Chapter #14
Psychological Disorders

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Terms

- **Psychopathology** - Problematic patterns of thought, feeling, or behavior, that disrupt an individual's sense of well-being or social or occupational functioning.
- **Labeling theory** - the theory that psychiatric diagnosis is a way of labeling individuals a society considers deviant.
- **Neuroses** - Problems in living, such as phobias, chronic self-doubts, and repetitive interpersonal problems.
- **Personality disorders** - chronic and severe disorders that substantially inhibit the capacity to love and to work.
- **Psychoses** - gross disturbances involving a loss of touch with reality.
- **Etiology** - causes of a disorder.
- **Psychodynamic Formulation** - a set of hypotheses about the patient's personality structure and the meaning of symptom.
- **Cognitive-behavioral** - approach in clinical psychology in which practitioners integrate an understanding of classical and operant conditioning with a cognitive - social perspective.
- **Diathesis-stress model** - the model of psychopathology which proposes that people with an underlying vulnerability (also called a diathesis) may develop a disorder under stressful circumstances.
- **Systems approach** - an approach that explains an individual behavior in the context of a social group such as a couple family of larger group.
• **System** - a group with independent parts

• **Family systems model** - the model of psychopathology which suggests that an individual's symptoms are really symptoms of dysfunction in a family

• **Family homeostatic mechanisms** - methods members use to preserve equilibrium in a family

• **Family roles** - parts individuals play in repetitive family interaction patterns

• **Family boundaries** - in family systems theory, the physical and psychological limits of a family or system

• **Family alliances** - patterns of taking sides in family conflicts

• **Descriptive diagnosis** - a classification of mental disorders in terms of clinical syndromes

• **Multiaxial system of diagnosis** - the system used in DSM-IV that places mental disorders in their social and biological context, assessing the patient on five axes

• **ADHD** - a disorder characterized by age-inappropriate inattention, impulsiveness, and hyperactivity

• **Conduct disorder** - a childhood disorder in which a child persistently violates the right of others as well as social norms
Important People

David Rosenhan- came to the conclusion that some of the residents of this psychiatric hospital might be the same

Walter Mischel's- His theory of Personality states that an individual's behavior is influenced by two things- the specific attributes of a given situation and the manner in which he perceives the situation.

Thomas Szasz- proposed that mental illness is a myth used to make people conform to society's standards of normality

Harry Harlow- Harlow's research contributed a great to our understanding of the importance of caregiving, affection, and social relationships early in life.

Mary Ainsworth- developmental psychologist known for her work in the development of the attachment theory
Summary

- Attachment refers to an enduring emotional tie between child and caretaker.
- Attachment involves:
  - Desire of the child to be close to the caretaker.
  - A sense of security around the caretaker.
  - Feelings of distress when the caretaker is absent.
  - Early attachment theories noted that attachment usually is between mother and child and may reflect the impact of feeding of the child by the mother.
- Harlow's Studies of "Contact Comfort"
  - Infant monkeys were raised in isolation (to avoid disease) and were housed with artificial mothers. The infant monkeys could choose between a wire-mesh "monkey" that provided food or a "mother" covered in terry cloth that did not provide food. Harlow noted that the infants clung to the terry cloth mother as though "attached" to that mother. These results did not support the idea that attachment is based on feeding of the child by the mother.
- Origin and Functions of Attachment
  - Imprinting is the tendency of young animals to follow an animal to which they were exposed during a sensitive period. Bowlby argued that attachment resembles imprinting in that both keep an immature animal close to its caretaker.
  - More likely to be fed, protected from predators, and to be taught life skills.
  - Young are comforted by the caretaker and are distressed in its absence.
- Attachment Measurement via the Strange Situation experiment:
  - Mother leaves her child (12-18 months of age) alone in a room of toys.
  - A stranger enters the room for a while.
  - Mother rejoins her child.
  - Mary Ainsworth used this paradigm to assess attachment in the child.
  - Issue was the reaction of the child to the mother upon her leaving and return.
Attachment Patterns

The Strange Situation studies revealed 4 patterns of attachment:
- **Securely attached**: Child welcomes the return of the mother and seeks closeness to her.
- **Avoidant**: Child ignores the mother.
- **Ambivalently attached**: Child exhibits anger at the mother while seeking to be close to her.
- **Disorganized**: Child may approach the mother but gaze away from her, and may show odd motor behavior (rocking) and dazed facial expressions.

Determinants of Attachment

**Biological**: Separation from the caretaker results in distress.
- The neurotransmitter norepinephrine is increased in infants during separation.

**Environmental**: Refers to the sensitivity of the mother to her infant.
- Mother interacts with infant.
- Mother provides nurturance.
- Mother stimulates and encourages infant.

Adult Attachment

Researchers find evidence of childhood attachment patterns in adulthood:
- Secure attachment pattern is evident in 60% of adults.
- Avoidant pattern in 25% of adults.
- Anxious attachment is evident in 10% of adults.

Adult attachment patterns predict

- Whether people want to have children.
- The attachment pattern of their children.
- How people cope with stressful life events.
Social Cognition

Self-concept refers to an organized view of ourselves.

Methods of assessing self-concept in preverbal children:

Visual self-recognition test:

Place a spot of paint on the infants' nose and then show the infant their reflection in a mirror. If the infant reaches for their nose, the inference is that they recognize that the mirror is a reflection of their self. Visual self-recognition is evident by 15-24 months of age.

Moral Development

Morality refers to the rules that people use to balance the conflicting interests of themselves and others.

Kohlberg's views on moral reasoning:

Changes in moral reasoning reflect changes in cognitive structures.

Children actively construct their moral reality.

Moral development can be assessed using moral dilemmas ("Heinz and the druggist").
Erikson's Theory of Psychosocial Development

Basic trust vs. Mistrust
Autonomy vs. shame and doubt

Initiative vs. guilt

Industry vs. inferiority

Identity vs. identity confusion

Generativity vs. stagnation

Integrity vs. despair