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**Intro to Psychology**

Various Psychological Disorders

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| **Anxiety Disorders**  *Problems in which anxiety impedes daily functioning* | |
| **Generalized anxiety disorder** | Long-term, persistent anxiety and worry. |
| **Panic disorder** | Panic attacks are sudden bouts of anxiety that occur without warning. Person feels an impending sense of doom. |
| **Phobic disorder** | Intense irrational fear of a specific object or situation. |
| **Obsessive-compulsive disorder** | Plagued by unwanted thoughts (obsessions) or feel they must carry out some actions (compulsions). |
| **Post-traumatic stress disorder (PTSD)** | May develop after a person is exposed to one or more traumatic events. Symptoms include: disturbing recurring flashbacks, avoidance or numbing of memories of the event, or high anxiety. |

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| **Somatoform**  *Psychological difficulties displayed through physical problems* | |
| **Hypochondriasis** | People have a constant fear of illness and a preoccupation with their health, taking everyday aches and pains to be symptoms of a dreaded disease. |
| **Conversion disorder** | An *actual* physical problem, but the *cause* is purely psychological. |

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| **Dissociative**  *The splitting apart of crucial parts of personality that are usually integrated* | |
| **Dissociative identity disorder (multiple personality)** | Displays characteristics of two or more distinct personalities. Each personality has a unique set of likes and dislikes. |
| **Dissociative amnesia** | Significant, selective memory loss. Forgotten material is still present, but cannot be recalled (repressed memories). |
| **Dissociative fugue** | People take sudden trips, sometimes assuming a new identity. After some time—days, months, or even years—they suddenly realize that they are in a strange place. Allows escape from some anxiety-producing situation. |

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| **Mood**  *Emotions of depression or euphoria that are so strong they intrude on daily living* | |
| **Major depression** | A severe form of depression that interferes with concentration, decision making, and sociability. Not to be confused with the normal depression that arises from life’s disappointments. |
| **Mania** | An extended state of intense, wild elation. |
| **Bipolar disorder** | A disorder in which a person alternates between periods of euphoric feelings of mania and periods of depression. |

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| **Schizophrenia**  *Declines in functioning, thought and language disturbances, perception disorders, emotional disturbances, and withdrawal from others* | |
| **Disorganized Schizophrenia** | Inappropriate laughter and giggling, silliness, incoherent speech, infantile behavior, strange and sometimes obscene behavior. |
| **Paranoid Schizophrenia** | Delusions and hallucinations of persecution or of greatness, loss of judgment, erratic and unpredictable behavior. |
| **Catatonic Schizophrenia** | Major disturbances in movement; in some phases, loss of all motion, with patient frozen into a single position, remaining that way for hours and sometimes even days; in other phases, hyperactivity and wild, sometimes violent, movement. |
| **Undifferentiated Schizophrenia** | Variable mixture of major symptoms of schizophrenia; classification used for patients who cannot be typed into any of the more specific categories. |
| **Residual Schizophrenia** | Minor signs of schizophrenia following a more serious episode. |

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| **Personality**  *Problems that create little personal distress but that lead to an inability to function as a normal member of society* | |
| **Antisocial (sociopathic) personality disorder** | A disorder in which individuals tend to display no regard for the moral and ethical rules of society or the rights of others. Lack any feelings of guilt but have excellent social skills. Good at “faking it.” |
| **Borderline personality disorder** | A disorder in which individuals have a difficulty developing a secure sense of who they are. |
| **Narcissistic personality disorder** | A disorder in which person is excessively preoccupied with personal adequacy, power, prestige and vanity, mentally unable to see the destructive damage they are causing to themselves and others in the process. Severe egocentrism. |

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| **Assorted Disorders** | |
| **Eating Disorders** | *Examples*: bulimia nervosa (binge eating and purging) and anorexia nervosa (extreme food restriction). |
| **Attention deficit hyperactivity disorder (ADHD)** | A learning disability marked by inattention, impulsiveness, a low tolerance for frustration, and a great deal of inappropriate activity. |
| **Substance-related abuse** | Problems related to drug dependence and abuse. Examples: alcohol, cocaine, hallucinogens, marijuana. |
| **Sexual disorders** | Problems related to sexual arousal from unusual objects (paraphilia) or problems related to sexual functioning (sexual dysfunction). |
| **Neurocognitive disorders (dementia)** | Broad category of brain diseases that cause loss of cognitive ability and is severe enough to affect a person’s daily functioning. Most common example: Alzheimer’s disease. |
| **Sleep disorders** | Involve disruption to normal sleep patterns, or a feeling of tiredness despite sleep appearing normal. Example: insomnia. |
| **Factitious disorders** | A condition in which a person acts as if they have an illness by deliberately producing, feigning, or exaggerating symptoms. Example: Münchausen syndrome. |
| **Neurodevelopmental disorders** | Impairments of the growth and development of the brain or central nervous system. Examples: Autism spectrum (Autism, Asperger syndrome, and “pervasive developmental disorder, not otherwise specified,” or “PDD-NOS”), Down syndrome, Tourette syndrome. |