

Psychological Disorder and Therapies.

1) Fill in the blanks:-

- 1) Abnormal Psychology is the branch of clinical psychology which deals with the nature and development of psychological disorder.
- 2) The following are the ~~criteria~~ criteria of abnormal behaviour, Deviation from cultural Norms, ~~Deviation~~ Deviation from statistical Norms, Maladaptiveness of Behaviour, & social maladjustment.
- 3) DSM-IV is a multi-axial classification system of mental disorders consists of five axes.
- 4) Disproportionate and irrational fear of specific object, event and situation is known as phobia.
- 5) Delusion refers to false beliefs which cannot be shaken in spite of clear contrary evidence.

2) Match the pairs.

- 1) Wolpe - Systematic Desensitization.
- 2) B.F. Skinner - Token Economy
- 3) Carl Rogers - Client centered Therapy.

4) Albert Ellis - Rational Emotive Therapy.

C) Ex. Write whether true or false:-

1) Abnormal psychology is the study of symptoms and treatment of psychological disorders.

Ans True.

2) DSM-IV is given by World Health Organization.

Ans False.

3) Systematic Desensitization Technique is proposed by Ellis.

Ans False.

4) Client Centered Therapy is proposed Maslow.

Ans False.

II) Explain in 25 to 30 words:-

1) DSM-IV -

Allen Frances chaired the task force that produced the fourth ~~edition~~ edition of the Diagnostic and Statistical Manual (DSM-IV) a project that lasted from its inception in 1988 through its publication in 1994 and involved the work of hundreds of mental health professionals.

The DSM system classifies disorders based on symptoms i.e. pattern of thoughts, emotions and behaviours. It adopts a multiaxial

system of diagnosis and not just symptom based. DSM-IV provides an ~~extreme~~ extensive list of subcategories under each of headings as well as a description of the symptoms that must be present for the diagnosis to be applicable.

2) Phobia -

A phobia is an intense, irrational and disproportionate fear of specific object or situation. The individual usually realizes that this fear is irrational but still feels anxiety. Examples are extreme fears of heights, closed spaces, snakes or spiders - provided that there is no objective danger accompanied by sufficient distress to disrupt one's life.

DSM-IV divides phobia into two broad categories :-

① Simple phobias -

A simple phobia is a fear of specific object, animal or situation. Irrational fears of snakes, germs, closed spaces and darkness are some examples.

② Social phobias -

People with social ~~problems~~ phobias feel extremely insecure in social situations and have an exaggerated fear of embarrassing themselves.

3) Depression-

Depression is an emotional state typically marked by great sadness, feelings of worthlessness and guilt, withdrawal from others and loss of sleep, appetite, sexual desire and interest, and pleasure in usual activities.

Depression is often associated with other psychological problems, such as panic attacks, substance abuse, sexual dysfunction, and personality disorders.

Depressive people cannot easily take in what they read and what other say to them. Conversation may also be slow they may speak slowly after long pauses using few words and a low monotonous voice. Many prefer to sit alone and remain silent; others are agitated and cannot sit still. They pace, wring their hands, continually sigh and moan or complain.

4) Schizophrenia-

Schizophrenia is a psychotic disorder characterized by major disturbances in thoughts, emotion and behaviour - disordered thinking; in which ideas are not logically related faulty perception and attention, flat or inappropriate affect and bizarre disturbances in motor activity. Patients with schizophrenia withdraw from people and often into a fantasy life of hallucinations and delusions.

The name is coined after the two Greek words schizo meaning 'split' and phren meaning 'mind'. Thus schizophrenia means split of mind or personality.

III Give psychological reasons:-

1) Abnormal behaviour is defined in terms of cultural and social norms.

Ans ① Every culture has certain standards or norms for acceptance behaviour, and behaviour that deviates markedly from those norms is considered abnormal.

② Proponents of a cultural relativist perspective argue that we should respect each culture's definitions of abnormality for the members of that culture.

③ By doing so we do not impose one culture's standards for behaviour on another.

2) Anxiety is the hallmark of many psychological disorders.

Ans ① Anxiety or uneasy, fearful feelings is the hallmark of many psychological disorders.

② The patient with generalized anxiety disorder frequently experiences anxiety, worry, fear, and apprehensions more intensely and long lasting than common people do.

③ They try to cope with tense feelings through ritualized behaviours, or thoughts that may reduce anxiety slightly or try to avoid.

situation that trigger anxiety.

- ① These people often think they have a serious medical disorder because of the 'symptoms' may include trembling, fatigue, breathlessness, insomnia, sweating, nervousness, chest pain etc.

3) Phobia is a type of anxiety disorder.

Ans ① A phobia is an intense, irrational and disproportionate fear of specific object or situation.

- ② The individual usually realizes that this fear is irrational but still feels anxiety.

- ③ Often they are afraid that they will betray their anxiety by such signs as hand tremors, blushing or quivering voice. These fears are usually unrealistic.

