social readjustment grading scale

- what kind of events being experienced
- stressors not necessarily negative but still imposing demand
- asked which events would cause most stress
  - adults – death of spouse
  - young adults – getting married
- in past year, how many events experienced
- higher score correlates with higher risk of developing illness
  - score of 300+ = at risk of illness
  - score of 150-299 = risk of illness moderate (reduced by 30% from above risk)
  - score of -150 = only have slight risk of illness
- percentage based on exposure to stressors & development of physical illness
- Hanson Scale of Stress Resistance
  - weak choices
    - bad genetics – lifespan and health of ancestors, score of ten
    - insomnia – chronic, not medicated
    - bad diet – too much/too few calories, wrong foods, poor eating habits
    - obesity
    - unrealistic goals
    - poisons – alcohol, excessive caffeine intake
    - smoking
  - strong choices
    - good genetics – lifespan and health of ancestors, score of ten
    - sense of humor
    - right diet
    - alternate activity – regular exercise
    - realistic goals
    - understanding stress mechanisms and effects
    - relaxation skills and efficient sleep
    - thorough job preparation
    - financial stability
    - stable home, support system
- add score from weak choices to life events, subtract score from strong choices from that total

3/3/15

transaction model – when look at physical health & illness, not just looking at stressors but also interaction with stressors and stressor management
- stress tolerance can be learned
- continuous amnesia – person forgets every experience they have, loss of memory, seems to be fully conscious but events not registering consciously, psychological in nature

- dissociative amnesia and fugue – experience of dissociative amnesia with fugue state
  - fugue state – can range from wandering around aimlessly for short period of time to traveling hundreds of miles and starting new life, tend to live under radar, can go on indefinitely but most temporary (minutes to hour)
    - remembering is too anxiety-provoking
    - many times people uncovered because of altercation, matched to missing persons case

- dissociative identity disorder (traditionally multiple personality disorder) – two or more distinctive and well-developed personalities exist in one person, take over person’s life at different times
  - if only two personalities, personalities amnesiac of each other; results in having issues remembering chunks of time
  - when multiple personalities exist, there is a dominant personality, has greatest control of what’s going on, may not always be aware of alters; rest are alters (subordinates), will represent different memories and emotions, distinctive personality, sometimes have varying degrees of awareness of one another, understanding of what’s going on
    - classic case – Three Faces of Eve (Chris Sizemore)
      - Eve White – conservative, dignified, passive sad, personality
        - Eve Black – flirtatious, light-hearted, risk-taker
        - Jane – most stable personality, protector
          - names of personalities hint at symbolism
          - over 22 personalities recorded through therapy
          - at 48 years old, personalities more integrated
          - background full of tragedy, horrific experiences

  - different personalities cluster around certain life experiences/quality of life experiences
  - will usually have different names but some may not have names
    - Sybil
      - some personalities actually designated as men
  - some studies indicate that some alters may have different responses on physiological tests
    - ex. blood pressure, respiration rate different
  - instances where one personality wears glasses but others do not
  - seems to be transfer of learning in some people but not in others
  - related to PTSD, way of surviving trauma
  - personalities serve specific purpose in person’s life
- schizoid personality disorder – excessively introverted (desire to stay within self), withdrawn, solitary, emotionally cold & distant, absorbed in own thoughts, afraid of getting close to others
- schizotypal personality disorder – socially and emotionally detached, oddness in thinking (sometimes believe that their thoughts could have control over another person)
  - some schizophrenics start with schizotypal personality disorder but not all
- Cluster B – dramatic, emotional, erratic
  - narcissistic personality disorder – exaggerated sense of value and importance, feels that others should admire/respect them, sensitive to failure & criticism, react with anger or depression, feels that needs should be satisfied immediately
  - some very high achievers but some have very few achievements
  - histrionic personality disorder – initially person that people gravitate toward because they’re entertaining, person wants to be center-stage, tends to one-up others to regain attention, many superficial relationships, sometimes attract attention through sympathy, can be sexual provocative but don’t usually want sexual relationship, usually wants someone to pay attention to them and take care of them, sense of identity intact
  - borderline personality disorder – sense of identity very fragile, mood/behavior/personal relationships always changing, desire to create stability & hold onto relationships, manipulative toward others
    - splitting – "all or none" mentality, no gray area; if all is well, person is good, if one thing goes wrong, person is immediately bad
- Cluster C – anxious, fearful
  - dependent personality disorder – highly submissive individual who will not think for him/herself, cannot make decisions

4/28/15

disorders of childhood and adolescence

internalizing disorders
- very young children do not have ability to anticipate
  - start doing so around 7 years old -> cognitive thinking
- anxiety disorders increasing in children
  - also pressure -> children almost unable to be children
- most common anxiety disorder = separation anxiety