- These factors change over time. Hence, it’s harmful to place a constant label on a person
- “Normal” behavior changes over cultures, sub-cultures and time.
  - E.g., is gang behavior or violence “abnormal”?s
- It’s more important to understand behavior (and symptoms) then worry about labels.

**Classifying Psychological Disorders**

- DSM-IV
  - American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (Fourth Edition)
  - A widely used system for classifying psychological disorders
  - Presently distributed as DSM-IV-TR (text revision)

-neurotic disorder: usually distressing but that allows one to think rationally and function socially
- psychotic disorder
  - Person loses contact with reality
  - experiences irrational ideas and distorted perceptions

anxiety disorders
  - anxiety disorders
  - distressing, persistent anxiety or maladaptive behaviors that reduce anxiety
- Generalized anxiety disorder
  - person is tense, apprehensive, and in a state of autonomic nervous system arousal
  - persistence (out of control)
  - problem in identifying source

Defined as Function
- individual is not functioning adequately based on either his/her standards or according to significant other in the person’s life
- almost all the disorders we discuss have symptoms that everyone experiences. Diagnosis of disorder depends of intensity, length of time and how much its impacting on the person
- Depression
- Anxiety
- Psychosis
- Panic Disorder
  - Marked by a minute long episode of intense dread in which a person experiences terror and accompanying chest pain, choking, or other frightening sensation
  - Person comes to fear the panic attack itself and start to avoid any situations or places that might provoke an attack