

## Study Guide Chapter 15-16 nb

**Chapter 15:**

Read all of Chapter 15, Selected portion of Chapter 16 (see the chapter 16 portion of the study guide for which sections to read in chapter 16), and 3 Handouts:

- Read Diathesis-Stress Handout
- Read Attributional Model of Learned Helplessness Handout which includes information on 10 forms of twisted thinking
- Read the Insanity/Incompetence handout “

1. If you are asking about the etiology of a disorder, you are asking about its C \_ \_ \_ \_
2. One way to conceptualize what is and what is not a disorder is this: It is a disorder when an internal mechanism breaks down and fails to perform its designed function AND leads to negative consequences (harm). The name for this idea is H \_ \_ \_ \_ \_ D \_ \_ \_ \_ \_
3. What is meant by “lifetime prevalence”?
4. The text says on page 555 that a disorder is something one “has” and not something one “is”. It also says they have it “through no fault of their own”. What is your position on this? Do you agree or disagree?
5. Jack has an inherited predisposition to heavy drinking. Jill does not. Both experience a significant amount of life stress (lost jobs, got divorced, etc). Jack becomes an alcoholic but Jill does not. What model mentioned in the text (and **diathesis-stress handout**) seems to apply well here?
6. The text says that most disorders have a genetic component. Figure 15.8 illustrates that by showing that as the degree of genetic similarity increases for relatives that have schizophrenia, what happens to your risk of developing schizophrenia?
7. What does it mean if 2 disorders are “comorbid”?
8. Betty has a fear of dogs and it is causing problems in her life. Janet is afraid of heights and her fear is also causing problems in her life. They both get the same diagnosis. What is it?
9. Albert is so afraid of experiencing a panic attack and thinks that if that happened, no one would be there to help him. So he never leaves his house. What disorder that starts with “A” could he likely have?
10. What are the three pathways to a phobia that your text mentions?
11. How can we explain that so many people fear snakes when few have been bitten by one. Most don’t fear cars, even though most have been in a crash or at least seen many. How to explain that we are afraid of some stimuli more than others? Your books calls it P \_ \_ \_ \_ \_ L \_ \_ \_ \_ \_
12. If I am so afraid of being negatively evaluated by others that it interferes with my life, I could be diagnosed with S \_ \_ \_ \_ \_ A \_ \_ \_ \_ \_ Disorder, or S \_ \_ \_ \_ P \_ \_ \_ \_
13. When I was in Junior High, I was very afraid of being called on by the teacher. In order to reduce that chance, I would avoid eye contact, or pretend I was engaged in a task (thumbing through the book). What does the text called these behaviors?
14. What is the operant behavior term that explain why a social phobic would drink alcohol in situations that could provoke anxiety?

15. What percent of adults with social phobia reported severe teasing as a child? What percent of adults with no social phobia reported severe teasing as a child (this would be a control group)?
16. If you experience an UNEXPECTED panic attack and worry it will happen again, you could be diagnosed with what?
17. Panic disorder is known as a F \_\_\_\_ of F \_\_\_\_.
18. If I worry, worry, and excessively worry, what anxiety disorder might I likely have?
19. Jack can't stop thinking he will be contaminated with dirt. In order to calm his fears, he washes his hands 3 times an hour. What disorder is most likely? \_\_\_\_\_  
What do we call the fears? \_\_\_\_\_ What do we call the handwashing \_\_\_\_\_
20. What disorder might I have if I am constantly looking at my face in the mirror because I believe I have facial flaws?
21. James has fears of being contaminated. Coming into contact with a door knob causes great anxiety. But continual hand washing reduces his fears and he washes constantly now. What behavioral principle explains the continual handwashing?
22. I am thinking of a disorder that used to be called "shell shock" and was seen in soldiers during war times. You have to be exposed to a traumatic event (war, rape, hurricanes etc.) and then you react by having intrusive memories (flashbacks), you avoid and detach from people, and you experience persistent arousal, like anger and insomnia). What disorder is this?
23. What do we know about social support and PTSD?
24. Suppose during the Viet Nam war I handle many dead and mutilated bodies. That automatically makes one sick and fearful. It also turned out that the country side in Viet Nam was lush and green. Now back home, I find my PTSD symptoms worsen during the spring. What is the CS?
25. What do we know about Major Depression:
  - a. True      False    It will go away on its own
  - b. True      False    It will probably come back
  - c. True      False    It is more common in men than women
  - d. True      False    The most common comorbid disorders are schizophrenia and BiPolar.
26. The text mentions that there are "specifiers" in major depression. One is a seasonal pattern where your risk increases in the winter. (Used to be called Seasonal Affective Disorder or SAD). What is a postpartum depression?
27. I am pretty sad but don't have all the full blown symptoms of Major Depression and these symptoms have persisted for almost every day for 2 years. What disorder do I have? What was the old name for it?
28. Unipolar means one pole for mood – i.e. the down stuff – like depression. Bi-Polar means 2 poles – that means the down stuff as well as the up stuff. Is this the same as Manic Depression?
29. What is a manic episode?

