



CHAPTER 16 REVIEW

WHAT ARE PERSONALITY DISORDERS?

- How is abnormal behaviour defined?
- Statistically infrequent
- Violates of social norms
- Personally distressful
- Disability or dysfunction
- Unexpected



DSM-IV

- What are the 5 axis of the DSM-IV
- Axis 1-Clinical Syndromes
 - Schizophrenia, Major Depression, Generalized Anxiety Disorder, Phobic Disorder...
- Axis 2-Personality Disorders
 - Antisocial personality disorder
 - Includes mental retardation also (deep seated, untreatable)
- Axis 3-Medical conditions linked to mental illness
- Axis 4-Psychosocial and environmental problems
- Axis 5-General assessment functioning



ANXIETY DISORDERS

- What is anxiety?
- General state of dread or uneasiness that a person feels in response to real or imagined danger.



ANXIETY DISORDERS

- What differentiates anxiety from an anxiety disorder?
- Anxiety is out of proportion with threat
- Interferes with everyday functioning



ANXIETY DISORDERS

- What are some symptoms of anxiety disorders?
- Anxiety
- Feelings of inadequacy
- Avoidance of problems
- Unrealistic image of self
- Recurring fears



ANXIETY DISORDERS

- Differentiate between GAD and Specific Phobias
- GAD =
 - Constantly anxious
 - No specific trigger
 - Fear unforeseen circumstances
 - Struggle with relationships
 - Don't fulfill responsibilities
 - Experience physical symptoms of anxiety constantly
- Specific Phobias=
 - Irrational fear of an object—spiders, small spaces etc.



ANXIETY DISORDERS

- What is Panic Disorder?
- Sudden, unexplainable attack of intense anxiety
- Choking, difficulty breathing, dizziness, nausea, chest pains
- Why do people with panic disorder often develop agoraphobia or depression?
- Agoraphobia—avoidance of social situations is avoidance of embarrassment of attacks
- Depression—decreased functioning



ANXIETY DISORDERS

- What is an obsession?
- Persistent, recurring thoughts that cause anxiety
- What is a compulsion?
- Ineffective coping strategy to deal with the obsession.
- Explain a treatment procedure for an individual with OCD.



ANXIETY DISORDERS

- What is PTSD?
- Experienced prolonged trauma or an acute experience of an immensely traumatic event
- Rape survivors, combat veterans, natural disaster survivors
- May begin right after event, may be delayed
- Flashbacks, nightmares, insomnia, guilt
- Why don't all people develop PTSD after a traumatic event?
- Resiliency



SOMATOFORM DISORDERS

- What are somatoform disorders?
- Physical symptoms are brought about by psychological distress.
- Symptoms are not faked—the unconscious mind has immense power over the body



SOMATOFORM DISORDERS

- What is conversion disorder?
- Conversion of emotional difficulties into the loss of a specific physiological function.
- Loss of functioning is real but there is no physical damage.
- What is the anxiety level of a person with conversion disorder? Explain.
- Not necessarily panicked at the loss of the limb—unconscious coping strategy for a bigger stressor



SOMATOFORM DISORDERS

- Differentiate between Hypochondriasis and Munchausen's syndrome.
- Hypochondriasis =
- Preoccupation with imaginary illnesses
- Spend copious amounts of time looking for signs of illness
- Misinterprets minor aches, sniffles, bruises and bumps as early signs of major illness
- Munchausen's Syndrome =
- Causing the appearance of physical illness by harming the body in some way.



DISSOCIATIVE DISORDERS

- Differentiate between dissociative amnesia and dissociative fugue.
- Dissociative Amnesia =
- Loss of declarative memory with no biological explanation
- Dissociative Fugue =
- Dissociative amnesia with active flight
- Sets up a new identity and life in a new town



DISSOCIATIVE DISORDERS

- What is dissociative identity disorder?
- Two or more distinct identities
- Each identity has
 - A name
 - Outlook
 - Behaviour/habits



SCHIZOPHRENIA

- What do people with schizophrenia report a schizophrenic state is like?
- Dream like.
- What are the characteristics of schizophrenia?
- Problem of cognition
- Thoughts are disturbed
- Loss of contact with reality



SCHIZOPHRENIA

- What are the seven symptoms of schizophrenia?
- Delusions
- Hallucinations
- Incoherence
- Word Salad
- Catatonia
- Disturbed affect
- Diverted attention



SCHIZOPHRENIA

- Differentiate between hallucinations and delusions
- Delusions—false beliefs maintained with contrary evidence
- Hallucinations—perceptions in the absence of stimuli
- What is catatonia?
- holding strange poses
- Differentiate between incoherence and word salad
- Incoherence—decline in thought process
- Word salad—random, loosely associated speech



SCHIZOPHRENIA

- What are the possible causes of schizophrenia?
- Genetics (1% in general population, 10% in family, 48% in twins)
- Physiology—decrease in dopamine
- Family and interactions—pathogenic family can contribute to problems
- Diathesis-stress model—genetic disposition coupled with environmental factors



MOOD DISORDERS

- What characterizes a mood disorder?
- Chronic
- Prevent daily functioning
- Strain relationships
- Prevent personal growth



MOOD DISORDERS

- Differentiate between bipolar disorder and major depressive disorder.
- Bipolar—periods of elation and depression
- Depression—just depressive state
- What evidence is there that bipolar and major depressive disorder are separate disorders?
- Different drugs treat them.



MOOD DISORDERS

- Differentiate between Seasonal Affective Disorder and the regular winter blues.
- Winter Blues:
- Slow, slightly depressed, still functioning
- SAD:
 - Deep depression during winter months
 - Sleep and eat excessively during winter
 - Symptoms lift in spring, return in fall
 - May be caused by increased levels of melatonin in blood in winter



PERSONALITY DISORDERS

- How are personality disorders different from other disorders?
- Deep seated
- Encompass all areas of the individual's psychological, emotional and social life
- Practically untreatable



PERSONALITY DISORDERS

- What are some of the key features of Antisocial Personality Disorder?
- Persistent disregard for and violations of other's rights.
- People are treated as objects
- Intolerant of everyday frustrations
- Thrill seeking
- Lack of shame and guilt
- Intelligent, cunning, charming, entertaining and can fake emotions they don't feel.



PERSONALITY DISORDERS

- From the list below, contrast two personality disorders
- Dependent
- Histrionic
- Borderline
- Narcissistic
- Paranoid
- Obsessive-Compulsive



ADDICTION

- Why is addiction included in the DSM-IV?
- Pervasive, maladaptive, harmful, controlling...
- Differentiate between psychological addiction and physiological addiction
- Psychological—depend on drug to mask conflict
- Physiological—chemical change in body and brain, need drug to function
- What are two models of addiction, explain.
- Social
- Stage
- Biological
- Learning theory
- Cultural
- Addictive personality

