

Introduction to Psychopathology (Abnormal Psychology)

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Learning Objectives

- Approaches to Defining Abnormality
- Issues Regarding Defining Abnormality
- Commonality of Psychological Disorders
- Misconceptions

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Medical Student Syndrome

- Takes on symptoms studying

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## Approaches to Abnormality

- Statistical Approach

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## Approaches to Abnormality

- Statistical Approach
- Subjective Discomfort

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## Approaches to Abnormality

- Statistical Approach
- Subjective Discomfort
- Maladaptive Functioning

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### Approaches to Abnormality

- Statistical Approach
- Subjective Discomfort
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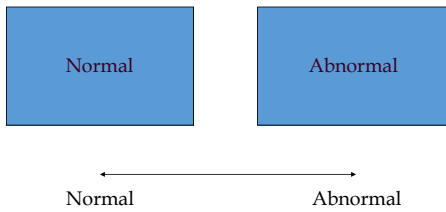
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### Discrete or Continuous? Constant or Changing?



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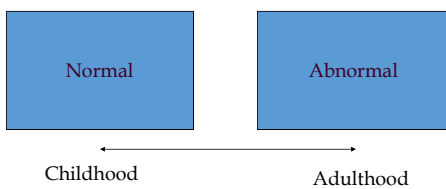
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### Temporal Element



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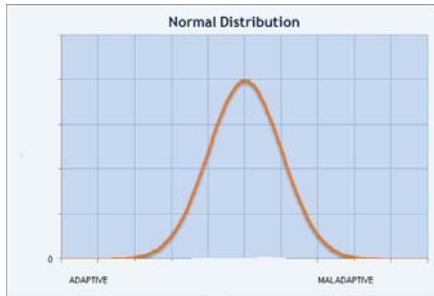
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## Behaviour Normally Distributed



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## Harmful Dysfunction

- 1. Some internal mechanism is not performing normal function
- 2. Causes some harm

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## Abnormality is characterized by:

- Distress
  - causes person or others significant distress
- Dysfunction
  - prevents person from functioning in daily life
- Deviance
  - thoughts, behaviours, or feelings highly unusual

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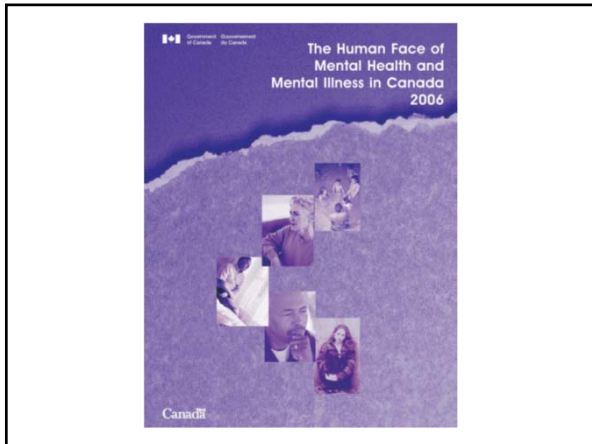
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The Human Face of Mental Health and Mental Illness in Canada 2006

- Data come from:
  - Statistics Canada 2002: Canadian Community Health Survey Cycle 1.2: Mental Health and Well-being
  - 2002-2003 Hospital Mental Health Database<sup>3</sup>
  - 2004 Health Behaviours of School Children Survey

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Some of the Most Common Kinds of Psychopathology

- Depression (e.g., Major Depressive Episode)
- Anxiety (e.g., Social Phobia)
- Substance Dependence (e.g., Alcohol Dependence)

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## Overview of Mental Health in Canada 2006

- 1 out of every 10 Canadians aged 15 and over, or about 2.7 million people, reported symptoms consistent with a mood or anxiety disorder, or alcohol or illicit drug dependence.
- 1 in 20 met the criteria for a mood disorder.
- 1 in 20 met the criteria for an anxiety disorder, either panic disorder, agoraphobia or social phobia.
- 1 in 30 met the criteria for substance dependence associated with either alcohol or illicit drug use.

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## Prevalence of Mood, Anxiety, or Substance Use Disorder in Canada (Mental Health in Canada 2006)

| Mood, Anxiety,<br>Substance Disorder | Total % | Men % | Women % |
|--------------------------------------|---------|-------|---------|
|                                      | 11.1    | 10.2  | 11.7    |
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## Prevalence of Mood, Anxiety, or Substance Use Disorder in Canada (Mental Health in Canada 2006)

| <u>Disorders</u>        | <u>Total Prevalence in %</u> |
|-------------------------|------------------------------|
| Mood Disorders          | 5.3                          |
| Anxiety Disorders       | 4.8                          |
| Substance Use Disorders | 3.1                          |

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## Impact of mental health problems in Canada

- Leading causes of disability in developed countries
- Economic Impact
  - ❑ Health care cost (e.g., treatment, hospitalization)
  - ❑ Productivity loss (e.g., sick leave)
  - ❑ Estimated annual cost: ~\$15 billion in Canada, ~1 billion in BC
- Suicide is a significant risk for individuals with psychological disorders, e.g., depression, bipolar, schizophrenia, borderline personality disorder
- Impact on family & stigma

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## Misconceptions

- 1. A Person who has been mentally ill can never be normal

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## Misconceptions

- 2. Even if some mentally ill persons return to normal, most don't and chronically ill people remain crazy

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Misconceptions

- 3. Persons with psychological problems are unpredictable

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Misconceptions

- 4. Mentally ill persons are dangerous and they can go berserk at any moment

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Misconceptions

- 5. Mentally ill people are deadbeats and misfits

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# Famous People with Psycho- pathology

- Sylvia Plath
- Chris Sizemore (Eve)
- Richard Wagner
- Kurt Cobain
- Karen Carpenter
- Howard Hughes
- Ernest Hemingway
- Sir Winston Churchill
- Marilyn Munroe
- Vincent Van Gogh
- McKenzie King
- Anthony Hopkins
- J. Edgar Hoover
- Vincent Van Gogh
- John Nash
- Billy Holiday
- Hunter S. Thompson
- Robin Williams
- Ludwig von Beethoven
- Romeo Delaire

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