

DSM: Diagnostic Anstatiscal Manual

- Used to code mental disorders when insurance companies need to know for reimbursement. "What is this?"
- Officially coding disorders.

Neurosis

Characteristics

- ① Rarely severe enough for hospitalization.
- ② In touch with reality. Know that something is wrong.
- ③ Tend to feel unhappy; guilty.

Anxiety Disorders:

Generalized anxiety disorders: General anxiety that is not focused on any particular object or situation. No identifiable source. Free-floating anxiety. Goes with you all of the time.

- ① Tense
 - ② Irritable
 - ③ Anxious
 - ④ Apprehensive
 - ⑤ Insomnia
 - ⑥ Exhausted (During Day)
- * Go to General Practitioner for first diagnosis with symptom of insomnia.

Panic disorder: Recurring panic attacks without warning or obvious cause. Physical manifestations.

Symptoms

- ① Heart palpitations.
- ② Dizziness
- ③ Sweating

Phobia: An extreme fear and avoidance of an object or situation that a person recognizes as harmless. Tend to last your whole life without treatment. Curable through therapy. Very common in the general population. Develop in a negative experience.

Biological Basis: Take longer to get over.

Obsessive Compulsive Disorder (OCD)

Obsessions: Persistent upsetting unwanted thoughts that are irrational and uncontrollable.

Doubts & indecision uncertainty

The fear that you'll engage in a prohibited activity.

Compulsions: Repetative behaviors. Any behavior that the person feels compelled to perform. Irrisistable impulse and nothing can stop you from performing that behavior.

Dissociative Disorders: The disruption of memory, consciousness, or identity. Usually develops to avoid an unpleasant or feared situation.

Amnesia: Forget your identity (Short hours or days).

Fugue: Adapt a new identity longer than amnesia).

Dissociative Identity Disorder (DID): Multiple personality. The presence of separate and different personalities within the same person.

Psychologist agree that it exist but is extremely rare. Case history reveal extreme child abuse.

Somatoform Disorders: Psychological disorders involving the body.

Conversion disorder: Operations of the body are impaired although the body is sound.

Hypochondriasis: strong unjustified Fear of disease.