


CONCEPT: PSYCHOLOGICAL DISORDERS & TREATMENTS

- ◆ **Mental disorders:** conditions that _____ disturb individual's cognition, emotions and/or behavior.
 - Originate from _____ functions in psychological, biological or developmental processes.

Mental Health in College Students

- _____ had experienced serious psychological distress. [1]
- _____ have been diagnosed with depression and anxiety at some point. [1]
- LGBTQIA+ individuals have _____ risk of mental illness.



Mood Disorders

- ◆ Impact individual's emotional state and affect their capacity to _____.

Mood Disorders		
Disorder	Symptoms	Treatment
Major Depression (Clinical Depression)	<ul style="list-style-type: none">▸ Feelings of hopelessness & _____▸ Trouble concentrating▸ Loss of interest, appetite change, fatigue	<ul style="list-style-type: none">▸ Combination of antidepressants & psychotherapy▸ Electroconvulsive therapy for severe depression
Bipolar Disorder (Manic Depressive)	<ul style="list-style-type: none">▸ Severe mood _____- Manic phase: increased energy, impulsivity, irritable mood- Depressive phase: major depression symptoms	<ul style="list-style-type: none">▸ Mood stabilizers▸ Antipsychotic medications
Seasonal Affective Disorder	<ul style="list-style-type: none">▸ Extreme fatigue, irritability, sadness▸ Appetite and weight loss▸ Increased _____	<ul style="list-style-type: none">▸ Light therapy▸ Exercise, diet change, sleep restriction, etc.

Psychotherapy

Talking to trained therapist to help understand and manage thoughts, emotions & behaviors.

Electroconvulsive therapy

Electrical current induces brief seizure.

EXAMPLE

Zara has been experiencing extreme shifts in mood that come on gradually. Some weeks she feels depressed and withdrawn from friends and family. Other weeks she feels energized, sleeps very little and takes on risky behaviors. What mental disorder is Zara most likely experiencing?

- a) Bipolar disorder
- b) Schizophrenia
- c) Depression
- d) Seasonal affective disorder

CONCEPT: PSYCHOLOGICAL DISORDERS & TREATMENTS

Anxiety Disorders

- ◆ Impact individual's emotions, thoughts and physical responses, leading to _____ and anxiety.
 - The most common type of disorders.



Anxiety Disorders		
Disorder	Symptoms	Treatment
Generalized Anxiety Disorder	<ul style="list-style-type: none">▸ _____ anxiety and worry.- Sleep issues, muscle tension, fatigue, trouble concentrating	<ul style="list-style-type: none">▸ Psychotherapy & behavioral therapy▸ Medication
Panic Disorder	<ul style="list-style-type: none">▸ Unexpected panic _____- Accelerated heart rate, sweating, shortness of breath, nausea, dizziness.	<ul style="list-style-type: none">▸ Cognitive behavioral therapy▸ Medication
Phobic Disorders	<ul style="list-style-type: none">▸ Fear or anxiety about a specific _____, situation or activity- Fear and anxiety are disproportional to actual danger posed	<ul style="list-style-type: none">▸ Behavioral therapy▸ Medication

Behavioral Therapy

Uses stimulus, response & reinforcement to alter behavior patterns.

Cognitive-Behavioral Therapy

Identifies and corrects negative thinking patterns.

EXAMPLE

Which of the following is true about anxiety disorders?

- a) Common symptoms include irritability and manic behavior.
- b) Only affect a small percentage of the population.
- c) Involve excessive fear and worry about certain aspects of life and can interfere with normal daily life.
- d) Best course of treatment is to go through electroconvulsive therapy to alter person's behavior patterns.

CONCEPT: PSYCHOLOGICAL DISORDERS & TREATMENTS

Obsessive Compulsive Disorder

- ◆ Characterized by presence of *obsessions* and *compulsions*.
 - **Obsessions:** _____ & persistent thoughts, urges, images, causing anxiety & distress.
 - **Compulsions:** repetitive behaviors or mental acts in response to _____.



Disorder	Symptoms	Treatment
Obsessive Compulsive Disorder	<ul style="list-style-type: none">▸ Fear of contamination▸ Concern about _____ & symmetry▸ Doubts about completion of a task	<ul style="list-style-type: none">▸ Psychotherapy▸ Medication

EXAMPLE

Select a statement that best describes OCD.

- a) Reaction to stress that is able to resolve itself overtime with no intervention.
- b) People experience occasional worries about completing tasks.
- c) Personality trait where people are highly organized and prefer cleanliness.
- d) Mental disorder where unwanted thoughts trigger repetitive behaviors in order to reduce anxiety.

Schizophrenia

- ◆ Severe mental disorder affecting individual's _____, thoughts, emotions and behavior.

Disorder	Symptoms	Treatment
Schizophrenia	<ul style="list-style-type: none">▸ Delusions▸ _____▸ Disorganized thinking & motor behavior	<ul style="list-style-type: none">▸ Medication▸ Psychotherapy▸ Hospitalization



EXAMPLE

Which of the following is a key characteristic of schizophrenia?

- a) Disorganized speech and excessive worry about everyday situations.
- b) Alternating periods of extreme happiness and depression.
- c) Difficulty concentrating and distinguishing reality from fantasy, abnormal involuntary movements.
- d) Persistent urges and unexpected panic attacks.

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PRACTICE

Erin notices that he has become unusually tired throughout the day, even after getting plenty of sleep. His motivation to socialize and exercise have also decreased, as well as his appetite. Worried about these changes he visits a doctor, who recommends light therapy as treatment. Which of the following disorder is Erin most likely suffering from?

- a) Seasonal affective disorder
- b) Anxiety disorder
- c) Major depression
- d) Bipolar disorder

PRACTICE

Eloise has been feeling overwhelmed lately. She has an important presentation at work coming up and has been worrying that she might mess it up. The night before, she struggled to go to sleep, replaying all the possible scenarios in her head. During the presentation next day, her heart rate was racing, palms were sweaty, and she even felt a little nauseous. The presentation went smoothly, and Eloise felt better the next day. Which of the following disorders is Eloise afflicted with?

- a) Social anxiety disorder
- b) Bipolar disorder
- c) Panic disorder
- d) None of the above

PRACTICE

Luca experiences extreme anxiety and fear of heights. When looking out the balcony of a 6th floor, he begins to feel nauseous and dizzy, with a shortness of breath. Luca is suffering from:

- a) Generalized anxiety disorder
- b) Phobic disorder
- c) Clinical depression
- d) Panic Disorder
- e) Nothing, he just doesn't like heights