

# Psychological Disorders

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## EXERCISE, EXERCISES [PAGES 76 - 77]

### Exercise | Q Q.1. (A) (1) | Page 76

Choose the correct option and complete the following statement.

\_\_\_\_\_ is the present system for classification of mental disorders.

1. **DSM-5**
2. WHO
3. APA

**Solution:** DSM-5 is the present system for classification of mental disorders.

### Exercise | Q Q.1. (A) (2) | Page 76

Choose the correct option and complete the following statement.

Term Schizophrenia was first used by \_\_\_\_\_.

1. Albert Ellis
2. **Eugene Bleuler**
3. John Travis

**Solution:** Term Schizophrenia was first used by Eugene Bleuler.

### Exercise | Q Q.1. (A) (3) | Page 76

Choose the correct option and complete the following statement.

World Health Organization has developed \_\_\_\_\_ for classification of all types of disorders.

1. **ICD**
2. DSM
3. MCA

**Solution:** World Health Organization has developed ICD for classification of all types of disorders.

### Exercise | Q Q.1. (A) (4) | Page 76

Choose the correct option and complete the following statement.

We find alternate phases of depression and mania in \_\_\_\_\_ disorders.

1. depressive

2. bipolar

3. anxiety

**Solution:** We find alternate phases of depression and mania in bipolar disorders.

**Exercise | Q Q.1. (B) (1) | Page 76**

**Match the pairs.**

Group 'A'	Group 'B'
(1) Phobia	(a) 2013
(2) DSM-5	(b) Wellness
(3) ICD - 11	(c) Schizophrenia
(4) Eugen Bleuler	(d) 2019
(5) John Travis	(e) Illogical fear
(6) Depressive disorders	(f) Sad feelings for a long period of time

**Solution:**

Group 'A'	Group 'B'
(1) Phobia	(e) Illogical fear
(2) DSM-5	(a) 2013
(3) ICD - 11	(d) 2019
(4) Eugen Bleuler	(c) Schizophrenia
(5) John Travis	(b) Wellness
(6) Depressive disorders	(f) Sad feelings for a long period of time

**Exercise | Q Q.1. (C) (1) | Page 76**

**State whether the following statement is true or false.**

Socially or culturally deviant behaviours are signs of psychological disorders

1. True

2. False

**Solution: False**

**Exercise | Q Q.1. (C) (2) | Page 76**

**State whether the following statement is true or false.**

Schizophrenia is a serious psychological disorder.

1. True
2. False

**Solution: True**

**Exercise | Q Q.1. (C) (3) | Page 76**

**State whether the following statement is true or false.**

Feeling of hopelessness is one of the symptoms seen in depressive disorders

1. True
2. False

**Solution: True**

**Exercise | Q Q.1. (D) (1) | Page 76**

**Answer in one sentence.**

From which Latin word is the term anxiety derived?

**Solution:** The word 'anxiety' is derived from the Latin word 'Anxietas' which means 'uneasy or troubled mind'.

**Exercise | Q Q.1. (D) (2) | Page 76**

**Answer in one sentence.**

In which disorder does the person experience sadness and guilt for a long period of time?

**Solution:** In a depressive disorder the person experiences sadness and guilt for a long period of time.

**Exercise | Q Q.1. (D) (3) | Page 76**

**Answer in one sentence.**

What do you call the fear that you experience unnecessarily in a nonthreatening situation?

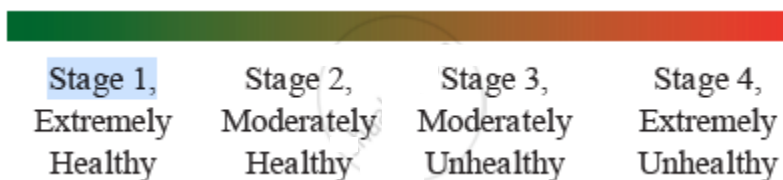
**Solution:** The fear that is experienced unnecessarily in a non threatening situation is called a phobia.

### Exercise | Q Q.2 (1) | Page 76

**Answer the following question briefly.**

Explain the nature of psychological disorder.

