

Psychological Illness

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Outline

- Psychological Disorders: A General Outlook
- Anxiety Disorders
- Somatoform Disorders
- Dissociative Disorders
- Mood Disorders
- Schizophrenic Disorders
- Personality Disorders

Psychological Disorders: A General Outlook

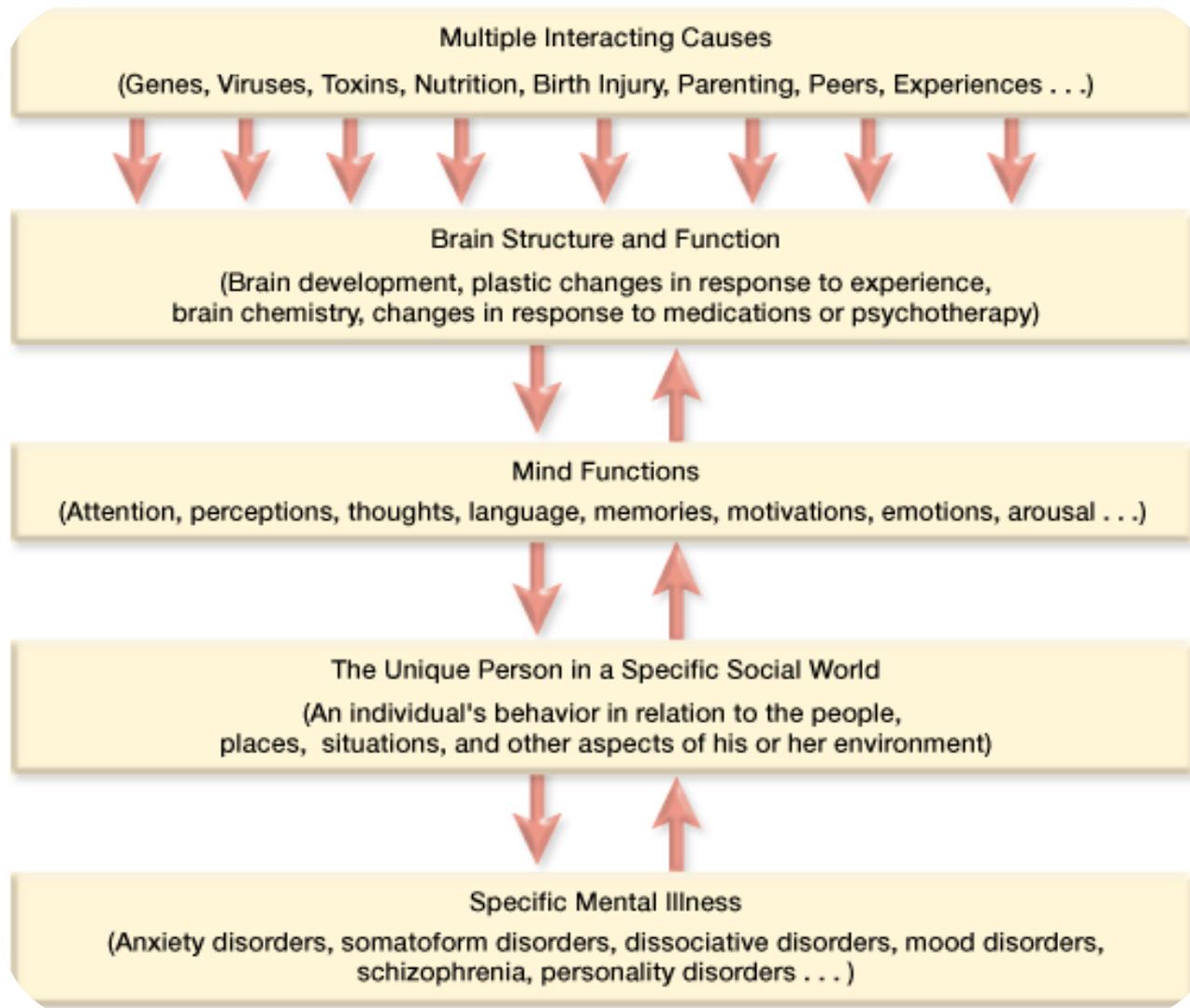
Defining: Normal & Abnormal

- **Psychological Disorder**
 - A condition in which a person's thoughts, feelings, or behavior is judged to be dysfunctional
- **Three necessary conditions**
 - The person experiences significant pain or distress.
 - The source of the problem resides in the person.
 - The problem is not a deliberate reaction to conditions, such as poverty, government policy, or other conflicts with society.

Models of Abnormality

- **Medical Model**
 - The perspective that mental disorders are caused by biological conditions and can be treated through medical intervention
- **Psychological Model**
 - The perspective that mental disorders are caused and maintained by one's life experiences
- **Sociocultural Model**
 - The perspective that psychological disorders are influenced by cultural factors

“Synthetic Model” of Mental Illness



Diagnosis: A Necessary Step

- Diagnosis
 - The process of identifying and grouping mental disorders with similar symptoms
- DSM-IV
 - Acronym for the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (4th Edition)

