

Abnormal PSYT3000 Week 1 – Introduction

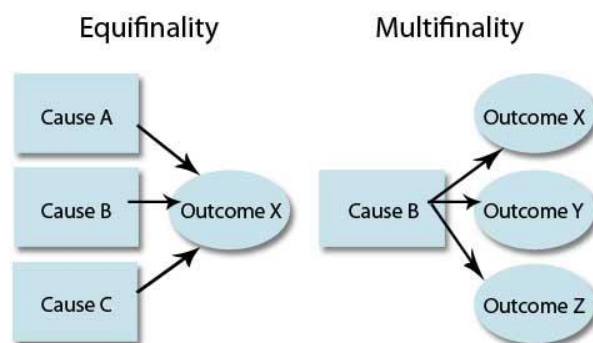
What makes a psychological disorder?

1. Deviant: behaviours, thoughts and emotions rare (rarely found in society)
2. Distress: symptoms cause significant distress to the person
3. Dysfunction: breakdown in emotional, cognitive or behaviour functioning (interferes everyday life)
4. Duration: an enduring pattern

Diagnosis requires consideration of the 4 criteria, context and clinical training to recognize when predisposing, precipitating, perpetuating and protective factors has resulted in a psychological disorder

1. Predisposing (vulnerability): factors that make an individual more vulnerable to developing problem → biological/psychosocial
2. Precipitating (trigger): factors that temporally involved the onset of the symptoms → general life stress
3. Perpetuating (maintaining): factors that serve to maintain the problem
4. Protective: factors that protect someone from developing symptoms

Pathways to psychological disorders



Various risk factors → 1 outcome

1 risk factor → multiple outcomes

Diagnostic and Statistical Manual of Mental Disorders (DSM -5)

Does not try to explain disorders (theory-neutral), research about clusters of symptoms

Pros

- Facilitates communication
- Facilitates research
- Facilitates treatment (formulating plans)
- Empowering individual (know they are not alone)

Cons

- Illusion of explanation (not a real thing) – reification
- Labelling (stigma, stereotyping, discrimination)
- Self-fulfilling prophecy for both clinician and client
- Comorbidity due to strict criteria
- Clinical syndromes always changing

