

UNIT 8 – CLINICAL PSYCHOLOGY

8.1 – Introduction to Psychological Disorders

Diagnosis

- clinical diagnosis is based on the book: *Diagnostic and Statistical Manual of Mental Disorders*
 - most recent edition is called DSM-5
- all physicians must diagnose disorders in according to the symptoms, descriptions, and other criteria specified in this book (same criteria = reliability, uniform diagnosis)
- however, DSM = 5 isn't uniformly comprehensive (doesn't have) [doesn't have causes]
- DSM was initially created for **standardized diagnosis/classification**

Historical Perspectives

- history has trends of misdiagnosis and mis-treatment
- disorders were thought to have supernatural causes, especially in the "Western World"
 - demonic possession, witchology, spirits were believed to cause mental illness
 - those with illnesses were ridiculed, tortured, jailed, and killed

Modern Perspectives

- we have understood the psychological disorder is arise from natural causes
- we're all different, so what is abnormal?
- American Psychiatric Association (APA) has a common definition

"clinically significant disturbance in an individual's cognition, emotion, regulation, and behavior."

- the term **dysfunctional** is often used
- dysfunctional = maladaptive, distorted, irrational

ex: Major Depressive Disorder symptoms =

pulling back from social gatherings (maladaptive)

suicidal thoughts (distorted)

hopelessness that things will never get better (irrational)

Applications to Legal Systems

- terms "guilty" and "innocent" are used (is this person **documentably** sane or insane?)
- there is an ethical/moral dilemma if they mentally ill should be charged for their crimes
- **insanity plea** = if the defendant cannot tell for certain what is right or wrong, they cannot be held criminally responsible for their actions

Myers Psychology Study Guide Answers Unit 8

L Darling-Hammond



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