Anxiety Disorders

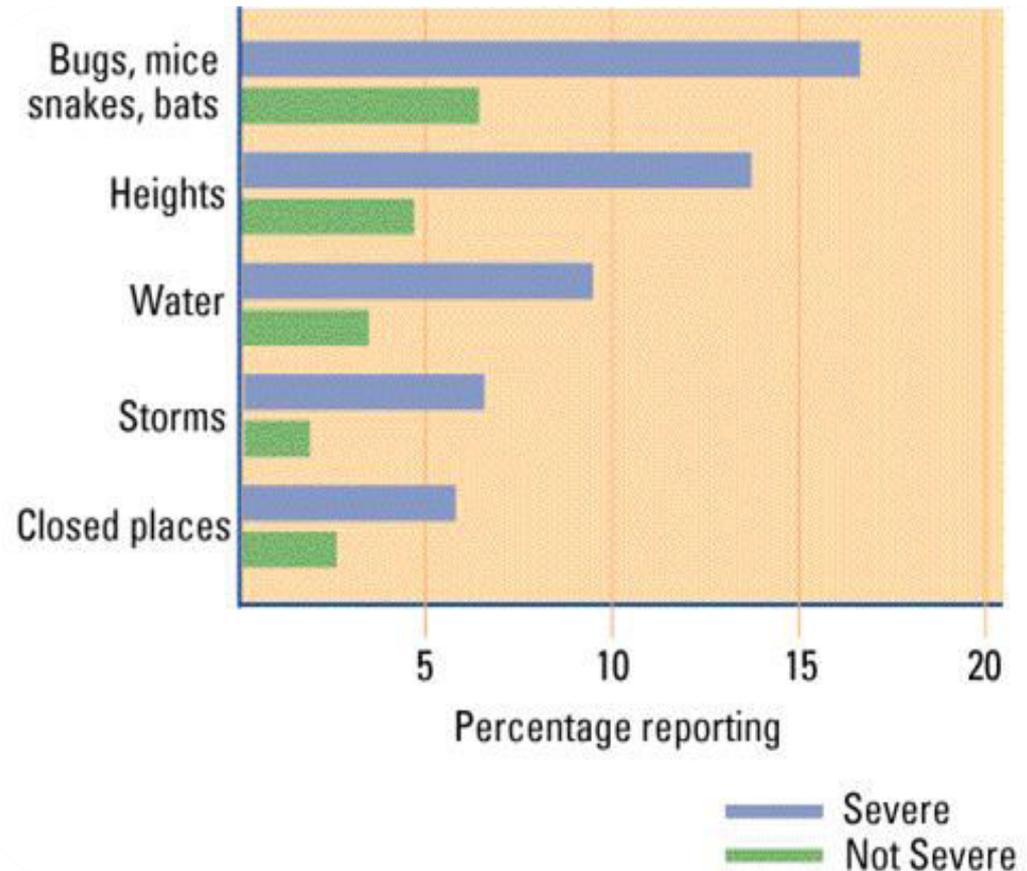
Anxiety Disorders

- **Generalized Anxiety Disorder**
 - Characterized by a constant state of anxiety not linked to an identifiable source
- **Panic Disorder**
 - Characterized by sudden and intense rushes of anxiety without an apparent reason
- **Phobic Disorder**
 - Characterized by intense and irrational fear
- **Obsessive-Compulsive Disorder**
 - Defined by persistent thoughts and the need to perform repetitive acts

Frequency of the Most Prevalent Simple Phobias

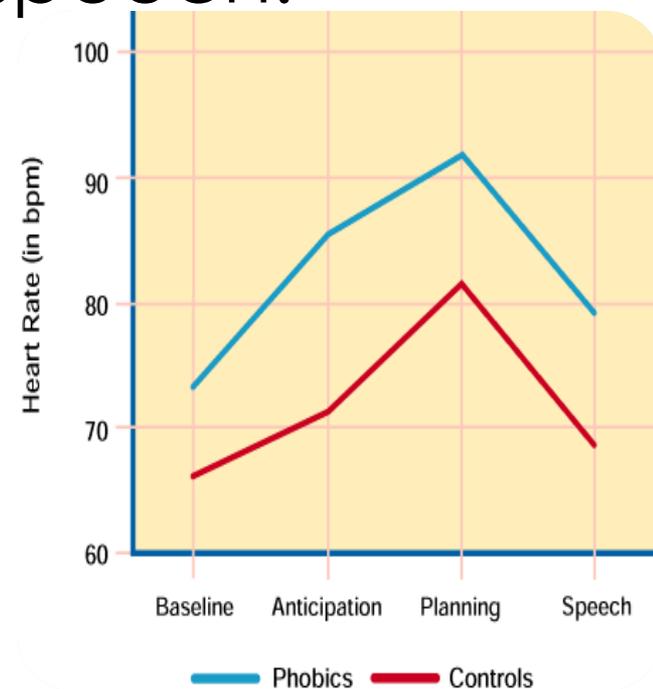
- a simple phobia is an intense, irrational fear of a specific object or situation.