- ④ Fear of public speaking or of eating in public are the most common complaints of socially phobic individuals.

4) Depressive people are in a state of emotionality.

Ans ① Depression is an emotional state typically marked by great sadness, feelings of worthlessness and guilt, withdrawal from others.

- ② When depressed people confronted with a problem, its solution may not occur to them, depressed people may neglect personal hygiene and appearance and make numerous complaints and somatic symptoms with no apparent

physical basis.

- ③ They are completely without hopes and initiative; they may be apprehensive, anxious and despondent much of the time.

5) Schizophrenia is a psychotic disorder.

Ans ① Schizophrenia is a psychotic disorder characterized by major disturbances in thoughts, emotion and behaviour - disordered thinking, in which ideas are not logically related faulty perception and attention, flat or inappropriate affect and bizarre disturbances in motor activity.

② They suffer from delusions or false beliefs which cannot be shaken in spite of clear contrary evidence.

③ Prominent among delusions are ideas of reference in which patients believe that their thoughts, feelings or actions are being stolen or controlled by someone else or by some machines.

behaviour and behaviour that deviates markedly from the

IV Write short note on:

1) Explain in brief any two criteria of abnormal behaviour.

Ans A number of different types of criteria for deciding abnormality have been proposed:

① Deviation from statistical Norms -

Abnormal behaviour deviates statistically 'average or normal' behaviour. It describes as statistically difference is considered. Thus for eg. intelligence is very superior (130 and above) and deficit (below 70) will be considered abnormal.

② Personal distress -

The individuals subjective feeling of distress - their feelings of anxiety, depression or agitation or experiences such as insomnia, loss of appetite or numerous aches and pains.

2) Explain anxiety disorder.

Ans ① Anxiety an uneasy, fearful feelings is the hallmark of many psychological disorders.

② Anxiety is considered abnormal only when it occurs in situations that most people can handle with little difficulty.

③ Anxiety disorders include a group of disorders in which anxiety either the main

symptom or is experienced when the individual attempts to control certain maladaptive behaviour.

④ Earlier on, many psychologists described people who were suffering from anxiety disorders as 'neurotic'.

⑤ The current scheme of classification uses the clear and overt presence of marked anxiety as the criteria for including the different clusters of systems in the group of anxiety disorders.

3) Explain types of phobia.

Ans A phobia is an intense, irrational and disproportionate fear of specific object or situation. The individual usually realizes that this fear is irrational but still feels anxiety. DSM-IV divides phobia into two broad categories.

① Simple phobias -

A simple phobia is a fear of specific object, animal or situation. Irrational fears of snakes, germs, closed spaces and darkness are some examples.

② Social phobias -

People with social phobia feel extremely insecure in social situations and have an exaggerated fear of embarrassing themselves. Often they are afraid that they will betray their anxiety by such signs as hand tremors, blushing or quivering voice. These fears are usually unrealistic. Fear of public

speaking or of eating in public are the most common complaints of socially phobic individuals.

4) Explain client centered therapy.

Ans ① Client centered therapy, developed in the 1940's by Carl Rogers is based on the assumption that each individual is the best expert on himself or herself and that people are capable of working out solutions to their own problems.

② Rogers called attention to the discrepancies that develop between the way people perceive reality and the way actually is.

③ He noted that discrepancies often arise between peoples' 'ideal' selves and their imperfect 'real' selves.

④ In fact Rogers preferred the term facilitator to the therapist and he called the people he worked with clients rather than patients because he did not view emotional difficulties as indications of an illness to be cured.

⑤ The therapist facilitates the client's progress toward self insight by relating what the client's says about his or her needs and emotions.

⑥ This therapy creates a psychological climate in which a client can feel unconditionally accepted, understood and valued as a person.

⑦ This therapy is also called non-directive therapy because the therapist does not direct the course of therapy.

V Answer in 200 to 300 words :-

1) What is abnormality? Explain the classification of mental disorders.

Ans ① Abnormality is deviation from normality. Normal and abnormal are part of continuum for as there is no universal standard of abnormality.

② Most psychiatrists and clinical psychologists agree that abnormality is important aspects of modern life and people exhibiting abnormal behaviour should be diagnosed.

③ Each person's behaviour and emotional problems are unique, and no two individuals behave in exactly same manner or share the same life experiences.

④ However enough similarities exist for mental health professionals to classify cases into categories.

⑤ Currently two systems of classification is being used for classifying psychological disorders.

⑥ One is known as International Classification of Diseases (ICD) accepted by World Health Organization. It covers both ~~psy~~ physical and mental disorders and is used worldwide.

⑦ The classification system becoming increasingly popular is the Diagnostic and Statistical Manual of Mental Disorders devised by American Psychiatric Association.

2) Explain major psychological disorders.

Ans The major psychological disorders are as follows:

① Anxiety disorders-

Anxiety an uneasy, fearful feelings is the hallmark of many psychological disorders. Anxiety is considered abnormal only when it occurs in situations that most people can handle with little difficulty. Anxiety disorders include a group of disorders in which anxiety either the main symptom or is experienced when the individual attempts to control certain maladaptive behaviours.

