

Chapter 17

DEFINING PSYCHOLOGICAL DISORDERS

17.1 Psychological Disorder: What Makes a Behavior Abnormal?

Learning Objectives

1. Define “psychological disorder” and summarize the general causes of disorder.
2. Explain why it is so difficult to define disorder, and how the Diagnostic and Statistical Manual of Mental Disorders (DSM) is used to make diagnoses.
3. Describe the stigma of psychological disorders and their impact on those who suffer from them.

Key Summary

- More psychologists are involved in the diagnosis and treatment of psychological disorders than in any other endeavor, and those tasks are probably the most important psychologists face.
- The impact on people with a psychological disorder comes both from the disease itself and from the stigma associated with disorder.
- A psychological disorder is an ongoing dysfunctional pattern of thought, emotion, and behavior that causes significant distress and that is considered deviant in that person’s culture or society.
- According to the bio-psycho-social model, psychological disorders have biological, psychological, and social causes.
- It is difficult to diagnose psychological disorders, although the DSM provides guidelines that are based on a category system. The DSM is frequently revised, taking into consideration new knowledge as well as changes in cultural norms about disorder.

17.2 Anxiety and Dissociative Disorders: Fearing the World Around Us

Learning Objectives

1. Outline and describe the different types of anxiety disorders.
2. Outline and describe the different types of dissociative disorders.

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M Lipman



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