

# **KNOW WHAT CATEGORY ANY DISORDER FITS INTO**

## **Categories of Disorder:**

- 1. Anxiety**
- 2. Mood**
- 3. Dissociative**
- 4. Schizophrenia**
- 5. Personality**
- 6. Somatoform (Not in Book)**
- 7. Factitious (Not in Book)**

# Anxiety Disorders

**Anxiety Disorders** in general refer to disorders that involve persistent and distressing nervousness and apprehension **OR** maladaptive behaviors which reduce anxiety (defenses against anxiety).

## General Characteristics of Anxiety:

- 1.
- 2.
- 3.
- 4.
- 5.

# Anxiety Disorders

**General Anxiety Disorder**: person is tense, apprehensive, and in a state of autonomic nervous system arousal (Sympathetic N.S.).

Persistent symptoms: sweating, heart racing, dizziness, shaking accompanied by persistent negative feelings and fear...not triggered by specific events.



# Anxiety Disorders

**Panic Disorder**: unpredictable, minutes long intense anxiety attack, as if you're going to be killed any second, but no specific, real threat is apparent. "Panic Attacks." Usually accompanied by chest pain or other frightening sensations.



# Anxiety Disorders

## Obsessive-Compulsive Disorder (OCD):

Obsessions: \_\_\_\_\_

Compulsions: \_\_\_\_\_

“As Good As It Gets”

(<http://www.youtube.com/watch?v=44DCWslbsNM>)

example of OCD ritual behavior

(<http://www.youtube.com/watch?v=Rn1OYIYzgm8>)

**TABLE 15.1****COMMON OBSESSIONS AND COMPULSIONS AMONG CHILDREN AND ADOLESCENTS WITH OBSESSIVE-COMPULSIVE DISORDER**

Thought or Behavior	Percentage* Reporting Symptom
<i>Obsessions (repetitive thoughts)</i>	
Concern with dirt, germs, or toxins	40
Something terrible happening (fire, death, illness)	24
Symmetry, order, or exactness	17
<i>Compulsions (repetitive behaviors)</i>	
Excessive hand washing, bathing, tooth brushing, or grooming	85
Repeating rituals (in/out of a door, up/down from a chair)	51
Checking doors, locks, appliances, car brake, homework	46

\*Seventy children and adolescents reported their symptoms.

Source: Adapted from Rapoport, 1989.

# Anxiety Disorders

## Phobias:

**i. Specific:** persistent, irrational fear of a specific object or situation. Very common. Spiders, snakes, heights, water, enclosed spaces are all very common phobias.

**ii. Social:** Fear of being embarrassed in public. Example: public speaking

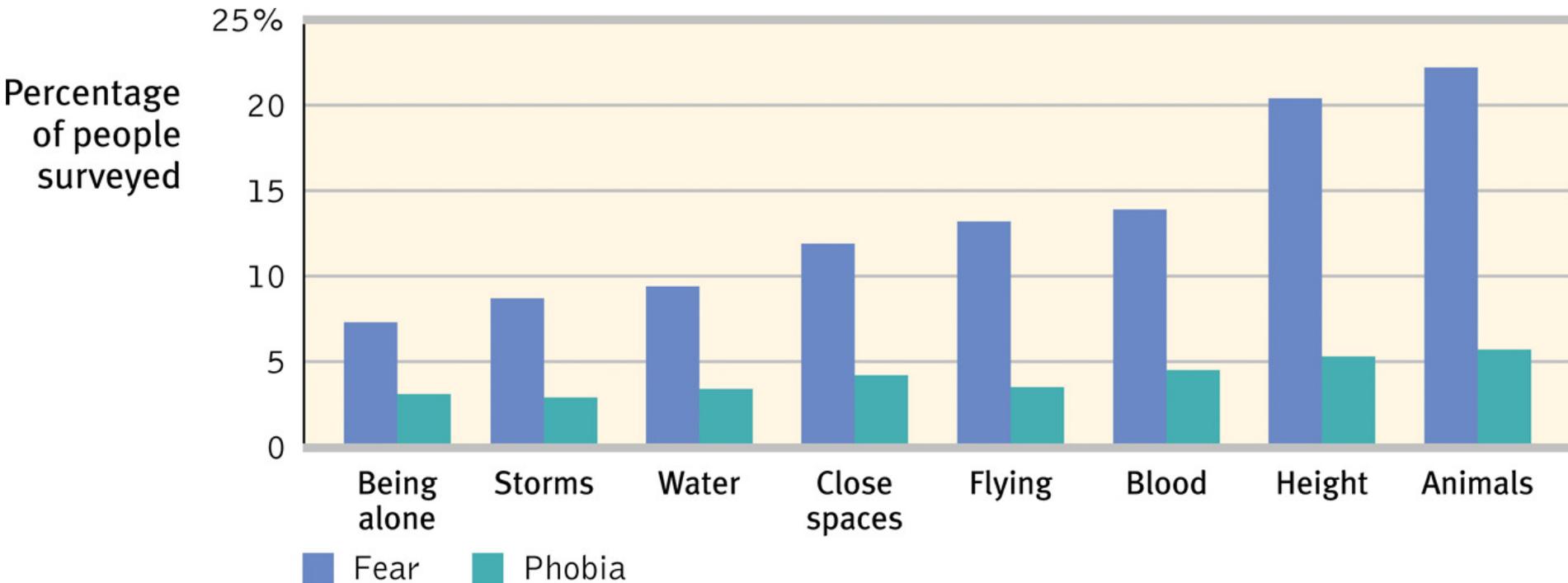
## **iii. Agoraphobia:** \_\_\_\_\_

(<http://www.youtube.com/watch?v=JeW6qqItoVc>)

