, pounding heart, accelerated heart
  - Trembling/shaking
  - Sensations of shortness of breath/smothering
  - Feeling of choking
  - Chest pain/discomfort
  - Nausea/abdominal distress
  - Dizzy/lightheaded
  - Derealization or depersonalization
  - Fear of losing control/going crazy
  - Fear of dying
  - Numbness
  - Chills/hot flushes

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## Panic Disorder with or without agoraphobias

- Unexpected panic attacks
  - Substantial anxiety over possibility of another attack
  - 5% of population
  - **Agoraphobia**
    - An irrational fear of unfamiliar situations because they are afraid of having panic attacks as a result of being in certain locations.
    - People with agoraphobia avoid open spaces, crowds, traveling, and in extreme cases do not even leave their home.
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- 2% to 5% of population

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## Phobias

- A fear of a specific stimulus or situation
  - The sufferer of a phobia usually knows that the fear is irrational but cannot do anything about it
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## Specific phobias

- A simple phobia is a fear of a specific thing or situation
  - A person may have one phobia but be normal in all other aspects
  - In serious cases, a person may have multiple phobias that interfere with everyday life
  - 11% of the population
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## Social phobias

- An extreme fear of social situations and of embarrassing themselves
- Most common types of this phobia are public speaking and eating in public
- 13% of the population

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## Post-Traumatic Stress Disorder

- PTSD is caused by being a victim or witness to a life-threatening event
- Overwhelms the ability to function normally
- Can cause flashbacks, nightmares, and insomnia
- Some people experience guilt
- Rates varies depending on emotional impact
  - Impact of trauma is mediated by time spent in terror and/or isolation from others during and after the event

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## Mood Disorders

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## Mood Disorders

- Mood Disorder = disturbance of normal mood
- Two general classifications for mood disorders
- **Depressive disorders** = the person experiences extended, unexplainable periods of sadness
- **Bipolar disorders** = the person experiences swings from depression (extreme sadness) to mania (extreme happiness)

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## Depressive Disorders

- Major Depressive Disorder (MDD)
  - A state of intense sadness, melancholia or despair that has advanced to the point of being disruptive to an individual's social functioning and/or activities of daily living
  - 16% of the population
- Dysthymic disorder
  - Lack of enjoyment/pleasure in life that continues for at least two years.
  - Differs from MDD in the severity of the symptoms.
  - 4% of population

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## Bipolar Type I – Mania (Manic Depressive)

- Increased energy, activity, and restlessness
- Excessively "high," overly good, euphoric mood
- Extreme irritability
- Racing thoughts and talking very fast, jumping from one idea to another
- Distractibility, can't concentrate well
- Little sleep needed
- Unrealistic beliefs in one's abilities and powers
- Poor judgment
- Spending sprees
- A lasting period of behavior that is different from usual
- Increased sexual drive
- Abuse of drugs, particularly cocaine, alcohol, and sleeping medications
- Provocative, intrusive, or aggressive behavior
- Denial that anything is wrong

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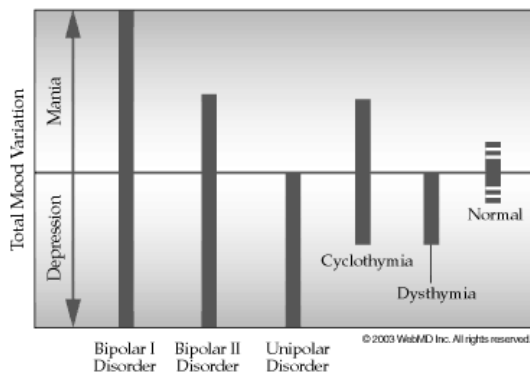
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## Bipolar Disorder II

- "Highs" do not go beyond hypomania (A mild to moderate level of mania)
- Hypomanic episodes may simply appear as a period of successful high productivity
- 1.3% of population

## Cyclothymia

- Chronic, but less extreme, form of bipolar disorder
- Consists of short periods of mild depression alternating with short periods of hypomania



## Psychotic Disorders

### Schizophrenia

- Characterized by loss of contact with reality
  - Marked disturbances of thought
  - Perception
  - Bizarre behavior
- At some phase delusions or hallucinations almost always occur

### Schizophrenia

- Schizophrenia is often described in terms of "positive" and "negative" symptoms.
- *Positive symptoms* include
  - delusions,
  - auditory hallucinations
  - thought disorder
- *Negative symptoms*
  - flat,
  - Blunted
  - constricted affect and emotion,
  - poverty of speech
  - and lack of motivation.