Arachnophobia
Altophobia
Hydrophobia
Claustrophobia



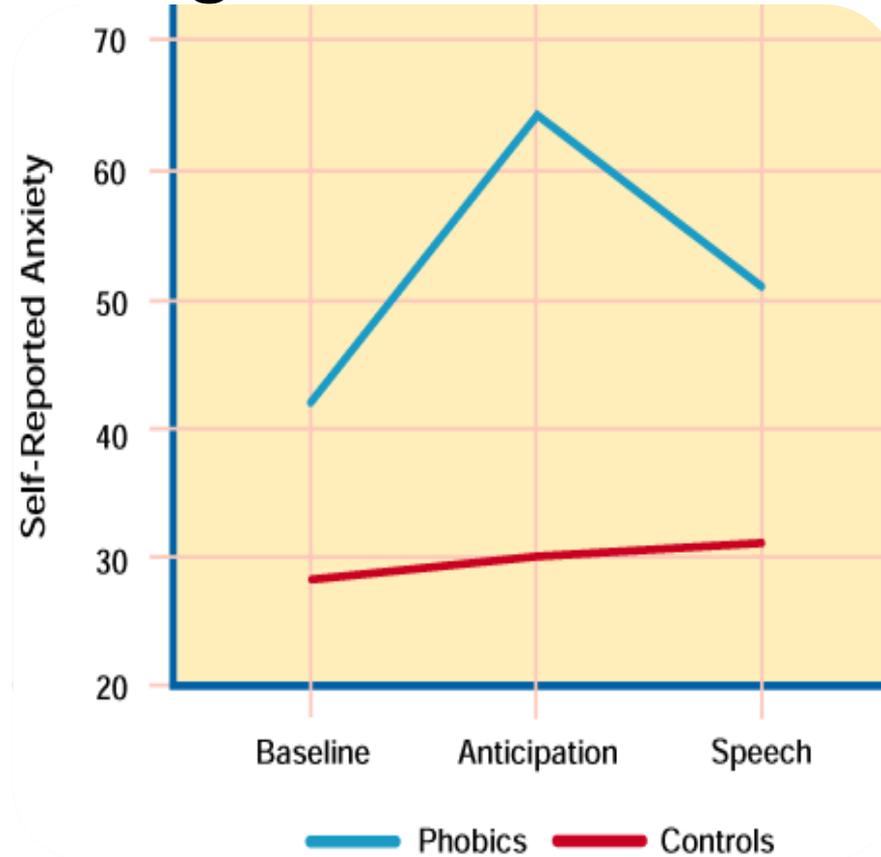
Reactions of People with Social Phobias

- Social Phobia
 - An intense fear of situations that invite public scrutiny
- **Experiment:** Socially phobic and non-phobic adults prepared a speech.
 - Both groups showed increased heart rate in anticipation of the speech.
 - The socially phobic had a **higher** heart rate than non-phobic



Reactions of People with Social Phobias

- However, only those with social phobia reported feeling more anxious.



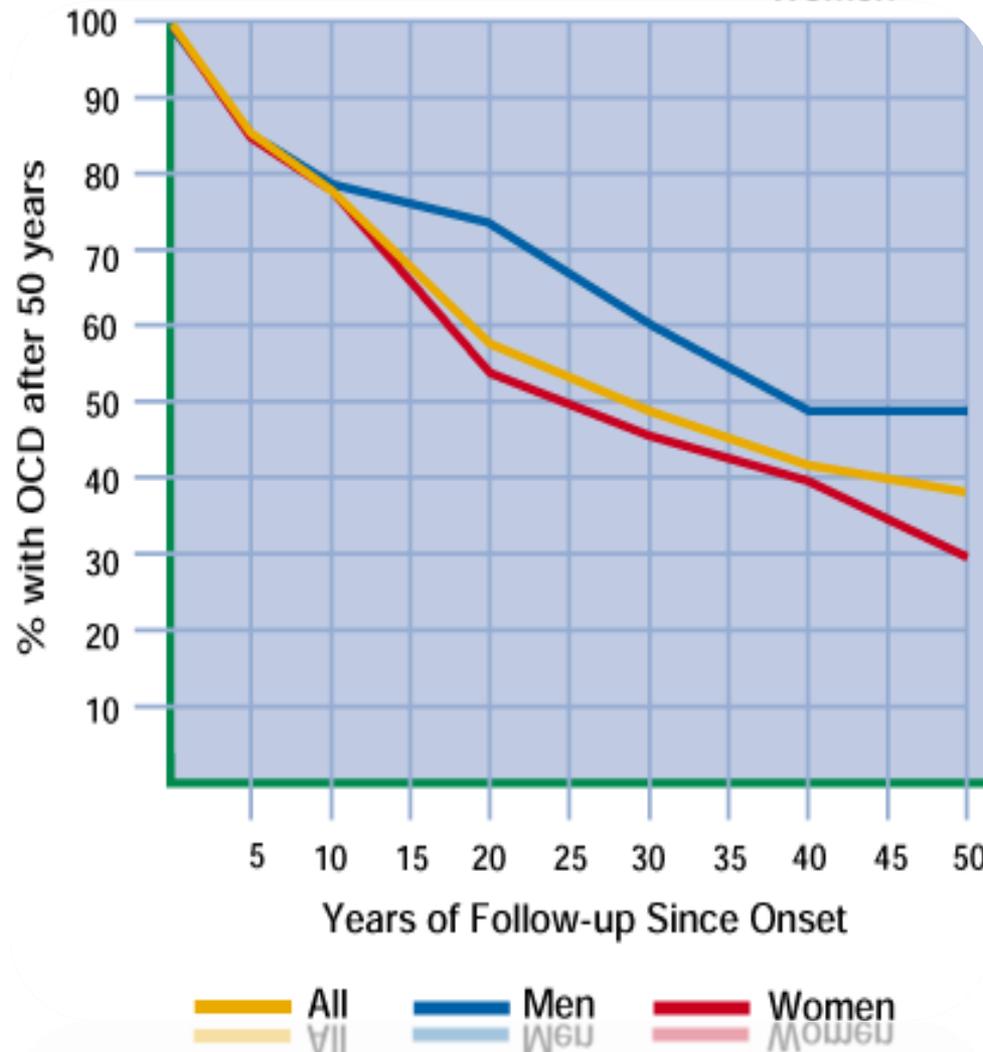
Obsessive–compulsive disorder (OCD)

- is an anxiety disorder characterized by intrusive thoughts that produce uneasiness, apprehension, fear, or worry, by repetitive behaviors aimed at reducing anxiety, or by a combination of such thoughts (obsessions) and behaviors (compulsions)

What Happens to People with OCD

- A study of untreated OCD patients found that about 66% improved after 10 years.
- And, 80% improved within 40 years.
- However, very few became symptom-free and some became worse.