Copycat – Sigourney Weaver ([http://www.youtube.com/watch?v=OS\\_IWyHpnvs&t=0m13s](http://www.youtube.com/watch?v=OS_IWyHpnvs&t=0m13s))

# Anxiety Disorders

## Phobias:



# Anxiety Disorders

## **Post Traumatic Stress Disorder (PTSD):**

caused by prolonged or intensely stressful situations, like war or rape.

Symptoms: difficulty sleeping, nightmares; anxiety attacks or Generalized Anxiety Disorder (GAD); intrusive memories; Guilt associated with event;

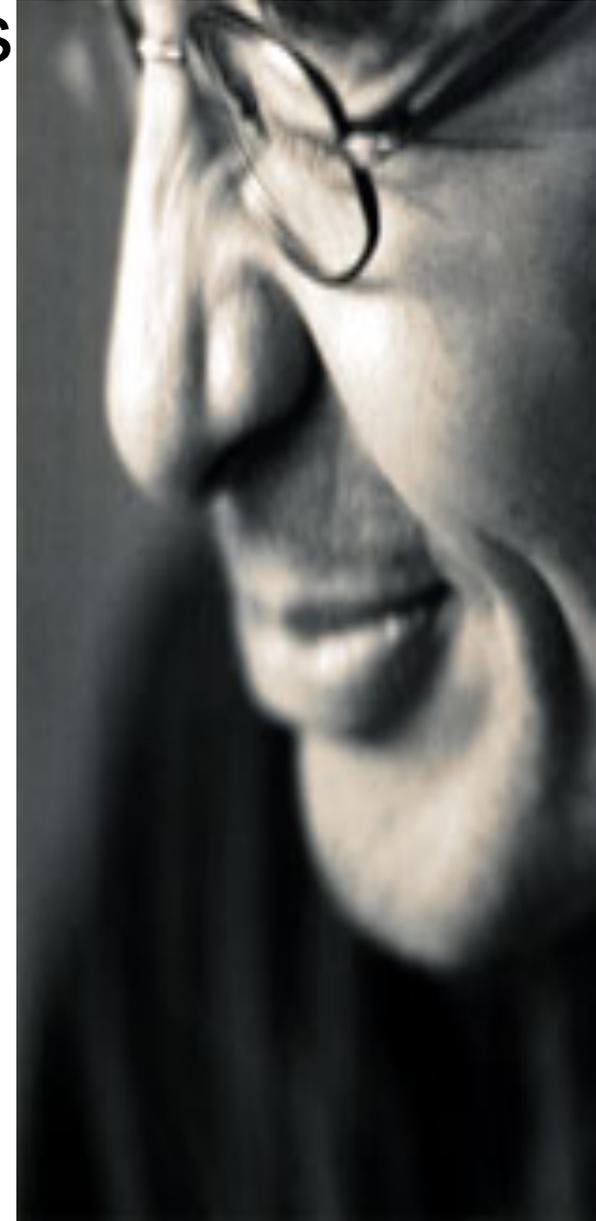
US Military awareness campaign- PTSD & mTBI (mild traumatic brain injury)

([http://www.youtube.com/watch?v=H\\_H\\_mAm4a4s](http://www.youtube.com/watch?v=H_H_mAm4a4s))

# Anxiety Disorder (NOT IN BOOK)

Tourette's Syndrome: involves involuntary twitching and the making of unusual sounds.

**dopamine** which helps control movement and **norepinephrine**, which helps body respond to stress seems to be involved in Tourette's Syndrome.