## Delusional Disorder

- Odd thoughts about situations or circumstances that are not real
- Delusions can be
  - Persecutory
  - Non-persecutory
- Delusions can also be
  - Bizarre
  - Non-bizarre

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## Personality Disorders

## Personality disorders

- Long-lasting rigid patterns of thought and behavior
- Are seen by the American Psychiatric Association as an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the culture of the individual who exhibits it
- Patterns are inflexible and pervasive across many situations
- Onset of the personality patterns can be traced back at least to the beginning of adulthood
- To be diagnosed as a personality disorder, a behavioral pattern must cause significant distress or impairment in personal, social, and/or occupational situations



## Personality disorders

- DSM-IV lists ten personality disorders, which are grouped into three clusters:
- *Cluster A* (odd or eccentric disorders)
  - Paranoid personality disorder
  - Schizoid personality disorder
  - Schizotypal personality disorder
- *Cluster B* (dramatic, emotional, or erratic disorders)
  - Antisocial personality disorder
  - Borderline personality disorder
  - Histrionic personality disorder
  - Narcissistic personality disorder
- *Cluster C* (anxious or fearful disorders)
  - Avoidant personality disorder
  - Dependent personality disorder
  - Obsessive-compulsive personality disorder

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## Paranoid personality disorder

- Symptoms (4 out of 6)
  - individual suspects that others are out to get him
  - is reluctant to confide in others
  - is suspicious that significant other is being unfaithful
  - doesn't forgive grudges
  - has doubts about the loyalty of friends and relations
  - reads hidden threatening messages into benign statements or situations.

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## Schizoid personality disorder

- A person who has a detachment from social relationships and a restricted range of emotional expression in interpersonal situations.
- Symptoms (4 out of 7):
  - a loner
  - doesn't want or enjoy any close relationships
  - has very little interest in having sexual experiences with another person
  - has no close friends except for immediate family
  - demonstrates emotional coldness and detachment
  - takes enjoyment in very few activities
  - and appears indifferent to what others think of him/her.

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## Schizotypal personality disorder

- Discomfort with and a reduced capacity for close relationships, cognitive or perceptual distortions, and eccentricities of behavior
- The symptoms (5 out of 9):
  - the person has ideas of reference
  - has odd beliefs or thinking that doesn't agree with subcultural norms
  - odd speech patterns
  - strange perceptual experiences
  - a lack of close friends other than immediate family
  - extreme social anxiety
  - strange behavior or appearance
  - suspicious or paranoid ideas
  - inappropriate or constricted affect.

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## Antisocial personality disorder

- Careless disregard for the rights of others
- It can be recognized by several symptoms
- Someone with an antisocial personality is usually deceitful and is remorseless
- Reckless disregard for safety, both for him/herself and others
- Excessive irritability and aggressiveness coupled with impulsiveness
- Most antisocial personalities also fail to conform to social norms

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## Borderline personality disorder

- Sufferers of this disorder have highly unstable interpersonal relationships
- Symptoms include an unstable self image, rapid mood changes and a need to avoid feelings of abandonment, whether real or imagined
- The person also may have difficulty controlling their anger and have recurring feelings of emptiness
- Suicide attempts and self-mutilation are also among the recognized symptoms

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## Histrionic personality disorder

- People with this disorder excessively seek emotion and attention for themselves.
- Symptoms
  - the person is uncomfortable when he/she is not the center of attention,
  - easily suggestible,
  - uses physical appearance to draw attention,
  - emotions are rapidly changing and shallow,
  - speech very impressionistic and lacks detail,
  - thinks that relationships are more intimate than they really are,
  - exaggerated expression of emotion,
  - and interaction with others is usually characterized by inappropriate sexual behavior

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## Narcissistic personality disorder

- Individuals who are excessively grandiose,
- Need for admiration
- Lack empathy for others
- Symptoms (5 of 8)
  - extreme arrogance
  - envious of others or believes that they are envious of him,
  - doesn't recognize the feelings of others,
  - exploits other persons for his/her own aims,
  - requires admiration,
  - has fantasies of success and power,
  - has a sense of entitlement
  - and believes that he/she is special.

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## Avoidant personality disorder

- Feelings of inadequacy
- Extreme sensitivity to what others think and say about them
- Socially impotent
- Extreme Reluctance to take personal risks or try new things because of fear of embarrassment
- Avoidance of intimate relationships
- Constant fear of being criticized or rejected
- Self-concept as socially inept and inferior

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## Dependent personality disorder

- This disorder is characterized by a need to be taken care of and a fear of being abandoned.
- Very clingy and usually have the following symptoms:
  - helpless when alone
  - when one close relationship ends the person immediately tries to find another
  - problems initiating projects or ideas because of a lack of self-esteem
  - difficulty disagreeing with others
  - needs other to take responsibility for him/her
  - and cannot make decisions without advice from others.

