Physiological causes include abnormal neural processing and larger than normal cerebral ventricles. The seasonality effect shows that people born in winter were more likely to develop schizophrenia.

Cognitive and emotional causes include having overprotective parents such as in a double bind where a conflict is caused for a child who receives inconsistent messages or cues from a parent.

Mood Disorders—a psychological disorder characterized by significant shifts or disturbances in mood that adversely affect normal perception, thought, and behavior. Mania is described as abnormal and persistent elevation of an expansive or irritable mood.

Compare and contrast bipolar I and bipolar II disorders.

Major depressive disorder involves persistent, severe feelings of sadness and worthlessness by changes in appetite, sleeping, and other behavior.

Depression has 5 major symptoms: Sadness and apathy, feelings of worthlessness, a desire to withdraw from people, sleeplessness and loss of appetite, and changes in activity level.

Give an example of the cognitive, genetic, or neurophysiological causes of depression.

Anxiety is a sense of apprehension or doom that is accompanied by many physiological reactions such as accelerated heart rate, sweaty palms, and stomach tightness.

Panic disorders are unpredictable attacks of acute anxiety that are accompanied by high levels of physiological arousal and last from a few seconds to a few hours.

Anticipatory anxiety occurs between panic attacks due to the fear of them.

Causes: Irregular breathing, lactic acid reaction, hypersensitivity

Aphobia is an unreasonable fear of specific objects or situations.

Phobic disorder—an unrealistic, excessive fear of a specific class of stimuli that interferes with normal activities: they include agoraphobia, social phobia, and specific phobia.

Be able to define agoraphobia, social phobia, and specific phobia.

Possible causes: Direct and vicarious classical conditioning

Obsessive-Compulsive Disorder is an recurrent, unwanted thoughts or ideas/compelling urges to engage in repetitive ritualistic behavior.

Compulsions fall into these four categories: counting, checking, cleaning, or avoidance.

Causes: Anxiety, perfectionism, genetic origin

Tourette’s syndrome—a neurological disorder characterized by tics and involuntary utterances including swearing and other obscenities

PTSD (post-traumatic stress disorder)—an anxiety disorder in which the individual has feelings of social withdrawal accompanied by atypically low levels of emotion.

Example: Dreams, flashbacks, bursts of anger, reaction to sudden noises.

Possible causes: Victims of war, rape, torture, and natural disasters. Severity varies among gender, past psychiatric illness or level of education.

Dissociative disorders—a sudden disruption of consciousness producing changes in memory or identity

Dissociative amnesia is the inability to remember important events or even personal information.

A dissociative fugue is just a more extreme version of a dissociative amnesia.

Dissociative identity disorder is a rare disorder in which two or more distinct personalities exist within the same person each dominates in turn.

Culture-bound syndromes are highly unusual psychological disorders specific to only a few cultures.

Antisocial Personality Disorder—Characterized by failure to conform to standards of decency, lying and stealing, inability to sustain lasting relationships, and low tolerance to boredom.

Psychopaths are not driven to commit crimes but might be acting on whims instead.

Possible causes: Lack of emotions, poor childhood experiences, no fear towards punishment.

Borderline personality disorder—diagnosed by pervasive instability of interpersonal relationships, self-image, and emotions as well as impulsivity, suicidal efforts, and self-mutilation.

Possible causes: Heritability, neuroticism, impulsivity, anxiousness related to specific nervous systems.