(<http://www.youtube.com/watch?v=-H00MSaOna0&playnext=1&list=PLBBC935847FFC4878>)

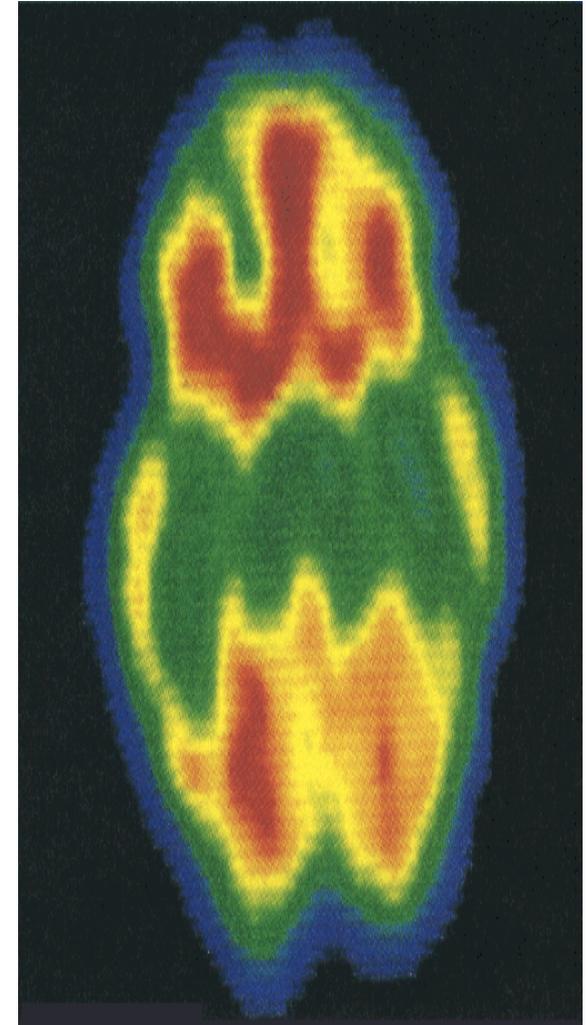
Marc Elliott – Tourette's ([http://www.youtube.com/watch?v=JOfeW9qsNV8&feature=results\\_video&playnext=1&list=PL60C41946866F392B](http://www.youtube.com/watch?v=JOfeW9qsNV8&feature=results_video&playnext=1&list=PL60C41946866F392B))

# Causes of Anxiety Disorders from Learning Perspective (Behavioral)

1. **Fear Conditioning** : **ex:** rape victim may develop fear of being alone in apartment.
2. **Stimulus Generalization:** **ex:** fear of heights leads to fear of flying even without flying.
3. **Reinforcement (ENCOURAGES behavior):**  
avoiding places you have phobia about rewards you by lessening your anxiety.
4. **Observational Learning/Modeling**  
**ex:** monkeys with snakes.

# Causes of Anxiety Disorders from Biological Perspective

1. **Evolution:** certain fears help us survive.
2. **Genes:** correlations with identical twins and phobias.
3. **Physiology:** brain chemistry. Often see increased brain activities in brain areas involving impulse control. Ex: picture overactive frontal lobe activity involved in directing attention.



# **Causes of Anxiety Disorders from Cognitive Perspective**

- An individual interprets (or misinterprets) a harmless situation as a dangerous or threatening situation.

# Somatoform Disorders:

Various disorders that have no medical cause

They must happen **before age 30** – rules out aches and pains of aging.

## Examples:

### Conversion Disorder:

A person develops symptoms such as paralysis, numbness or blindness. Yet, there is no medical reason for the symptoms.

### Hypochondriasis:

Preoccupation or worry about having a serious illness  
ex. My headache is a sign I have a brain tumor.

### Somatization Disorder:

Repeated complaints about vague and unverifiable medical conditions: dizziness, nausea, conscious awareness of an irregular heartbeat (too fast, too slow, etc).

# **Causes of Somatoform Disorders from the Psychoanalytic Perspective**

- The disorders are repressed emotions that get transformed into physical symptoms

# **Causes of Somatoform Disorders from the Behavioral Perspective**

- Operant conditioning is responsible because the patient gets rewarded for his/her complaints (medicine, attention)

# **Causes of Somatoform Disorders from the social cognitive Perspective**

- Patients pay too much attention to their health which results in sensations that are more easily perceived (patients notice every little ache or spot on their skin, etc.)

# Dissociative Disorders

Dissociation is the feeling that you are outside of yourself, looking at yourself. That your mind is separate from your body. A person's memories and emotions are somehow separated from his/her conscious awareness. This is a controversial disorder. Many experts do not believe it is real.

## Dissociative Amnesia

Selective memory loss of a specific traumatic event (not a brain injury). The amnesia vanishes as abruptly as it begins and rarely reoccurs. Ex. A woman who gives birth to a stillborn baby might not remember that she was even pregnant.

# Dissociative Disorders

## **Fugue-state** (<http://www.nbcnews.com/id/15373503/#.UUI7PKVjhek>)

This type of dissociation involves a person who just leaves one's home and starts on new life, with no memory of one's past life. The memory may reoccur and the person may return home, only to leave again.

## **Dissociative Identity Disorder:**

This is a disorder wherein your mind partitions itself into two or more distinct personalities that may or may not know about each other. One "personality" emerges to handle stressful situations that the whole psyche or other parts cannot handle.

Caused by traumatic event or events where the mind represses parts of itself that can't handle the pain.  
Repressed from a psychoanalytical point of view.  
The Debate Over Multiple Personalities (DID)

# **Causes of Dissociative Disorders from the Psychoanalytic Perspective**

- Repression of a traumatic event