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## Obsessive-compulsive personality disorder

- Preoccupation with orderliness, perfection, as well as mental and interpersonal control
- Comes at the cost of flexibility, efficiency, and openness.
- Symptoms (4 of 8)
  - miserly attitude (e.g. wants to save money for a future disaster)
  - very rigid and stubborn,
  - doesn't like to delegate unless the person will do it exactly the way the sufferer would,
  - pack rat (unable to discard things)
  - preoccupied with details
  - perfectionism interferes with ability to finish tasks
  - excessively devoted to work
  - and inflexible in matters of morality, ethics, or values

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## Disruptive Behavior Disorders (juveniles)

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### Attention Deficit Hyperactivity Disorder (ADHD)

- Severe attentional difficulties
- Task completion problems
- Impulsivity

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### Oppositional Defiant Disorder (ODD)

- Stubbornness
- Verbally and openly defiant
- Authority problems
- Task adherence and task completion difficulties

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### Conduct Disorder (CD)

- Careless disregard for the rights of others
- Deceitful and is remorseless
- Reckless disregard for safety, both for him/herself and others
- Aggressive
- Impulsive

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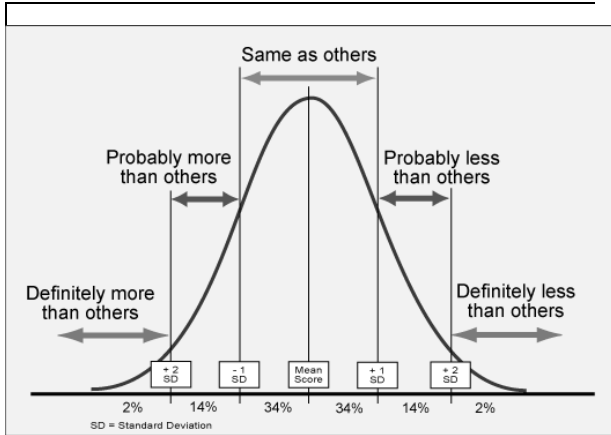
## Developmental Disorders

## Developmental Disorders

- A broad category that includes a number of neurologically, biologically, or genetically based conditions

## Mental Retardation

- Diagnosed by cognitive functioning and functional skills
- IQ less than 70 + lack of independent functioning
  - Below average IQ may not be mentally retarded
- Range of 55-70 is considered mild MR



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## Syndromic Mental Retardation

Mental retardation associated with other medical disorders

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## Autism

- Mental retardation
- Severely restricted range of emotional response
- Social isolation and absence of reciprocity
- Idiosyncratic interests
- Unusual response (flat or exaggerated) to sensory stimulation

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## Aspergers Disorder

- Disorder similar to autism in terms of social deficits but without cognitive impairment
- Restricted range of emotional understanding
- Reciprocity deficits
- Idiosyncratic interests

## Pervasive Developmental Disorders

- A group of developmental disorders
  - PDD NOS
  - Atypical autism
  - Aspergers syndrome
  - Rett syndrome
  - Childhood disintegrative disorders
- Severe deficits in socialization and communication

## Sexual Disorders



## Sexual Disorder

- Three major categories of sexual disorders:
  - Sexual dysfunctions
  - Paraphilias
  - Gender identity disorders

## Sexual Dysfunctions

- Sexual dysfunctions prevent or reduce an individual's enjoyment of normal sex and prevent or reduce the normal physiological changes brought on normally by sexual arousal
- **The Desire Phase**
- Two types of dysfunctions can occur during the desire phase
  - Hypoactive desire = disinterest in sexual activity
  - Aversion to sex = sexual activity actually repulses the person or makes them unusually apprehensive

## Sexual Dysfunctions

- **The Arousal Phase**
  - Erectile dysfunction is the inability of males to attain or sustain erection long enough for coitus. The inability of females to become sexually aroused is sexual arousal disorder
- **The Orgasm Phase**
  - When males are unable to control ejaculation is known as premature ejaculation
  - Ejaculatory incompetence is the lack or delay of reaching orgasm in males
  - The female version of this is inhibited female orgasm, the lack or delay of reaching orgasm in females

## Sexual Pain Disorders

- Dyspareunia = pain occurs during intercourse
- Vaginismus = involuntary spasmodic muscle contractions