What Happens to People with OCD



Cultural Influences on Anxiety Disorders

- Three findings from cross-cultural comparisons are:
 - *Anxiety* is universal and is exhibited by the same bodily reactions.
 - Culture influences the cognitive component of anxiety, i.e., what people worry about and their beliefs about the causes of it.
 - Treatment needs to acknowledge cultural diversity.

Somatoform Disorders

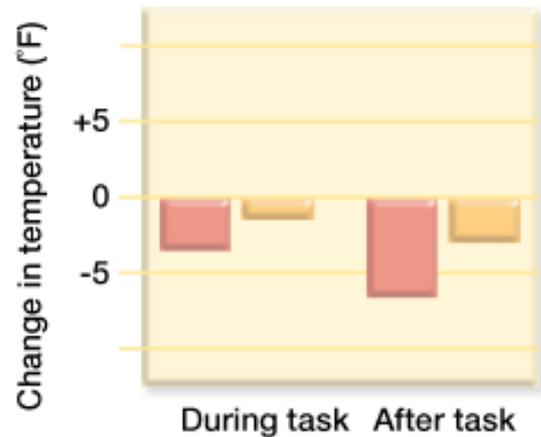
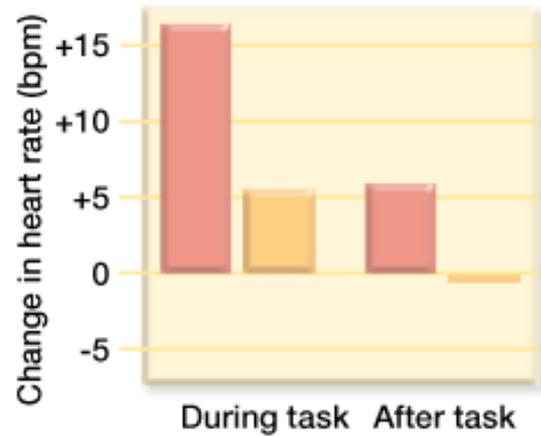
Somatoform Disorders

- Somatoform Disorder
 - Mental disorder in which a person experiences bodily symptoms that are psychological rather than medical in nature
- Hypochondriasis
 - A disorder characterized by an unwarranted preoccupation with one's physical health
- Conversion Disorder
 - A disorder in which a person temporarily loses a bodily function in the absence of a physical cause

Sensitivity in People with Hypochondriasis

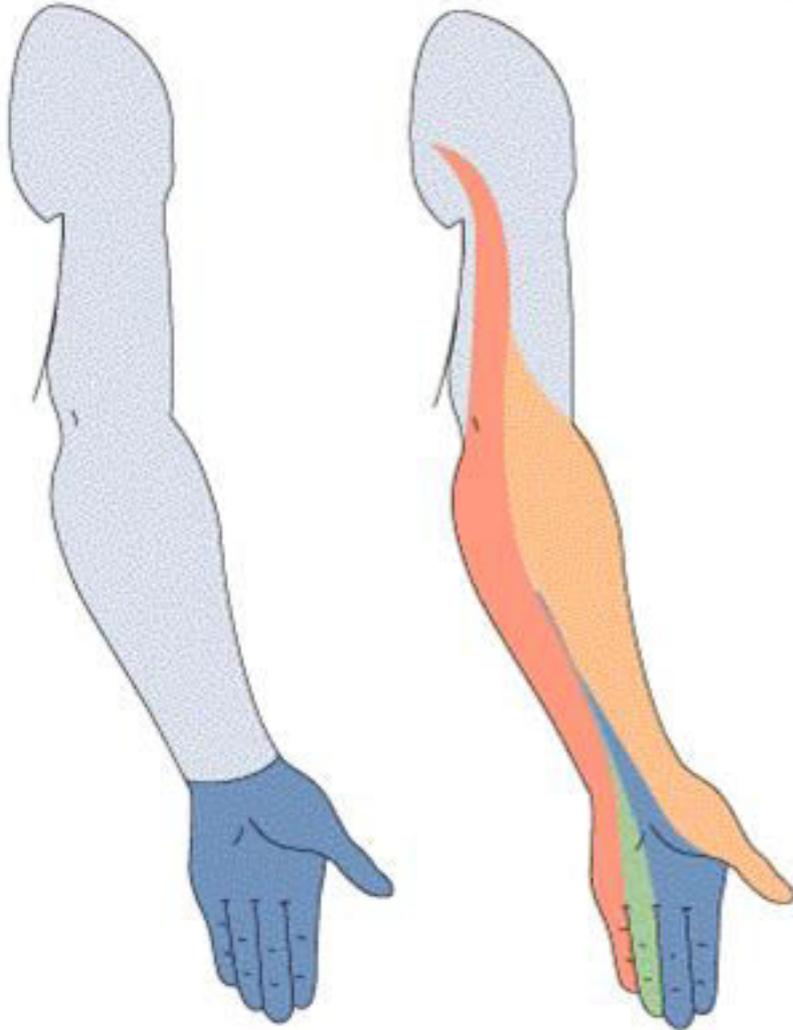
- **Experiment:** Both hypochondriacs and controls put their foot into tub of ice water.
 - Heart rate and hand temperature were recorded.
- Hypochondriacs
 - removed their foot sooner
 - rated cold as more unpleasant
- Hypochondriacs show more physiological reactivity to stimulation.

