

Psychological  
& Mood  
Disorders

Module 39

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Beware!

- Self diagnosing – don't do it!

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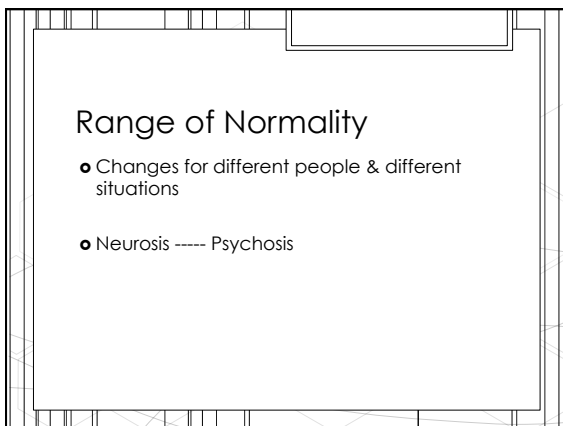
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Range of Normality

- Changes for different people & different situations
- Neurosis ----- Psychosis

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## Psychological disorders

- A dysfunction in cognition, emotion or behavior that
- Maladaptive – interferes w/daily life

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## Biopsychosocial Approach to addressing psych disorders

- Biological influences – genetics, brain chemistry
- Psychological influences – “watering can” moments
- Social-cultural influences – societal expectations
  - Peer group expectations
  - Gender roles
  - What is normality for you?

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## DSM-V

- American Psychological Assoc.
- “Diagnostic & Statistical Manual of Mental Disorders – version 5”
- See pg 546 Table 39.1

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### Example: Depression

- Affect (mood) Disorder
- #1 reason for seeking mental health
- 2:1 female
- Chemical imbalance see pg. 555

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### Diagnosing Depression:

- 5+ symptoms in 2 week period
- Symptoms cause distress or impairment
- Not explicable in other ways
- See chart pg 551

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### Example: Bipolar Disorder

- Affect Disorder
- Wild ranges from depression to mania
  - Hypermania
  - Hypomania
- Assoc. w/many highly creative people

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### Diagnosing Bipolar Disorder

- Equal # male & female
- Avg age of onset 15-19
  - Difficult to diagnose in adolescents, though

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### Diagnosing Bipolar Disorder

- Mania
  - Increased energy
  - Increased sex drive
  - Racing
  - Irritation, aggression
  - Inappropriate affect
  - Decreased need for sleep
  - Reckless behavior

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### Diagnosing Bipolar Disorder

- Depression
  - Indifference
  - Pessimism
  - Loss of interest/appetite
  - Worry/anger/guilt
  - Changes in sleep patterns
  - Indecisiveness
  - Prolonged sadness

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### Example: Schizophrenia

- A form of psychosis
- Unable to process reality
- Excess levels of dopamine in brain

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### Common symptoms

- Social dysfunction
- Sexual dysfunction
- Emotional dysfunction
- Hallucinations (usually auditory)
- Delusions (grandeur/persecution)
- Inappropriate response/affect

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### 4 subtypes

- Disorganized schizophrenia
  - More "bizarre" symptoms
  - Active but aimless
  - Incoherent speaking

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### 4 subtypes

- Catatonic schizophrenia
  - Severe disturbance of motor activity
    - Hyper active to totally immobile
  - <https://www.youtube.com/watch?v=s1IzxHRO4U>

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### 4 subtypes

- Paranoid Schizophrenia
  - Extreme suspiciousness
  - Complex delusions
  - Less likely to seem "abnormal"
  - Can become hostile if you question their delusions
    - Delusions: false beliefs
    - Hallucinations: seeing or hearing things

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### 4 subtypes

- Undifferentiated Schizophrenia
  - Have several classic schiz. Symptoms but don't otherwise fit the categories
    - "Schizophrenia NOS"
      - Not otherwise specified

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