30. What is the lifetime prevalence of Bipolar? What is the lifetime prevalence of Major Depression?
31. If you didn't want to have major depression, but mood disorders run in your family, which would you want your relatives to have in order that your risk for major depression is reduced: Bi Polar or Major Depression? (page 574 under "Biological Basis of Mood Disorders", 2<sup>nd</sup> sentence)
32. Beck presented a view of depression that it was caused by a negative bias in thinking in that one might always think negative thoughts about the self. This is called a C \_ \_ \_ \_ \_ Theory of Depression.
33. Jack believes he is powerless to stop negative events from happening. Just last week, he failed an exam and concluded that since this has been happening all his life, "nothing is going to change" for me. He thought also that this would "affect his whole life".  
The text calls this H \_ \_ \_ \_ \_ Theory. (also see handout "**attributional model of learned helplessness**" because there is one other dimension not mentioned in the text (internal vs external).
34. How did Nolen-Hoeksema explain why women are more likely to be diagnosed with major depression than men?
35. What time of year do we see higher suicide rates?
36. Should be we worried about copy-cat suicides or is that just all hype?
37. What disorders pose the greatest risk for suicidal behavior?
38. If I hear things, see things, smell things, for feel things that aren't there, I am suffering from H \_ \_ \_ \_ \_ . Which type are more common in schizophrenia?
39. If I believe that the FBI is trying to steal my thought with a ray gun, then I am experiencing D \_ \_ \_ \_ \_ .
40. What are negative symptoms of schizophrenia? What is anhedonia?
41. Does a diathesis-stress model hold for schizophrenia?
42. What neurotransmitter has been implicated in schizophrenia?
43. What are enlarged ventricles?
44. What does the text say about marijuana use and schizophrenia?
45. What is dissociative fugue?
46. Jack's brother believes there are 5 distinct personalities living inside him. What disorder is most likely?
47. How did the book and movie "Sybil" affect diagnoses of Multiple Personality Disorder?
48. Jim has no moral compass, shows no regard for other's feelings, and has no problem manipulating others because he lacks empathy. He has a history of conning women by marrying them and then stealing their life savings. What personality disorder is this?
49. Little Billie can't sit still, can't concentrate, and can't stop moving in class. He is always in trouble with his teachers. What disorder does this sound like?

See Insane/Incompetent handout

50. Bill has schizophrenia and murdered someone because he heard God telling him to. Before trial, he was put on medication and the hallucinations are gone. Jack is also schizophrenic and was on medication but he just got mad and killed his roommate. Just before the trial he quit taking his meds and just before the trial, there were doubts he understood what this trial process was all about. He was so controlled by his delusions he could not participate in his defense or understand what a trial was even for.

Which one is most likely to be judged insane? \_\_\_\_\_

Which one is most likely to be judged incompetent? \_\_\_\_\_

## Chapter 16

### You only need to read the following sections

Read “Treatment in the Past” page 611 and “Mental Health Treatment Today” page 613

51. What happened with deinstitutionalization?

Read “Psychotherapy Techniques: Psychoanalysis” page 617 and “Psychotherapy: Behavior Therapy” page 619

52. What is Transference?

53. Jack is a smoker in treatment to stop smoking. His therapist has him chain smoke 20 cigarettes at a time. Then he must deeply smell a stinky ashtray for 20 minutes. What type of counterconditioning is this?

The text mentions “exposure therapy”. One way is using extinction as in classical conditioning. Another way is the one described in the book where we try to get you to associate positive feelings to something that elicits negative feelings (like fear). So if you are afraid of dogs, I present cookies in the presence of a dog, hoping that the dog will cause you to feel good feelings instead of bad feelings like fear. Maybe the good feelings from the cookies “push out” the fearful feelings. We can do exposure gradually (come into room with snake, then move closer then move closer etc.) or we can do it all at once: called **Flooding**. If you are afraid of snakes I dump them all over you.

54. I am afraid of dentists. My therapist has me construct a list “things that scare me about the dentists” from least fear to most fear. Then he has me do relaxation stuff while imagining the least fearful dentist thing. Then the next fearful dentist thing. Sometimes I have to get relaxed again before proceeding to higher fears. What treatment is this called?

55. What is a token economy?

Read "Psychotherapy: Cognitive Behavioral Therapy" page 623

Read the Handout "10 forms of Twisted Thinking"

56. What is the ABC model?

57. What is all-or-none thinking? Overgeneralization?

Read "Biomedical Therapies" page 625

58. What is ECT? What disorder is it used to treat?