Sensitivity in People with Hypochondriasis



Legend:
■ Hypochondriacs
■ Control participants

Glove Anesthesia: A Conversion Disorder



In “Glove Anesthesia” (shown), the person reports numbness in the hand but sensation in the arm.

However, four different nerve tracts provide sensation to both the hand and lower arm.

**The physical symptoms
do not match the
physiological reality.**

Dissociative Disorders

Dissociative Disorders

- **Amnesia**
 - A dissociative disorder involving a partial or complete loss of memory
- **Fugue State**
 - A form of amnesia in which a person “forgets” his or her identity, wanders from home, and starts a new life
- **Dissociative Identity Disorder (DID):**
 - A condition in which an individual develops two or more distinct identities
 - Formerly known as “**Multiple Personality Disorder.**”

Mood Disorders

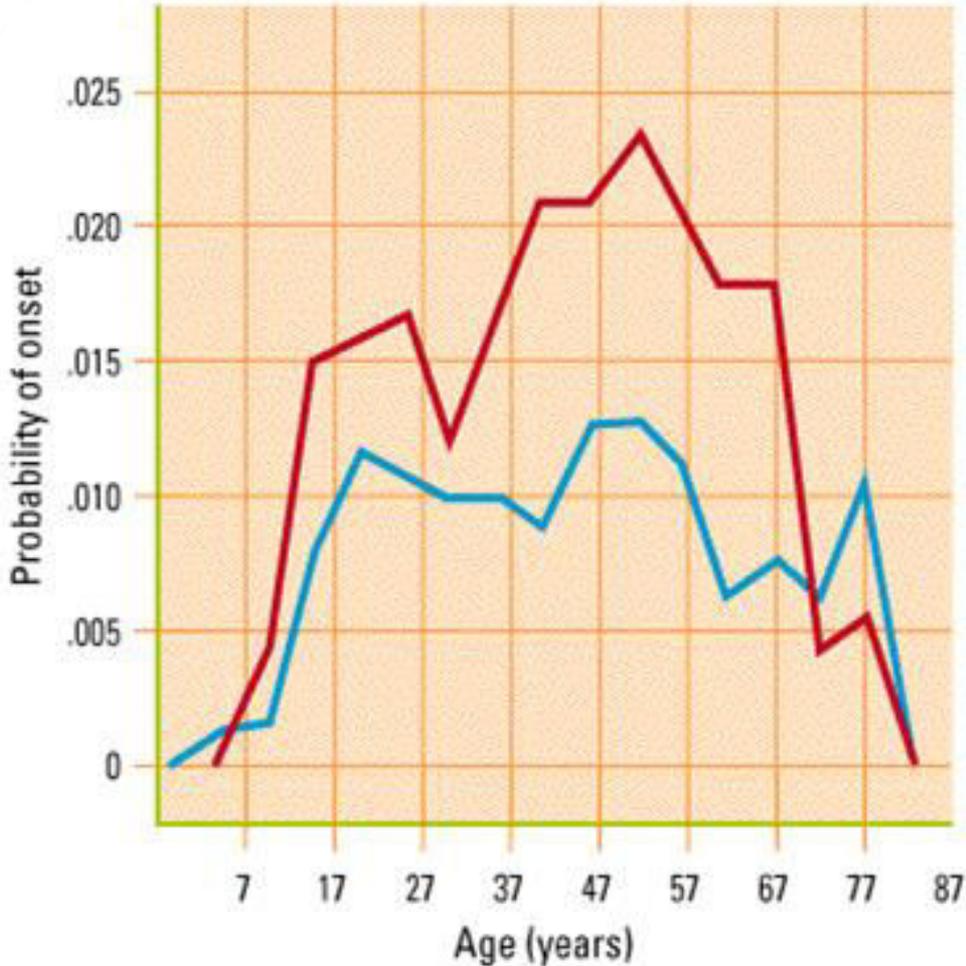
Mood Disorders

- Depression
 - Characterized by sadness, despair, feelings of worthlessness, and low self-esteem
 - Depression is universal.
 - Depression rates are on the rise.
 - Women are twice as likely to seek treatment for it.
 - Some people get depressed on a seasonal basis.
 - Depressive episodes often last only a few weeks.

Depression: Ages of First Onset

- Depression is seldom identified before adolescence.
- Rates of depression increase through adulthood.
- It is most commonly diagnosed in middle age.
- First onset of depression is rare among the elderly.