② Phobia-

A phobia is an intense, irrational and disproportionate fear of specific object or situation. The individual usually realizes that this fear is irrational but still feels anxiety. Examples are extreme fear of heights, closed spaces, snakes or spiders-provided that there is no objective danger accompanied by sufficient distress to disrupt one's life.

③ Conversion disorder-

Conversion disorder is an important type of somatoform disorders. People with conversion disorder exhibit symptoms of deficits affecting voluntary motor or sensory function that suggests a medical condition. Psychological factors are judged to be associated with these symptoms as they appear without regard for the actual fact of anatomy and often lead to a stressful life experience.

④ Depression-

Depression is an emotional state typically marked by great sadness, feelings of worthlessness and guilt, withdrawal from others and loss of sleep, appetite, sexual desire and interest, and pleasure in usual activities. Depression is often associated with other psychological problems, such as panic attacks, substance abuse, sexual dysfunction, and personality disorders.

⑤ Schizophrenia:-

Schizophrenia is a psychotic disorder characterized by major disturbances in thought, emotion and behaviour - disordered thinking, in which ideas are not logically related faulty perception and attention, flat or inappropriate affect and bizarre disturbances in motor activity. Patients with schizophrenia withdraw from people and often into a fantasy life of hallucinations and delusions.

3) Explain various psychotherapeutic techniques of mental disorders.

Ans Psychotherapeutic attempts to remove or modify existing symptoms of maladaptive behaviour. It involves a confidential dynamic, therapeutic relationship between psychologists and client. Therapy includes three phases. eg Initial, middle and termination. The role of psychotherapy are to increase self awareness and modify habits and thinking pattern and facilitate

decision making.

① Behaviour therapy -

This therapy is based on the principal of conditioning. It is assumed that maladaptive behaviour involves learned ways of coping with stress and hence research on learning can be used to substitute more appropriate response for maladaptive ones.

Behaviour therapies include

① Token Economy -

It was devised by T.J. Ayllon and N.H. Azrin. It is a behaviour modification programme in which some socially desirable behaviour is reinforced with token. Token Economy is being system in which patients use tokens to purchase things. Token economics have been used in mental hospitals, classroom and sheltered workshops to encourage people to behave in more appropriate or adaptive ways. Three steps

① Designate the behaviour felt to be desirable and hence to be reinforced.

② A medium of exchange is established. A token may be a card or chip.

③ Besides that of reinforcers eg. A movie show, special food or picnic.

② Systematic desensitization -

It is used in the treatment of phobia and other anxiety related disorders developed by Joseph Wolpe.

It is based on simple assumptions that one cannot be both relaxed and anxious at the same time. Hence anxiety producing stimuli increasingly are presented while the patient is in relaxed state. Steps,

① Interview -

Initial interviews followed by administration of personality questionnaires are turned to discover the person's major source of anxiety.

② Training in relaxation -

First few sessions are developed to train the patient in relaxation. Using different relaxation techniques.

③ Construction of anxiety hierarchies -

A hierarchy of anxiety producing situations ranging from the least threatening to most extreme is prepared.

④ Desensitization sessions -

Patient is presented with or asked to visualize the least anxiety producing items, while he/she is in relaxed state. This is followed by the next most disturbing stimulus on the hierarchy and so on up to the highest level of anxiety producing stimulus. This continues till the patient is able to visualize anxiety at the highest level of anxiety.

⑤ Cognitive Therapy -

Cognitive Therapy is a general term for treatment ~~de~~ methods developed by Aaron Beck that not only uses behaviour modification techniques but also incorporates procedures designed to change maladaptive beliefs. It is most widely used in cases of depression.

③ Humanistic Therapy-

Humanistic perspective was developed Carl Rogers and Abraham Maslow. These therapies places special emphasis on sharpening the individuals self awareness and self acceptance.

VI] Enter's :-

1) What is abnormality?

Ans Abnormality is deviation from normality. Normal and abnormal are part of continuum for as there is no universal standard of abnormality.

Abnormality means/refers to cognitive, emotional or behavioural dysfunction, associatively personal distress or substantial impairment in day to day functioning. Thus abnormal behaviour is deviate, maladaptive and causes stress. It is some unpredictable behaviour that may be harmful to self or to others.

2) Explain in brief the criteria of abnormal behaviour

Ans ① Deviation from statistical Norms -

Abnormal behaviour deviates statistically "average/normal" behaviour. It describes as statistically difference is considered. Thus eg. intelligence is very superior and deficit will be considered abnormal.

② Maladaptiveness of Behaviour -

According to this criteria behaviour is abnormal if it is maladaptive i.e., if it has adverse effect on the individual or society. Some kind of the deviant behaviour interfere with the welfare of the individual and on society eg. aggressive behaviour.