

TOPIC: DEFINING PSYCHOLOGICAL DISORDERS

Defining Psychological Disorders

◆ **Psychological (Mental) Disorder:** Significant disturbance in cognition, emotion, or behavior that leads to - _____ and/or impairment in functioning.

◆ A behavior or thought is considered 'disordered' when it is:

Maladaptive	Disturbing	Atypical
Destructive (physically, emotionally, _____, occupationally, etc.) to the person or others.	It is _____ or even dangerous to the person and/or others around them.	Goes against typical behavior (within _____ context) or developmental norms.

◆ We diagnose psychological disorders by examining symptoms that occur within a set _____ frame.

Note: There is no single, universally agreed upon definition or criteria for what constitutes a psychological disorder.

EXAMPLE

What are the criteria that are generally used to determine if a behavior/thought is disordered?

- I. The behavior/thought is maladaptive to the person.
- II. The behavior/thought is disturbing or upsetting to the person.
- III. The behavior/thought is typical within the cultural context.

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- a) I & II. b) II & III. c) I & III. d) I, II, & III.

PRACTICE

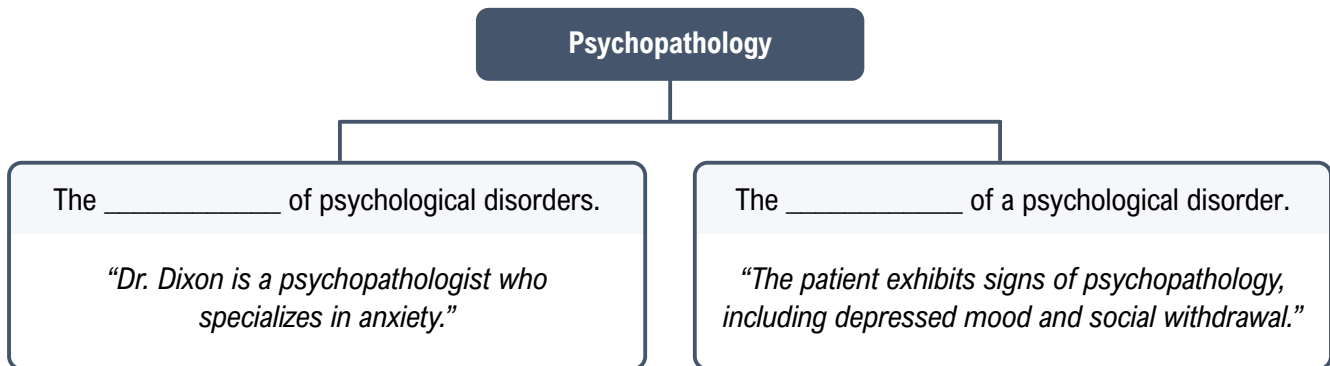
True or False: if false, choose the answer that best corrects the statement.

Psychological disorders are significant disruptions in cognition, emotion, and behavior that lead to impaired function and/or distress.

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- a) True.
b) False, psychological disorders must be significant and permanent.
c) False, psychological disorders do not necessarily lead to distress or impairment of function.
d) False, psychological disorders rarely involve disruptions in behavior.

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Clarifying Terminology



- ◆ **Symptom:** Behaviors, thoughts, and emotions that may indicate the presence of a _____.
 - Can be subjectively reported or objectively observed.
 - Note: Having symptoms of a disorder does _____ necessarily mean a person meets diagnostic criteria.
- ◆ **Diagnosis:** A determination by a _____ as to whether a disorder is present.

EXAMPLE

Match the terms in the box to the definitions provided. Some terms may be used more than once.

I) The presence of a psychological disorder	
II) A professional determination of whether a disorder is present	
III) The study of psychological disorders	
IV) Behaviors, thoughts, and emotions that indicate a disorder	

- a) Psychopathology
- b) Symptom
- c) Diagnosis

PRACTICE

While reading her psychology textbook, Andrea noticed that she sometimes experiences the symptoms of generalized anxiety disorder. Does Andrea qualify for a diagnosis?

- a) Yes definitely, because her symptoms indicate the presence of a disorder.
- b) Yes definitely, because she is using a reputable source to get information.
- c) Not necessarily, because getting a diagnosis requires analytical blood testing.
- d) Not necessarily, because having symptoms does not necessarily mean you meet the diagnostic criteria.

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Diagnostic Manuals

- ◆ Psychologists and researchers need _____ & unified diagnostic criteria.

_____ : Diagnostic and Statistical Manual of Mental Disorders

- First released in 1952 - has undergone multiple _____.
- **Publisher:** American Psychiatric Association.
- Provides _____ criteria, typical age of onset, predisposing factors, sex ratio, and cultural considerations.
- More popular in the _____.
- Used primarily in clinical and research settings.

ICD-11: International Classification of Diseases

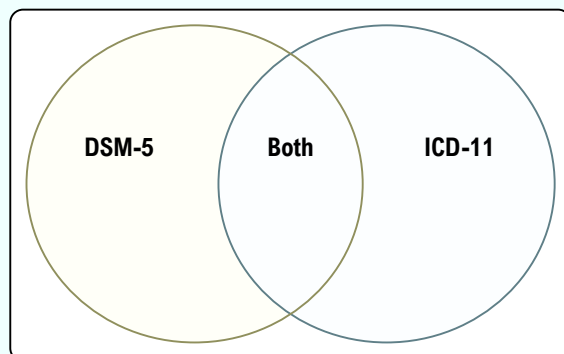
- First released in 1948 - has undergone multiple revisions.
- **Publisher:** World _____ Organization.
- Classification system for _____ diseases, not just psychological disorders.
- More popular _____.
- Used primarily for _____ and tracking incidence rates and morbidity.

- ◆ **Pros:** Allows for tracking of disorders & consistent diagnostic measures.
- ◆ **Cons:** Only as good as our current _____ - and we're still learning!

Note: All content in this course is based on DSM diagnostic criteria.

EXAMPLE

For each statement in the box below, determine whether it describes the DSM-5 or the ICD-11 and place it in the correct spot of the Venn Diagram.



- Used by insurance companies to label conditions.
- Published by the American Psychiatric Association.
- Provides criteria for diagnosing and classifying disorders.
- More popular in the United States.
- Helps researchers and clinicians have a common understanding of conditions.

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PRACTICE

What does the “5” stand for in DSM-5?

- a) It describes the five categories of mental illness covered in the manual.
- b) It is the edition number since the manual is continually revised and updated.
- c) It foreshadows the five criteria given for each disorder: name, age, prevalence, symptoms, & treatment.
- d) It denotes that this edition of the DSM was released in 2005.

PRACTICE

Which of the following is the **primary** aim of the DSM-5?

- a) To provide disease descriptions for insurance companies to assess payment and keep accurate records.
- b) To give descriptions of all types of illnesses.
- c) To set the standard of what is normal and what is abnormal.
- d) To provide diagnostic categories for mental disorders for clinicians and researchers.