Depression: Ages of First Onset



— Females
— Males

— W9162

Depression 101

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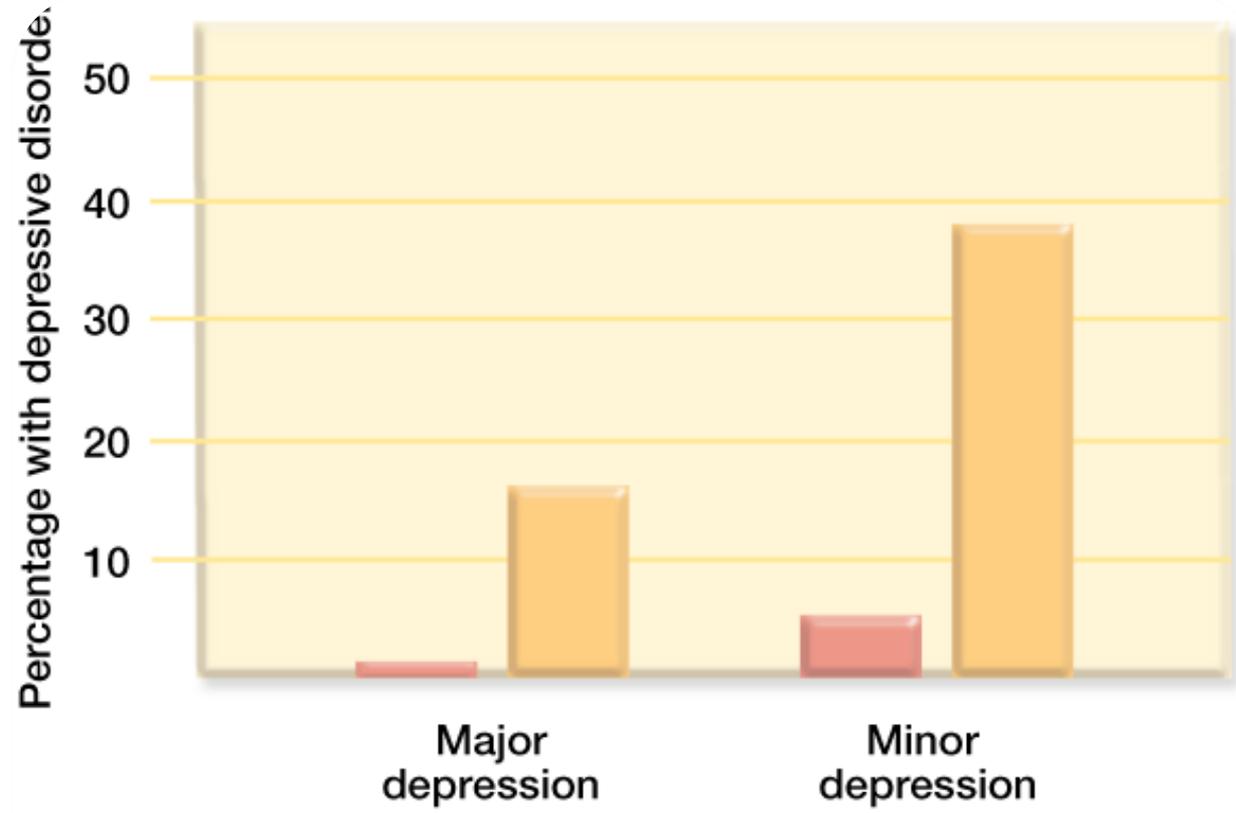
Theories of Depression

Explanatory Styles & Depression

- Explanatory styles among first-year college students were assessed.
- Two years later, those with a negative style (tendency to attribute negative events to factors that are internal, stable, and global) were more likely to experience a major or minor depressive disorder.

