Chapter 14: Psychological Disorders

Key Terms

**Writing Definitions**

1. To be classified as a psychological disorder, behavior must be deviant, distressful, and dysfunctional. (p. 594)

2. **Attention-deficit hyperactivity disorder** (ADHD) is a psychological disorder characterized by the appearance by age 7 of one or more of three symptoms: extreme inattention, hyperactivity, and impulsivity. (p. 595)

3. The **medical model** holds that psychological disorders are illnesses that can be diagnosed, treated, and, in most cases, cured, often through treatment in a psychiatric hospital. (p. 596)

4. **DSM-IV-TR** is a short name for the American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition, Text Revision)*, which provides a widely used system of classifying psychological disorders. (p. 597)

5. **Anxiety disorders** involve distressing, persistent anxiety or maladaptive behaviors that reduce anxiety. (p. 601)

6. In the **generalized anxiety disorder**, the person is continually tense, apprehensive, and in a state of autonomic nervous system arousal for no apparent reason. (p. 602)

7. A **panic disorder** is an episode of intense dread accompanied by chest pain, dizziness, or choking. It is essentially an escalation of the anxiety associated with generalized anxiety disorder. (p. 602)

8. A **phobia** is an anxiety disorder in which a person has a persistent, irrational fear and avoidance of a specific object or situation. (p. 603)

9. **Obsessive-compulsive disorder** (OCD) is an anxiety disorder in which the person experiences uncontrollable and repetitive thoughts (obsessions) and actions (compulsions). (p. 603)

10. **Post-traumatic stress disorder** (PTSD) is an anxiety disorder characterized by haunting memories, nightmares, social withdrawal, jumpy anxiety, and/or insomnia lasting four weeks or more following a traumatic experience. (p. 604)

11. **Post-traumatic growth** refers to positive psychological changes that may result from dealing with extremely challenging circumstances. (p. 605)

12. **Somatoform disorders** are psychological disorders in which bodily symptoms occur without apparent physical cause. (p. 608)

13. **Conversion disorder** is a rare somatoform disorder in which anxiety presumably is converted into a physical symptom such as blindness or paralysis. (p. 608)

14. **Hypochondriasis** is a somatoform disorder in which a person interpretes normal physical sensations as symptoms of a disease. (p. 609)

15. **Dissociative disorders** involve a separation of conscious awareness from one’s previous memories, thoughts, and feelings. (p. 609)

   **Memory aid:** To **dissociate** is to separate or pull apart. In the **dissociative disorders** a person becomes dissociated from his or her memories and identity.

16. **The dissociative identity disorder** (DID) is a dissociative disorder in which a person exhibits two or more distinct and alternating personalities; formerly called **multiple personality disorder**. (p. 609)

17. **Mood disorders** are characterized by emotional extremes. (p. 611)

18. **Major depressive disorder** is the mood disorder that occurs when a person exhibits the lethargy, feelings of worthlessness, or loss of interest in family, friends, and activities characteristic of depression for more than a two-week period and for no discernible reason. Because of its relative frequency, depression has been called the “common cold” of psychological disorders. (p. 612)

19. **Mania** is the wildly optimistic, euphoric, hyperactive state that alternates with depression in the bipolar disorder. (p. 613)

20. **Bipolar disorder** is the mood disorder in which a person alternates between depression and the euphoria of a manic state. (p. 613)

   **Memory aid:** Bipolar means having two poles, that is, two opposite qualities. In **bipolar disorder**, the opposing states are mania and depression.

21. **Schizophrenia** refers to the group of severe disorders whose symptoms may include disorganized and delusional thinking, inappropriate emotions and actions, and disturbed perceptions. (p. 622)

22. **Delusions** are false beliefs that often are symptoms of psychotic disorders. (p. 622)

23. **Personality disorders** are characterized by inflexible and enduring maladaptive character traits that impair social functioning. (p. 628)

24. The **antisocial personality disorder** is a personality disorder in which the person is aggressive, ruthless, and shows no sign of a conscience that would inhibit wrongdoing. (p. 629)