

Abnormal Psychology

PSYCH 40111

Introduction to Abnormal Psychology

Table The leading causes of disability worldwide, 1990

(As measured by years of life lived with a disability, YLD)	Total YLDs (millions)	Percent of total
All causes	472.7	
1. Unipolar major depression	50.8	10.7
2. Iron-deficiency anemia	22.0	4.7
3. Falls	22.0	4.6
4. Alcohol use	15.8	3.3
5. Chronic obstructive pulmonary disease	14.7	3.1
6. Bipolar disorder	14.1	3.0
7. Congenital anomalies	13.5	2.9
8. Osteoarthritis	13.3	2.8
9. Schizophrenia	12.1	2.6
10. Obsessive-compulsive disorders	10.2	2.2

The global burden of disease, 1990–2020
Alan D. Lopez & Christopher C.J.L. Murray
Nature Medicine 4, 1241–1243 (1998)

DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS FOURTH EDITION TEXT REVISION

DSM-IV-TR™

AMERICAN PSYCHIATRIC ASSOCIATION

DSM-IV-TR Categories

- Anxiety disorders
 - Involve some form of overwhelming fear
- Mood disorders
 - Disorders involving disturbances in emotionality
- Substance-related disorders
 - Ingestion of a drug impairs social/occupational functioning
- Somatoform disorders
 - Involve physical symptoms that have no known physiological cause

DSM-IV-TR Categories

- Eating disorders
 - Involve under- or over-eating
- Dissociative disorders
 - Involve a sudden alteration of consciousness that affects memory and identity
- Sexual/gender identity disorders
 - Involve dysfunction or discomfort with sexual function or identity
- Schizophrenia and related psychoses
 - Involves faulty contact with reality
 - May involve delusions (disordered thoughts)

DSM-IV-TR Categories

- Personality disorders
 - Involve enduring, inflexible and maladaptive patterns of behavior and inner experience
- Disorders usually first diagnosed in infancy, childhood or adolescence
 - Involve early emotional/intellectual disorder
- Disorders of late adulthood/cognitive disorders
 - Disorders that typically involve degeneration of mental function

Course Goals

- Stimulation of curiosity about abnormal behavior
- Understand the distinction between normal and abnormal behavior
- Knowledge of the basic models used to explain behavior
- Understanding of the causal factors in abnormal behavior
- Awareness of the major diagnostic categories of mental illness and their primary symptoms
- Knowledge of methods of diagnosing mental disorders

Course Goals

- Familiarity with the major research approaches in the field
- Increased ability to utilize the scientific method to evaluate information and opinions
- Have an understanding of therapeutic practices
- Enhancement of sensitivity and empathy for people who have mental difficulties
- Increased understanding of your own emotional states and behaviors
- Have some fun-enjoy the course!

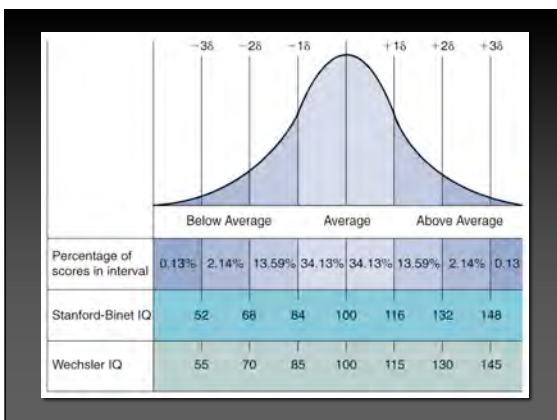
Defining Abnormal Behavior

- Psychopathology examines the nature and development of abnormal
 - behavior
 - thoughts
 - feelings
- Definitions of abnormality vary widely and may not capture all aspects of psychopathology



Defining Abnormal Behavior

- **Statistical infrequency** suggests that rare behaviors are abnormal
 - Normal curve indicates that behaviors are common while others are rare
 - Common behaviors are at middle of normal curve
 - Rare behaviors fall at the tails of the curve



The Extent of Abnormal Behavior

- Any mood disorder
 - Lifetime % = 19.3; 12-month % = 11.3
- Any anxiety disorder
 - Lifetime % = 24.9; 12-month % = 17.2
- Any substance abuse disorder
 - Lifetime % = 26.6; 12-month % = 11.3
- Nonaffective psychosis
 - Lifetime % = 0.7; 12-month % = 0.5
- Any disorder
 - Lifetime % = 48.0; 12-month % = 29.5

Defining Abnormal Behavior

- **Violation of norms** suggests that abnormality is relative to a cultural/societal norm
- **Disability/dysfunction** argues that impairment of life function can be a component of abnormal behavior
- **Personal distress** suggests that behaviors that are accompanied by distress are abnormal









Personnel in Mental Health: Professional

- **Clinical Psychologist**
 - Ph.D. or Psy.D. in psychology + one year internship in psychiatric hospital or mental health center
- **Counseling Psychologist**
 - Ph.D. in psychology + internship in a marital- or student-counseling setting
- **School Psychologist**
 - Doctoral training in child-clinical psychology



Personnel in Mental Health: Professional

- **Psychiatrist**
 - M.D. + residency training in a psychiatric hospital or mental health facility
- **Psychoanalyst**
 - M.D. or Ph.D. + intensive training in psychoanalysis
- **Psychiatric Social worker**
 - M.S.W., or Ph.D. with specialized training in mental health settings



Personnel in Mental Health: Professional

- **Psychiatric Nurse**
 - R.N. certificate + specialized training in care and treatment of psychiatric clients
- **Occupational Therapist**
 - B.S. in occupational therapy + internship training with physically or psychologically handicapped
- **Pastoral Counselor**
 - Ministerial background + training in psychology



Personnel in Mental Health: Paraprofessional

- **Community Mental Health Worker**
 - Works under professional direction
 - Usually involved in crisis intervention
- **Alcohol- or Drug-Abuse Counselor**
 - Trained in the evaluation and management of alcohol- and drug-abuse problems