**Solution:** The major criteria of abnormality or psychological disorders are deviance, personal distress and impaired functioning. Illness and absence of illness are not distinct categories but are on opposite poles of the continuum sequence as explained below.



**Stage 1** The person is physically and psychologically healthy. They are motivated and emotionally stable.

**Stage 2** - The person may get affected by life stressors, feel anxious, lack energy, etc. For e.g., before an examination. It is possible to push oneself back towards positive health by adopting a healthy lifestyle.

**Stage 3** - The person shows signs of psychological damage and experience negative feelings like sadness, lack of motivation, fear, and may even indulge in addictive behaviour. However, even this stage is not irreversible.

**Stage 4** - The person exhibits extreme distress, impairment in mental, emotional, and social functioning. He/She needs professional treatment.

### Exercise | Q Q.2 (2) | Page 76

**Answer the following question briefly.**

What is meant by Anxiety disorders?

**Solution:** The word 'anxiety' is derived from the Latin word 'Anxietas' which means 'uneasy or troubled mind'. Anxiety refers to a condition in which the person feels worried and uneasy for a long time for no obvious reasons. Anxiety disorders include disorders in which anxiety is the main symptom or is experienced when an attempt is made to modify some maladjustment. The main anxiety disorder are Generalised Anxiety disorder, Phobic disorder, Panic disorder, O.C.D, etc.

### Exercise | Q Q.2 (3) | Page 76

**Answer the following question briefly.**

Narrate indicators of psychological disorders.

**Solution:** According to DSM-5, there are five criteria (indicators) for psychological disorders.

**(i) Clinically significant syndrome** - In psychological disorders, there should be a cluster of symptoms together i.e., a syndrome.

**(ii) Distress and Impairment** - There should be distress, i.e., psychological pain due to negative feelings and stress, as well as impairment, i.e., inability to perform appropriate roles in personal and social situations.

**(iii) Dysfunction** - If the symptoms lead to developmental or psychological dysfunctions, it signifies mental disorders.

**(iv) Responses to stressors** that are normally accepted responses e.g., sadness experienced at the loss of a loved one or culturally sanctioned responses are not considered as signs of mental disorders.

**(v) Behaviour** which is only deviant but does not produce any disability/ distress/ dysfunction does not become a sign of mental disorder.

### **Exercise | Q Q.2 (4) | Page 76**

**Answer the following question briefly.**

What is meant by bipolar disorder?

**Solution:** Bipolar Disorder is also known as Manic Depressive disorder. The person experiences alternate phases of two states viz. mania and depression. Mania includes symptoms such as high energy, excitement, reduced need for sleep, and loss of touch with reality, impulsivity, delusion, etc. Depressive state symptoms include low energy and motivation, loss of interest in daily activities, extreme sadness, apathy, the feeling of hopelessness, fatigue, guilt, etc. The main causative factors are genetic factors, imbalance in neurotransmitters such as dopamine and epinephrine; environmental factors such as traumatic events.

### **Exercise | Q Q.2 (5) | Page 76**

**Answer the following question briefly.**

Describe Post Traumatic Stress Disorders?

**Solution:** If the symptoms of Acute Stress Disorder (ASD) continue for more than one month with the same intensity, the person is diagnosed with PTSD. A person who has suffered trauma goes through three stages viz. -

- (i) Shock stage - the individual is in shock, i.e., extremely disturbed.
- (ii) Suggestible stage - he/she may seek guidance from others and may either accept these suggestions unquestioningly or may get extra sensitive.
- (iii) Recovery stage - the person shows signs of recovery. However, some persons still show signs of mental illness i.e., PTSD.

**The symptoms of PTSD include**

- (i) nightmares, flashbacks, severe anxiety
- (ii) hypervigilance and avoidance of situations that bring back the trauma
- (iii) irritability, social isolation (iv) survivor's guilt

**Exercise | Q Q.3 (1) | Page 77**

**Explain the concept:**

DSM-5

**Solution:** Presently, the two major systems of classifying psychological disorders are DSM and ICD. Diagnostic and Statistical Manual for Mental Disorders (DSM) was published in its first version by the APA in 1952, i.e., DSM-I. In 2013, the DSM-5 was introduced which contains 22 broad categories of mental disorders with subcategories. It is the classification of officially recognized psychiatric disorders, for e.g., categories in DSM-5 include anxiety disorders, obsessive-compulsive and related disorders, and personality disorders.

