



# **GENERAL PSYCHOLOGY: PSYCHOLOGICAL DISORDERS**

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# OUTLINE FOR THE LECTURE

- Psychological disorders
  - Definition & examples
  - Diagnoses of psychological disorders
- Treatments for psychological disorders
  - Relevant health professionals
  - Patients' rights and ethical considerations





# **PSYCHOLOGICAL DISORDERS**

# PSYCHOLOGICAL DISORDERS

- Psychological Disorders:
  - Similar to physical illness, psychological disorders--- or mental illness--- have strong debilitating impact.



# PSYCHOLOGICAL DISORDERS

## ○ Psychological Disorder:

- A clinical significant behavioral or psychological syndrome or pattern that occurs in an individual that is associated with present distress (e.g., painful symptom) or disability (i.e., an impairment in one or more areas of functioning) or with a significant risk of suffering death, pain, disability, or an important loss of freedom.

# PSYCHOLOGICAL DISORDERS

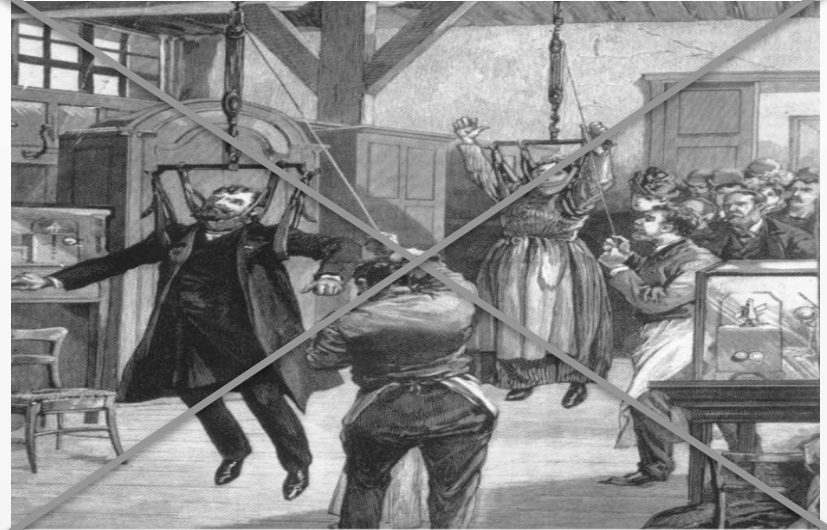
- Examples of Psychological Disorders:

- .....
- .....
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# PSYCHOLOGICAL DISORDERS

- Psychological Disorders:
  - Viewed based on *medical model* “as a disease,” rather than bad spirits or demonic possession, as in the past.





# **DIAGNOSIS OF PSYCHOLOGICAL DISORDERS**

# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS

- Various processes involve in the diagnosis of psychological disorders:
  - Clinical Assessment
  - Diagnosis
  - Treatment



# MENTAL DISORDERS: RELEVANT PROCESSES

4) Ethical consideration

**1) Referral Problem**

**2) Clinical Assessment**

Record checking

Psychological Testing

Assessment Interview

Behavior Observation

**Diagnosis**

**Treatment**

# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS: 1) CLINICAL ASSESSMENT



- Various methods have been used for clinical assessment:
  - Assessment interview
  - Record checking
  - Behavioral observation
  - Psychological testing

# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS: 1) CLINICAL ASSESSMENT

- After clients' symptoms are assessed, they are compared to standard criteria (e.g., Diagnostic & Statistical Manual of Mental Disorder) to see if the symptoms could be classified as any specific mental disorder(s).



# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS: 2) DIAGNOSIS

- While the diagnosis helps inform the treatment; if not used properly, the diagnosis could be harmful, as shown in Rosenhan's study (1973).
  - After being diagnosed, clients are viewed through the lenses of the diagnosis.