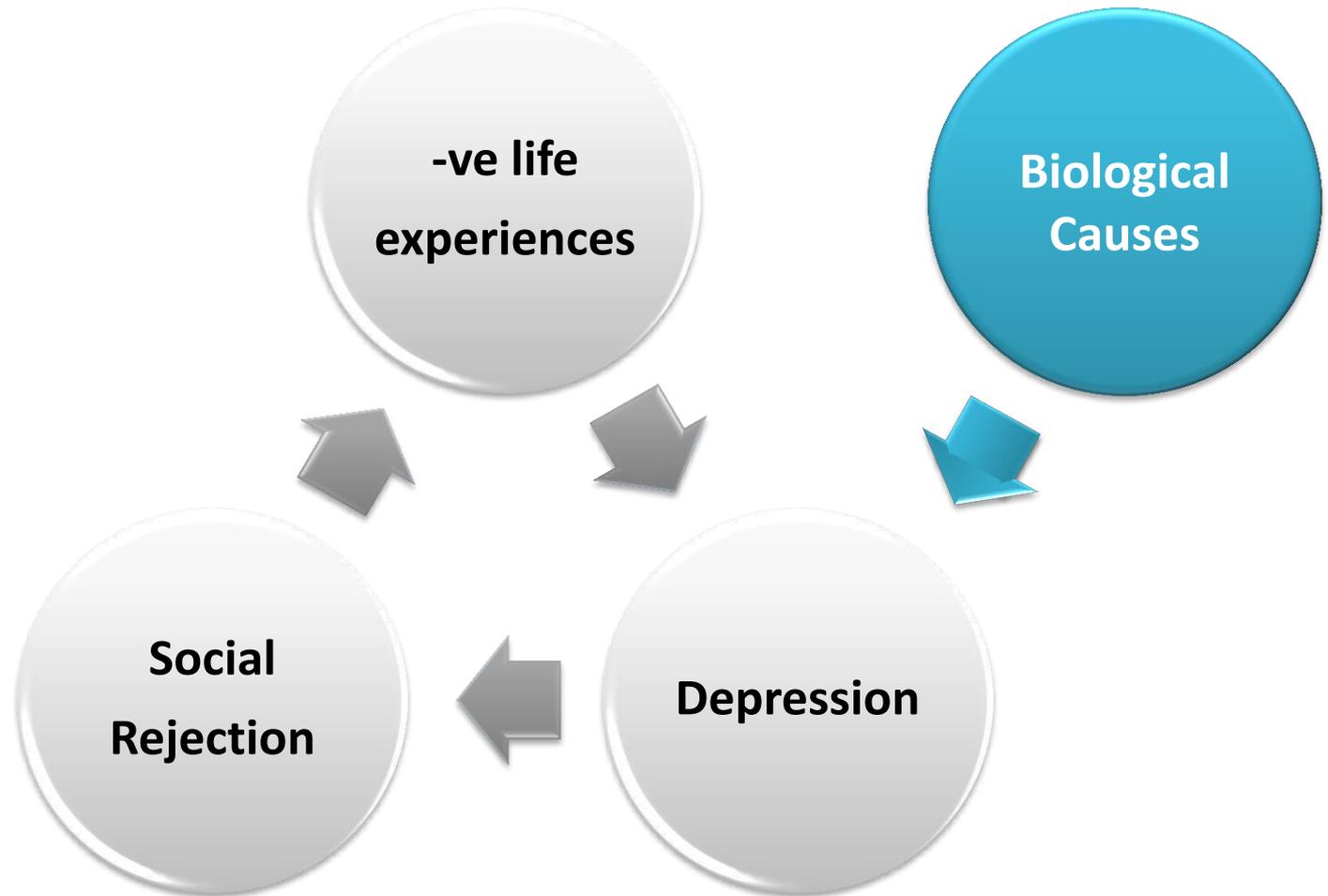
Theories of Depression

Explanatory Styles & Depression



- Positive explanatory style
- Negative explanatory style
- Negative explanatory style
- Positive explanatory style

The Vicious Cycle of Depression



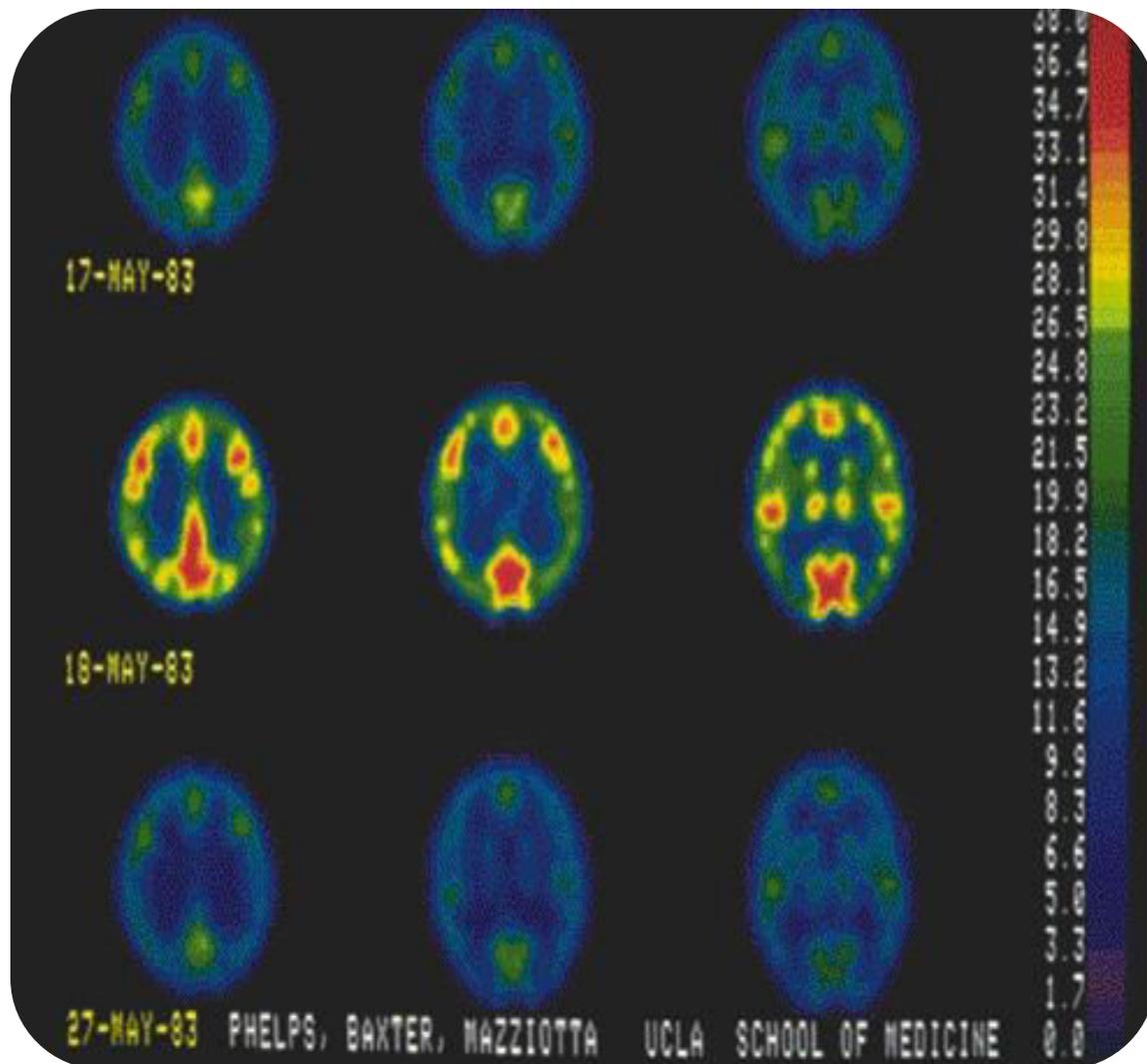
Suicide: The Ultimate “Solution”

- Roughly one million people worldwide commit suicide each year.
- Women are three times more likely to attempt suicide but men are four times more successful.
- About 75% of suicides are committed by people who suffered from depression.
- The single best predictor is a sense of hopelessness.

Brain Activity in Bipolar Disorder

- Bipolar disorder
 - A rare mood disorder characterized by wild fluctuations from mania to depression
- These are fluctuations in brain activity from depression (top), to mania (middle), and back to depression (bottom) in someone with bipolar disorder.