**Exercise | Q Q.3 (2) | Page 77**

**Explain the concept:**

ICD 11

**Solution:** Presently, the two major systems of classifying psychological disorders are DSM and ICD. The International Classification of Diseases and Related Health Problems (ICD) was created by the WHO for documenting all types of diagnoses, diseases, signs and symptoms and social circumstances. It contains a section on psychological disorders. The latest, 11th version of ICD was presented in 2019.

According to the ICD-11, there are 19 broad categories of mental disorders, most of which overlap with DSM-5.

### Exercise | Q Q.3 (3) | Page 77

#### Explain the concept:

Phobia

**Solution:** The main anxiety disorders include phobic disorders and generalized anxiety disorders. The word 'phobia' is derived from the Greek word 'phobos' which was used to refer to the God of Fear. A phobia is an intense, persistent but irrational and disproportionate fear of a specific object or situation. DSM classifies phobias as simple phobias, e.g., Acrophobia, Claustrophobia, etc., and social phobias, e.g., fear of speaking or eating in public. The phobic object e.g., animals or situations e.g., elevators, almost always provide immediate anxiety.

### Exercise | Q Q.3 (4) | Page 77

#### Explain the concept:

Syndrome

**Solution:** A syndrome refers to a cluster or collection of symptoms and signs that are characteristic of a disease or disorder, e.g., Down's syndrome. It is a group of symptoms which consistently occur together and indicate a particular condition. A syndrome refers to a set of symptoms that tend to occur together and can be associated with a particular physical or mental disorder. In psychological disorders, one of the criteria as suggested by DSM-5 is a clinically significant syndrome.

### Exercises | Q Q.3 (5) | Page 77

#### Explain the following concept.

Hallucination

**Solution:** Hallucinations are false perceptions in the absence of appropriate stimuli. Hallucinations are a symptom of schizophrenia and other mental disorders. Commonly occurring hallucinations are visual, auditory, tactile, gustatory, and olfactory in nature. For e.g., the person may hear voices telling him to do something. Hallucinations are also noticed due to substance abuse, medications, epilepsy, etc.

### Exercises | Q Q.4 (1) | Page 77

**Write short notes on the following:**

Nature of mental wellness

**Solution:** The nature of mental wellness can be explained with the help of the following points:

1. **Emotional aspect:** Emotional aspect of mental wellness comprises the sense of well-being, feeling of overall happiness, and contentment (i.e. satisfaction)
2. **Psychological aspect:** Psychological aspect of mental wellness includes the sense of being worthy, i.e. having high self-esteem, high self-confidence and tendency of self-actualisation, ability to take the right decision, the ability to influence the environment, to satisfy one's needs, and the tendency to contribute towards society or community.
3. **Life philosophy:** The aspect of life philosophy is concerned with having a purpose, clear goals, and a direction in life.

In short, mental wellness is a state of successful performance of psychological functions, resulting in productive activities, fulfilling relationships with people, ability to cope with stress, and the ability to change and adapt.

### Exercises | Q Q.4 (2) | Page 77

**Write short notes on the following:**

Drug Addiction

**Solution:** Addictive disorders refer to the physical and psychological inability to stop consuming some substance or indulging in some activity although it is harmful. This includes dependence on drugs, nicotine, alcohol, etc., or activities like gambling, eating, gaming, etc.

Drug addiction refers to an inability to control the use of alcohol, nicotine, narcotics, marijuana, medications, etc.

**Symptoms of addiction are -**

1. Excessive consumption of drugs or alcohol and the inability to reduce the dosage.
2. In case the person tries to stop the drug use, then withdrawal symptoms occur which include sweating, tremors, muscle pain, goosebumps, etc.
3. Physical and psychological dependence may lead to drug abuse or overdose of the addictive substance and even the death of the person.
4. The person's physical, emotional, social, and financial well-being break down. Alcoholics Anonymous (AA), Narcotics Anonymous (NA) are organizations that help addicts to overcome dependence.