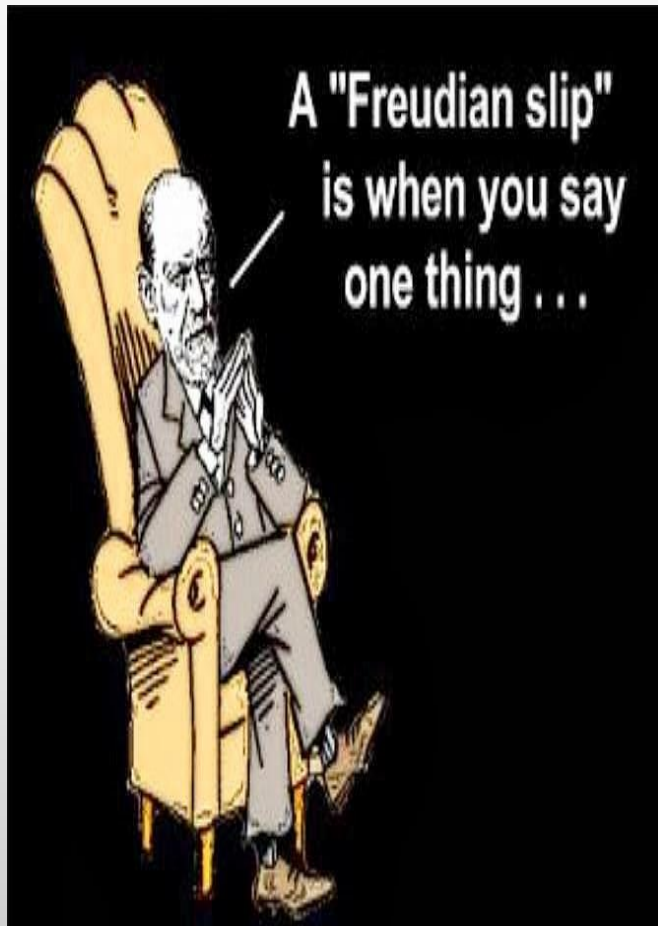
- <https://www.youtube.com/watch?v=HTJe8GCmm2o&list=PLLPWekn-ClgeI2DUSu7EfZmMlqJR0HOQ&index=3>

# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS: 3) TREATMENT

- After the diagnosis has been given, a relevant empirically-based treatment will be applied to assist the clients.
  - The treatments need to be supported by research outcomes.



# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS: 3) TREATMENT



- Common treatment for psychological disorders
  - Pharmacological treatment
  - Psychotherapy
    - Cognitive Behavioral Therapy
    - Psychoanalytic Therapy

# DIAGNOSIS OF PSYCHOLOGICAL DISORDERS: 3) TREATMENT

- All of the key processes of assessment, diagnosis, and treatment need to be conducted within the ethical standards.





# **TREATMENT OF PSYCHOLOGICAL DISORDERS**



**RELEVANT MENTAL HEALTH  
PROFESSIONALS**

# RELEVANT MENTAL HEALTH PROFESSIONALS: PSYCHIATRISTS

## ○ Psychiatrists

- Psychiatric training focuses on biological functioning and abnormalities.
- Training leads psychiatrists to emphasize psychopharmacological treatment over psychological one.



# RELEVANT MENTAL HEALTH PROFESSIONALS: PSYCHIATRISTS

- Clinical Psychologists
  - Using psychotherapy in supporting patients.
    - Playing a significant role in clinical assessments.



# RELEVANT MENTAL HEALTH PROFESSIONALS: PSYCHIATRISTS



- Counselling psychologists
  - Using counselling and psychotherapy to assist with life transitions and to enhance growth promotion.
- Psychiatric nurses
  - Working in support of the psychiatrists.



# **PATIENTS' RIGHTS & ETHICAL CONSIDERATIONS**

# PATIENTS' RIGHTS & ETHICAL CONSIDERATIONS



- Ethical considerations applies to all patients.
- Patients must be treated with respects and justices.

# PATIENTS' RIGHTS & ETHICAL CONSIDERATIONS

- Sample patients' rights:
  - Confidentiality
  - Informed consent (except in extreme cases where involuntary admission applies).

