

Q5 :

## MAJOR PSYCHOLOGICAL DISORDERS

Psychological Disorders are also called mental illnesses or mental health conditions. They can affect ~~by your mind~~ thinking, emotions and behavior.

Major psychological Disorders and their kinds are as follows.

### ANXIETY DISORDER

The occurrence of anxiety without an obvious external cause, affecting daily functioning.

### Phobic Disorder:

Phobia is an intense, irrational fear of a specific situation or object. For example, claustrophobia is a fear of enclosed places, acrophobia is a fear of high places, xenophobia is a fear ~~of strangers~~ <sup>of social phobia</sup> is the fear of being judged or embarrassed by others.

However, to someone suffering from the phobia, the danger is great and a full-blown panic attack may follow exposure to the stimulus. Phobic disorders differ from generalized

DATE: / /

anxiety disorders and panic disorders in that there is a specific identifiable stimulus that sets off the anxiety reaction.

### Panic disorder

Anxiety disorder that takes the form of panic attacks lasting from a few seconds to as long as several hours.

Unlike phobias, which are stimulated by specific objects or situations, panic disorders do not have any identifiable stimuli.

An individual feels a sense of impending, unavoidable doom. Although the ~~symptoms~~ symptoms may differ from person to person, they may include heart palpitations, shortness of breath, unusual amounts of sweating, faintness and dizziness.

### Obsessive Compulsive Disorder

A disorder characterized by obsessions or compulsions.

An obsession is a persistent, unwanted thought or idea that keeps recurring.

May experience compulsions irresistible urges to repeatedly ~~repeatedly~~ repeatedly carry out some act that seems strange

DATE: \_\_\_/\_\_\_/\_\_\_

and unreasonably

## SOMATOFORM DISORDERS

Psychological disorders that take on a physical form but for which there is no medical cause.

### Hypochondriasis

A disorder in which people have a constant fear of illness and a preoccupation with their health.

It is not that ~~symptoms~~ symptoms are faked, rather, it is a misinterpretation of these sensations as evidence of some serious illness.

### Conversion Disorder

An actual physical disturbance such as the inability to use a sensory organ or the complete inability to move an arm or leg. Cause is purely psychological.

## DISSOCIATIVE DISORDERS

Mental health conditions that involve feelings of being detached from reality, being outside of your own body or experiencing memory loss (amnesia).

DATE: \_\_\_/\_\_\_/\_\_\_

### Dissociative Identity Disorder

A disorder in which a person displays characteristics of two or more distinct personalities.

### Dissociative Amnesia

A disorder in which a significant selective memory loss occurs.

### Dissociative Fugue:

A form of amnesia in which the individual leaves home and assumes a new identity.

### MOOD DISORDERS

A disturbance in ~~emotional~~ emotional experience that is strong enough to intrude on everyday living.

### Major Depression

A severe form of depression that interferes with concentration, decision making and sociability.

### Mania and Bipolar Disorder

Mania: An extended state of intense wild elation.

Bipolar Disorder: A disorder in which a person alternates between periods of euphoric feelings of mania and periods of depression.

DATE \_\_\_/\_\_\_/\_\_\_

## Causes of mood disorders

- some mood disorders clearly have genetic and biochemical roots. In fact, most evidence suggests that it is caused primarily by biological factors.
- Depression is sometimes a response to learned helplessness. Learned helplessness is a learned expectation that events in one's life are uncontrollable and that one cannot escape from the situation.

## SCHIZOPHRENIA

A class of disorders in which severe distortion of reality occurs.

## PERSONALITY DISORDERS

A disorder characterized by a set of inflexible, maladaptive behavior patterns that keep a person from functioning appropriately in society.

### Antisocial Personality Disorder

A disorder in which individuals show no regard for the moral and ethical rules of society or the rights of others.

### Borderline Personality Disorder

A disorder in which individuals have difficulty developing a secure sense of who they are

DATE: / /

## Narcissistic Personality Disorder

A personality disturbance characterized by an exaggerated sense of self importance.

## PSYCHOTHERAPEUTICS

Treatment in which a trained professional - a therapist - uses psychological techniques to help a person overcome psychological difficulties and disorders, resolve problems in living, and bring about personal growth.

## Psychoanalysis

Freudian psychology in which the goal is to reduce their power in controlling behavior.

They often use a technique called Free Association.

Tell patients to say aloud whatever comes to mind.

## Exposure Treatments

In which people are confronted, either suddenly or gradually with a stimulus they fear.

DATE: \_\_\_/\_\_\_/\_\_\_

## Dialectical Behavior Therapy

A form of treatment in which the focus is on getting people to accept who they are, regardless of whether it matches their ideal.

DATE: \_\_\_/\_\_\_/\_\_\_

Q3.

## PERCEPTION

Perception is the organization of sensory information. It is shaped by experience and higher mental processes.

Sensation	Perception
→ detection and encoding of stimuli	organization of information by stimuli
→ first stage of information processing	second stage of information processing
→ involves the five sensory organs	involves higher internal mental processing
→ building blocks of perception.	perception may lead to memory
→ involuntary and automatic process	voluntary and deliberate process.
→ involves mere seconds	takes time to process.