### Exercises | Q Q.4 (3) | Page 77



**Write short notes on the following:**

Depressive disorders

**Solution:**

- In a depressive disorder, an individual experiences extreme feelings of sadness as well as guilt for at least two weeks.
- Some of its symptoms are:
  - i. Sad feeling
  - ii. Weight loss
  - iii. Indecisiveness
  - iv. Suicidal thoughts
  - v. Lack of enthusiasm
  - vi. Sexual dysfunction
  - vii. Inability to concentrate
  - viii. Feeling of hopelessness
  - ix. Constant feeling of fatigue
  - x. Either lack of sleep or excessive sleep
  - xi. Lack of interest in food and loss of appetite
  - xii. Excessive feeling of guilt over some matter
- In the total population, about 5% to 6% of people suffer from mild depression.

**Exercises | Q Q.4 (4) | Page 77**

**Write short notes on the following:**

Anxiety disorders

**Solution:**

1. In anxiety disorders, a person feels nervous or worried for a long time without any obvious reason and it starts interfering with his daily life.
2. There are many sub-varieties of anxiety disorders such as generalised anxiety disorder and phobia.
3. In generalised anxiety disorder, a person experiences intense tension which interferes with his daily routine as well as work performance.
4. Some of the symptoms of generalised anxiety disorder are extreme fear of the unknown, increased heartbeats, irritability, frequent headaches, frequent worry, lack of sleep, the sensation of vomiting, uneasiness, breathlessness, and blackouts.
5. These symptoms should be present for at least four weeks in children and for six months in adults to diagnose any individual suffering from an anxiety disorder
6. Phobia is an intense and irrational fear of some objects or situations experienced for more than six months.
7. There are various subtypes of phobias like Specific Phobia, Social Phobia, Agoraphobia, etc.

## Exercises | Q Q.5 (1) | Page 77

**Answer the following in 150 to 200 words:**

Describe the criteria of psychological disorders.

**Solution:** According to the present DSM-5, the five criteria for psychological disorders are:

1. **Clinically significant syndrome:** In psychological disorders, there is a certain pattern of behavioural or psychological syndrome observed in an individual.
2. **Distress and Impairment:** There is a presence of distress and/or impairment.
3. **Dysfunction:** If the symptoms lead to an underlying psychological, biological or developmental dysfunction, it leads to the diagnosis of mental disorder.
4. **The response was given to stressors or losses and culturally relevant behaviour is not considered as a sign of mental disorder:** A response that is normally given to common stressors and losses (e.g. sadness due to death of a loved one) or a culturally sanctioned response to a particular event (e.g. trance state in certain religious rituals) should not be considered as signs of mental disorder.
5. **Any behaviour which is deviant but does not produce dysfunction is not considered a sign of mental disorder:** If behaviour is only deviant or conflicting with society but does not produce dysfunction or distress or disability, then it does not become a sign of the mental disorder. e.g. in certain societies, homosexuality is considered as abnormal behaviour. However, according to DSM 5, it is not considered as a sign of the disorder.

## Exercises | Q Q.5 (2) | Page 77

**Answer the following in 150 to 200 words:**

Narrate any two psychological disorders in detail.

**Solution:**

Psychological disorders are also called mental disorders. These are patterns of behavioural or psychological symptoms that impact multiple areas of life and create distress for the person. According to DSM-5, there are five criteria for psychological disorders are:

1. **Clinically significant syndrome** - In psychological disorders, there should be a cluster of symptoms together i.e., a syndrome.
2. **Distress and Impairment** - There should be distress, i.e., psychological pain due to negative feelings and stress, as well as impairment, i.e., inability to perform appropriate roles in personal and social situations.

**3. Dysfunction** - If the symptoms lead to developmental or psychological dysfunctions, it signifies mental disorders.

**4. Responses to stressors** that are normally accepted responses e.g., sadness experienced at the loss of a loved one or culturally sanctioned responses are not considered as signs of mental disorders.