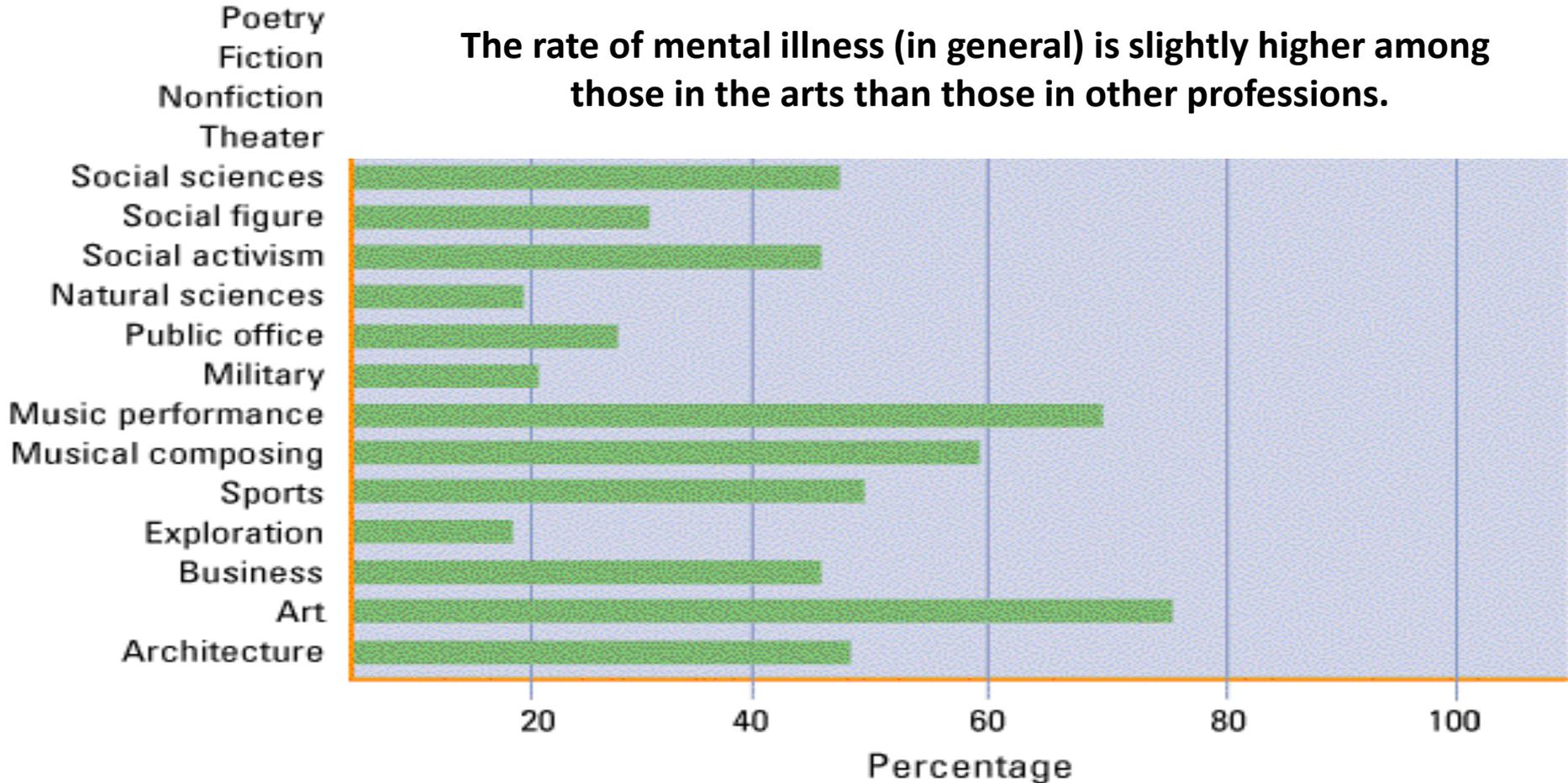
Brain Activity in Bipolar Disorder



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Is There a Connection between Creativity and Mental Illness?

The rate of mental illness (in general) is slightly higher among those in the arts than those in other professions.



Schizophrenic Disorders

Schizophrenic Disorders

- Disorders involving gross distortions of thoughts and perceptions and by loss of contact with reality

The Symptoms of Schizophrenia

- Incoherent Thinking
- Delusions
 - False beliefs
- Hallucinations
 - Sensory experiences that occur in the absence of actual stimulation
- Disturbance of Affect
- Bizarre Behavior

Positive & Negative Symptoms

- **Positive** Symptoms include cognitive, emotional, and behavioral excesses.
- Examples of positive symptoms are hallucinations, delusions, thought disorders, and bizarre behaviors.
- **Negative** symptoms include cognitive, emotional, and behavioral deficits.
- Examples of negative symptoms are apathy, flattened affect, social withdrawal, inattention, and slowed speech or no speech.

Genetic Relationships and Schizophrenia

Relationship	Genetic relatedness	Risk
Identical twins	100%	48%
Offspring of two schizophrenic parents	100%	46%
Fraternal twins	50%	17%
Offspring of one schizophrenic parent	50%	17%
Sibling	50%	9%
Nephew or niece	25%	4%
Spouse	0%	2%
Unrelated person	0%	1%

The risk of developing schizophrenia in one's lifetime increases as the genetic relatedness with a diagnosed schizophrenic increases.

Personality Disorders

Personality Disorders

- Personality Disorders
 - Characterized by a personality that is highly inflexible and maladaptive
- Borderline Personality Disorder
 - Characterized by instability in one's self-image, mood, and social relationships and lack of clear identity
- Antisocial Personality Disorder
 - Involves a chronic pattern of self-centered, manipulative, and destructive behavior toward others

References

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