## Paraphilias

- Sexual behaviors in which unusual objects or scenarios are necessary to achieve sexual excitement
- Not all paraphilias are unlawful
- Not all paraphilias are abusive
- Not all paraphilias are deviant
- Preferences for Nonhuman Objects
  - Fetishism = sexual arousal to a nonliving object
  - Transvestism = sexual excitement by cross-dressing

## Paraphilias

- Preferences for Situations Causing Suffering
  - Sadism and Masochism
    - "Sadist" is applied to those who derive sexual excitement from the pain of others.
    - "Masochist" is applied to those who derive sexual excitement through their own pain.
- Preference for Non-consenting Partners
  - The three types of this category of paraphilia are
    - Exhibitionism
    - Voyeurism
    - Pedophilia

## Paraphilia

### ■ Exhibitionism

the exposure of one's genitals in a public place.

- It is the most prominent sexual offense leading to arrest and makes up one third of all sexual crimes.
- From the psychological point of view, there are three characteristic features of the exhibition.
  - it is performed for unknown women
  - it takes place where sexual intercourse is impossible
  - it must be shocking for the unknown woman or it seems to lose its power to produce sexual arousal in the individual

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## Paraphilia

### ■ Voyeurism

- Looking at sexually arousing pictures or situations is a relatively common, apparently normal activity
- The difference between this and voyeurism is that in normal watching, the viewing is a prelude to normal sexual activity
- In the voyeur or "Peeping Tom" the experience *replaces* normal sexual activity

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## Paraphilia

### ■ Pedophilia

- Pedophilia is the act of deriving sexual excitement through the physical contact of children
- Different from exhibitionism and voyeurism in its severely damaging impact on the non-consenting partner, a child
- Ordinarily, the pedophile is someone who has ready access to the child
- The child or parent would have no reason to suspect that the individual has a pedophilic orientation

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## Gender Identity Disorders

- A gender identity disorder exists when a person experiences confusion, vagueness or conflict in their feelings about their own sexual identity
- Struggle between the individual's anatomical sex gender and subjective feelings about choosing a masculine or feminine style of life

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## Somatoform Disorders

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## Somatoform Disorders

- The appearance of physical symptoms or complaints of such without any organic basis.

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## Conversion Disorder

- Primary symptom is often a lack or change in physical functioning
- Person will often react with an attitude of indifference and lack of concern
- Primary symptoms, which may include such serious ailments as blindness, amnesia and paralysis, are used as a defense mechanism by the person to escape from a stressful situation

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## Somatoform Disorders

- **Hypochondriasis**
- Hypochondriacs have no real illness, but are overly obsessed with normal bodily functions
- They read into the sensations of these normal bodily functions the presence of a feared disease
- Usually, the individual seeks opinions of many physicians and take pleasure in criticizing their methodology when they are diagnosed as perfectly healthy

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## Dissociative Disorders

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## Dissociative Disorders

- Interruption of a person's fundamental aspects of waking consciousness
  - One's personal identity,
  - One's personal history, etc.
- All dissociative disorders are thought to stem from trauma
- Dissociation is thought to be a coping mechanism -- the person removes himself or herself from a situation or experience too traumatic to integrate with his conscious self

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## Dissociative Amnesia

- Blocking out of critical personal information, usually of a traumatic or stressful nature.
- Several subtypes:
  - **Localized amnesia** is present in an individual who has no memory of specific events that took place
  - **Selective amnesia** happens when a person can recall only small parts of events that took place in a defined period of time
  - **Generalized amnesia** is diagnosed when a person's amnesia encompasses his or her entire life
  - **Systematized amnesia** is characterized by a loss of memory for a specific category of information

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## Dissociative Fugue

- An individual suddenly and unexpectedly takes physical leave of his or her surroundings and sets off on a journey of some kind
- Journeys can last hours, or even several days or months
- Individuals experiencing a dissociative fugue have traveled thousands of miles
- An individual in a fugue state is unaware of or confused about his identity
- In some cases will assume a new identity (although this is the exception)

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## Dissociative identity disorder (DID)

- Formerly known as multiple personality disorder,
- More than one distinct identity or personality state that surfaces in the individual on a recurring basis
- Also marked by differences in memory which vary with the individual's "alters," or other personalities.
- 3% to 6% of population
- Doubts exist as to the legitimacy of this disorder

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## Depersonalization disorder

- A feeling of detachment or distance from one's own experience, body, or self
- Feeling as they in a dream, or being "spaced out"
- Feeling out of control of one's actions and movements is something that people describe when intoxicated
- An individual with depersonalization disorder has this experience so frequently and so severely that it interrupts his or her functioning and experience
- A person's experience with depersonalization can be so severe that he or she believes the external world is unreal or distorted

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