**Miscellaneous**

- What are the 3 criteria for abnormality?

  - Behaviors are typically considered to be abnormal if they involve:
    - Psychological Dysfunction, or a breakdown in cognitive, emotional or behavioral functioning
    - Personal Distress such that the individual involved is upset or disturbed by the behavior
    - Atypical or socially deviant behaviors in relation to cultural or social expectations for the involved individual. However, this distinction can be difficult to make in some circumstances.
Miscellaneous $200

• What are two problems with defining abnormal behavior?
• Cultural relativity
• May lack distress

Miscellaneous $300

• You predict that future events will be worse case scenario. What cognitive error is this?
• Catastrophizing

Miscellaneous $400

• This technique is described of “paying attention in a particular way, non-judgmentally in the present moment” and is incorporated in several psychotherapies.
• Mindfulness
**Miscellaneous $500**

- A therapist who believes that a disorder is caused by biological, psychological and social factors is said to be taking an ___________ approach to understanding psychological disorders:
  - Integrative

**Miscellaneous $600**

- Give a specific example of a projective test and what it is designed to measure.
  - Rorschach Inkblot Test
  - Thematic Apperception Test (TAT)
  - The Sentence Completion Test
  - Draw-A-Person Test
  - Designed to measure unconscious processes. Theory is that people will project personality, thoughts, feelings on ambiguous stimuli.

**Miscellaneous $700**

- Why is it important to code general medical conditions when assessing a client?
  - Physical illnesses can cause, mimic, or exacerbate psychological disorders
  - Treatment for one may affect treatment for the other
**Miscellaneous $800**

• What word defines the number of new cases of a disorder/medical condition in a population?

  • Incidence

**Miscellaneous $900**

• What are two of the three characteristics of stressful events (described in lecture, lab, & textbook)
  – Uncontrollable
    • Natural disasters, many illnesses
  – Unpredictable
    • Earthquakes, some job layoffs, accidents
  • Change/Challenge capabilities or self concepts
    • Exams, new relationships, a tough new job

**Miscellaneous $1000**

• Summarize the diathesis stress model.
  – Individuals inherit tendencies or vulnerabilities to express traits or behaviors which may be activated during periods of stress
Assessment and Diagnosis $100
• The projective type of psychological tests is based on ____________ theory.
  – psychoanalytic

Assessment and Diagnosis $200
Name the Five Axes of the DSM-IV in order
• Axis I Clinical Disorders
• Axis II Personality Disorders and Mental Retardation
• Axis III General Medical Conditions
• Axis IV Psychosocial and Environmental Problems
• Axis V Global Assessment of functioning

Assessment and Diagnosis $300
• Labeling a patient with a diagnosis is often referred to as a “double-edged sword” as the diagnostic label can both help and hurt the patient. Explain the advantages and disadvantages (to the patient) of a diagnostic label.
  – The use of labels in diagnosis allows clinicians to formulate and compare diagnoses and to select treatment approaches. However, many psychological disorders carry with them significant stigma. Therefore, the label may diminish the client’s self-esteem or result in their being treated poorly by others. Incorrect labels can also result in ineffective or harmful treatment choices.
In the first interview with Frank, a patient described in the textbook, he stated that he had been having intrusive thoughts that he tried to prevent by performing certain movements. Based on this information, you might predict that Frank would be diagnosed with:

– OCD

The ABCs of observation refer to

– Antecedents, behaviors, consequences

The dimensional approach to classification of mental disorders differs from the categorical approach because the dimensional system provides:

– scales that indicate the degree to which patients are experiencing various cognitions, moods and behaviors
**Assessment and Diagnosis $700**

- The calculation of an IQ, previously done by using a child's mental age, is now done by using a deviation IQ. This means that the child's score is compared to the scores of others:
  - Of the same age

**Assessment and Diagnosis $800**

- Neuropsychological tests are used to assess whether or not an individual might:
  - Have a brain dysfunction

**Assessment and Diagnosis $900**

- Determining mood and affect is an important part of the *mental status exam*. Although both of these terms refer to feeling states of the individual, it would be correct to say that mood is more __________ than affect.
  - pervasive
Assessment and Diagnosis $1000

- The reactivity phenomenon of self-monitoring procedures has been shown to:
  - both increase desired behaviors and decrease undesired behaviors

Anxiety Disorders $100

- Ludmilla feels anxious all the time. She worries incessantly about a number of subjects, from her children’s health to completing her tax return. She tries to control her worry by thinking about other things, but she's never successful. What anxiety disorder does Ludmilla most likely have?
- Generalized Anxiety Disorder

Anxiety Disorders $200

- Name 3 ways disordered anxiety is different than normal anxiety.
- Duration
- Intensity
- Frequency
- Interferes with functioning
- Out of proportion
Anxiety Disorders $300

• You have social anxiety disorder. Why are you afraid to go into public?
• Extreme anxiety about being judged by others or behaving in a way that might cause embarrassment or ridicule.

