

Summary

**WHAT ARE MENTAL DISORDERS?**

p.236

- A mental disorder is a disturbance that impairs a person's ability to form social and occupational relationships, involves serious, prolonged distress, and is viewed by mental health professionals as harmful, deviant, and dysfunctional.
- Mental disorders may vary across cultures.

**WHAT ARE THE POSSIBLE CAUSES OF MENTAL DISORDERS?** p.239

- Irreversible brain damage can cause psychological damage. Degenerative memory diseases such as Alzheimer's occur due to neuron deterioration in the brain.
- Predisposing factors such as genetics, birth defects, and toxins such as alcohol make individuals susceptible to particular psychological disorders.
- Environmental influences can trigger mental disorders in individuals who are biologically predisposed to develop those disorders.

**WHAT ARE THE MAJOR TYPES OF MENTAL DISORDERS, AND WHAT ARE THEIR CHARACTERISTICS?**

p.240

- Anxiety disorders are characterized by persistent, often unidentifiable feelings of anxiety. Generalized anxiety disorder, phobias, panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder are all types of anxiety disorders.
- Mood disorders come in two main forms: depressive disorders, characterized by long, extreme periods of depression, and bipolar disorders, characterized by alternating episodes of depression and mania. Major depressive disorder, dysthymia, and seasonal affective disorder are all types of clinical depression.
- Schizophrenia is often characterized by delusions, hallucinations, and disorganized or catatonic behavior.
- Personality disorders are characterized by rigid, abnormal patterns of behavior that affect normal social functioning. There are three types of personality disorders: odd/eccentric, dramatic/erratic, and anxious/inhibited.
- Dissociative disorders cause a sudden loss in memory or change of personality. Dissociative amnesia, dissociative fugue, and dissociative identity disorder are types of dissociative disorders.
- Somatoform disorders, including somatization disorder and conversion disorder, are characterized by physical symptoms without an identifiable cause.
- Childhood disorders are characteristic of children or first evident in childhood. Prevalent childhood disorders include ADHD, autism, and Asperger Syndrome.

Test Your Understanding

- When Sara visits a mental health expert, the clinician asks her a lot of questions about her family medical history. Sara is then given an MRI scan. Which approach to psychopathology is the clinician most likely using?
 - a cognitive approach
 - a biological approach
 - a psychoanalytic approach
 - a behavioral approach
- Tomas has a family history of substance abuse, although Tomas himself has never used drugs. When Tomas's father dies suddenly, Tomas tries cocaine for the first time and quickly becomes addicted. The death of Tomas's father is a:
 - perpetuating cause
 - predisposing cause
 - precipitating cause
 - psychoanalytic cause
- A person with an irrational fear of heights is suffering from:
 - a social phobia
 - agoraphobia
 - panic disorder
 - a specific phobia
- Which type of schizophrenic is most likely to suffer from delusions of persecution?
 - disorganized
 - catatonic
 - paranoid
 - residual
- Priyanka constantly worries that she has left her car unlocked. She wakes up several times in the night and checks that her car is secure. Priyanka's constant checking of the car is:
 - a compulsion
 - an obsession
 - a phobia
 - a panic disorder
- Dave has little regard for the feelings of others and considers himself to be extremely important. He craves the admiration and respect of the people he works with. Dave is most likely suffering from:
 - histrionic personality disorder
 - avoidant personality disorder

- c. narcissistic personality disorder
d. antisocial personality disorder
7. Which of the following causes some people with panic disorder to develop agoraphobia?
a. a need to be able to sit down quickly
b. a fear of having a panic attack in a public place
c. a desire to seek medical treatment
d. an inability to walk long distances
8. Hannah is married and has a good job. Recently, she has lost her appetite and is having difficulty sleeping. She is unable to concentrate at work and constantly feels guilty for no apparent reason. Despite taking part in regular activities, Hannah no longer enjoys anything she does and spends long periods of time lying in bed. Hannah is most likely suffering from:
a. generalized anxiety disorder
b. bipolar disorder
c. histrionic personality disorder
d. clinical depression
9. Which of the following statements about schizophrenia is true?
a. People with schizophrenia are typically able to memorize lots of facts and figures.
b. People with schizophrenia usually have decreased levels of dopamine in their brains.
c. People with schizophrenia often show symptoms of having more than one personality.
d. People with schizophrenia often have abnormal brain structures, including low activity in the frontal lobes.
10. According to the diathesis-stress hypothesis, people who are genetically disposed to a particular mental disorder will:
a. inevitably develop the disorder
b. develop the disorder if a sibling has it
c. develop the disorder if they are exposed to environmental or emotional strain
d. develop the disorder if their mother contracted rubella or influenza during pregnancy
11. Ty is a 7-year-old boy who is having problems at school. He constantly fidgets, moves around the classroom, and interrupts the teacher. Ty would most likely be treated with:
a. stimulant drugs
b. antipsychotic drugs
c. antidepressant drugs
d. mood-stabilizing drugs
12. Which psychological approach posits that abnormal behavior is caused by negative thought processes?
a. the biological approach
b. the behavioral approach
c. the cognitive approach
d. the psychoanalytic approach
13. Which of the following statements about antisocial personality disorder is true?
a. A person with antisocial personality disorder typically displays a lack of conscience.
b. Males and females are diagnosed with antisocial personality disorder at equal rates.
c. Violent criminals with antisocial personality disorder have more frontal lobe tissue in their brains than normal.
- d. Symptoms of antisocial personality disorder include excessive emotionality, the use of manipulation, and sexually provocative behavior.
14. People who suffer from generalized anxiety disorder are also likely to develop which of the following disorders?
a. bipolar disorder
b. schizophrenia
c. histrionic personality disorder
d. major depressive disorder
15. A decrease in the hormone serotonin is believed to create the biological conditions for which of the following disorders?
a. conversion disorder
b. seasonal affective disorder
c. schizophrenia
d. autism
16. Tania is painfully shy and believes that she is not worthy of having friends. She feels awkward in social situations and fears that if she tries to talk to people they will laugh at her or tell her to go away. Tania is most likely suffering from:
a. dependent personality disorder
b. antisocial personality disorder
c. borderline personality disorder
d. avoidant personality disorder
17. Etsuko suffers from both generalized anxiety disorder and depression. Etsuko's doctor would likely describe her conditions as:
a. dual diagnosis
b. comorbid
c. double depression
d. dissociative
18. Which of the following symptoms is most likely to indicate that a person is suffering from schizotypal personality disorder?
a. a belief in clairvoyance
b. excessive spending
c. an inflated sense of self-importance
d. obsessive neatness
19. Fadna, a woman from Darfur, witnesses a brutal massacre. After she escapes, Fadna realizes that she has gone blind. Doctors, however, are unable to find anything physically wrong with her eyes. Fadna is most likely suffering from:
a. somatization disorder
b. conversion disorder
c. dissociative fugue
d. dissociative amnesia
20. A child with Asperger syndrome is most likely to display:
a. above-average physical abilities
b. below-average intelligence
c. impaired cognitive abilities
d. impaired social development
- Remember to check www.thethinkspot.com for additional information, downloadable flashcards, and other helpful resources.**

Answers: 1) b; 2) c; 3) d; 4) c; 5) a; 6) c; 7) b; 8) d; 9) d; 10) c; 11) a; 12) c; 13) a; 14) d; 15) b; 16) d; 17) b; 18) a; 19) b; 20) d