**5. Behaviour** which is only deviant but does not produce any disability/ distress/ dysfunction does not become a sign of the mental disorder.

A. **Anxiety Disorders** - The word 'anxiety' is derived from the Latin word 'Anxietas' which means 'uneasy or troubled mind'. Anxiety refers to a condition in which the person feels worried and uneasy for a long time for no obvious reasons. The main anxiety disorders are -

**(i) Generalized Anxiety Disorder** - The person frequently experiences anxiety more intensely so that it starts interfering with the ability to perform daily tasks. Symptoms include irritability, headaches, insomnia, dizziness, breathlessness, etc.

**(ii) Phobic disorders** - The word 'phobia' is derived from the Greek word 'Phobos' which was used to refer to the God of Fear. A phobia is an intense, persistent but irrational and disproportionate fear of a specific object or situation. DSM classifies phobias as simple phobias, e.g., Acrophobia, Claustrophobia, etc., and social phobias, e.g., fear of speaking or eating in public.

**B. Trauma and Stress-Related Disorders**

Stress is inevitable in life. Daily hassles, a relationship issue, frustration, chronic illness, etc., lead to stress. If stress is in moderate intensity, it acts as a motivation. However, intense prolonged stress impairs the normal functioning of the individual and may lead to stress disorders. The two types of stress disorders are -

**a. Acute Stress Disorder (ASD)**

If a person (aged 6 years and above) has experienced extremely stressful situations like the death of a loved one, serious disease or injury, sexual abuse, natural disasters, etc., then he/she may experience ASD. The symptoms of ASD include-

- (i) emotional numbness and instability
- (ii) nightmares and sleep disturbances
- (iii) insomnia, lack of concentration, irritability and guilt feelings
- (iv) depression

**b. Post Traumatic Stress Disorder (PTSD)**

If symptoms of ASD continue for more than one month with the same intensity, the person is diagnosed with PTSD. A person who has suffered trauma goes through three stages viz. -

- (i) **Shock stage** - the individual is in shock, i.e., extremely disturbed.
- (ii) **Suggestible stage** - he/she may seek guidance from others and may either accept these suggestions unquestioningly or may get extra sensitive.
- (iii) **Recovery stage** - the person shows signs of recovery. However, some persons still show signs of mental illness i.e., PTSD.

**Exercises | Q Q.5 (3) | Page 77**

**Answer the following in 150 to 200 words:**

What is Schizophrenia? Describe the major symptoms of it.

**Solution:** Schizophrenia means split mind. It is one of the major mental disorders. According to the DSM-5, there are two different types of symptoms for Schizophrenia. They are as follows:

**1. Positive symptoms:** These behaviours are an excess of an addition to the normal thoughts or behaviours of an individual. It includes:

- a. **Hallucinations:** Hallucination is false perceptions in the absence of a stimulus. It can be auditory, visual, tactile, olfactory, gustatory or may be related to internal sensations of the body.
- b. **Delusions:** Delusion occurs when an individual has a belief which is false but he is not ready to change it in spite of clear contrary evidence.
- c. **Disorganised speech and loosening of association:** A person's talk is unrelated, i.e., he may use useless words or may jump from one point to another which has no connection to the first.
- d. **Disorganised behaviour (Bizarre movements):** A person behaves in a very strange manner, i.e. doing the same act for hours together, screaming without reason, running here and there without purpose, attacking or biting someone, undressing clothes in public places, etc.
- e. **Incongruent affect:** Emotions expressed by a person does not match with the situations. e.g. he cries in happy occasions and laughs in sad occasions.

**2. Negative symptoms:** These symptoms lead to low levels of functioning and so, deteriorates the quality of life. They are:

- a. Diminished emotional expression
- b. Lack of initiative or enthusiasm
- c. Diminished and reduced speech
- d. Anhedonia (no experience of deep positive emotions)
- e. Being asocial
- f. Being apathetic

3. If positive symptoms are seen for one month or longer or if negative symptoms are seen for more than six months, the person is diagnosed having schizophrenia.