Anxiety Disorders $400

• You have agoraphobia, why are you afraid to go into public?
• Fear of not being able to escape from a frightening or embarrassing situation

Anxiety Disorders $500

• 8. Anxiety is thought to be a __________ state while fear is more _______.
  – future oriented; immediate
Anxiety Disorders $600

• What system is implicated in the development of a Panic Attack, and what system is involved in the recovery from a panic attack?
• Sympathetic Nervous System
• Parasympathetic Nervous System

Anxiety Disorders $700

• In people with OCD, what is the relationship of obsessions and compulsions to anxiety?
• Obsessions elicit anxiety, compulsions temporarily reduce that anxiety

Anxiety Disorders $800

• Name two types of phobia with a brief description.

<table>
<thead>
<tr>
<th>Type of Phobia</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agoraphobia</td>
<td>Fear or avoidance of places or situations from which escape might be difficult or embarrassing or in which help may not be available in the event of having a Panic Attack or panic-like symptoms.</td>
</tr>
</tbody>
</table>

Specific Phobias
- Animal type
- Natural environment type
- Situational type
- Blood, injection, injury type

Social Phobia
Fear of being judged or embarrassed by others
Anxiety Disorders $900

- Mrs. Pan has an anxiety disorder in which she has occasional panic attacks when shopping at the mall. This type of panic attack is referred to as:
  - Situationally predisposed

Anxiety Disorders $1000

- Someone you know has been having a lot of difficulty because of irrational fears. Knowing that you are studying abnormal psychology, this person asks if you know of an effective and well-established treatment. You advise her that ____________, based on the mid 20th century work of Joseph Wolpe, is a successful anxiety reduction procedure.
  - Systematic desensitization

mood disorders for $100

Technically, you only have to experience this episode once to be diagnosed with bipolar I disorder.

- What is a manic episode
• This is a good graphical illustration of Bipolar II Disorder.

• The milder but more chronic version of bipolar disorder is called:
• What is cyclothymia?

• This dangerous, volatile state of mind, characterized by symptoms of both mania and depression at the same time, may result in suicide in bipolar patients.
• What is a mixed episode?
Suicide claims the lives of 15% (3 out of 20) of people with this disorder.

What is bipolar disorder?

Jack has experienced recurrent episodes of major depressive episodes. In the intervals between the episodes, he does not seem to return to “normal.” In fact, during those periods, he has been diagnosed as dysthymic. Jack’s condition is referred to as:
– Double depression

These physical symptoms characterize major depressive disorder (name 3).

• What are:
  – Increased / decreased appetite
  – Weight loss / gain
  – Insomnia or hypersomnia
  – Psychomotor agitation or retardation
  – Fatigue or low energy
mood disorders for $800

- Name three treatments for depression as covered in lab:
  - Pharmacotherapy
    - “You can change how you feel by changing your biology”
  - ECT
    - “You can change how you feel by changing your thoughts”
  - Cognitive Therapy (CT)
    - “You can change how you feel by changing your thoughts”
  - Behavioral Activation (BA)
    - “You can change how you feel by changing your behavior”
  - Interpersonal Therapy (IPT)
    - “You can change how you feel by changing your relationships”

mood disorders for $900

- These physical and psychological symptoms characterize mania (name 3):
  - Inflated self-esteem or grandiosity
  - Flight of ideas
  - Distractability
  - Pressured speech
  - Excessive involvement in pleasurable activities with a high potential for painful consequences
  - Decreased need for sleep
  - Psychomotor agitation

Mood Disorders $1000

- Debbie has been diagnosed with major depressive disorder, recurrent. She wants to know what to expect in the future regarding her condition. You tell her that according to recent research (Angst 1998, Angst and Preizig, 1996), the median lifetime number of major depressive episodes is:
  - 4
Final Jeopardy Topic: Mood Disorders

• Since traditional antidepressant medication such as tricyclics may actually provoke rapid cycling in bipolar patients, mood stabilizers and _______ are often prescribed instead.

  – anticonvulsants