

Perspectives on Psychological Disorders

Objective 15-1: Discuss how we draw the line between normality and disorder.

1. Mental health workers label thoughts, feelings, and actions disordered when they are _____, _____, and _____.

2. This definition emphasizes that standards of acceptability for behavior (are constant/vary) by _____, by _____, and with _____.

STUDY TIP: To be considered evidence of a psychological disorder, a behavior pattern must be deviant, distressful, and dysfunctional. Most people sometimes behave in ways that fit one or two of these criteria yet fall short of being clinically significant. For example, a deviant behavior is simply one that does not occur in most other people in a specific culture. The remarkable skills of a professional rodeo athlete, for example, while deviant from most of us, are not distressful or dysfunctional. Think about your own behavior patterns and see if you can think of examples that fit one or two of the three criteria that characterize psychological disorders.

APPLICATION:

3. Kitty has agreed to appear on the TV show Fear Factor Her test involves eating roaches, a practice that disgusts most North Americans. Although Kitty's task is _____ and possibly briefly _____, it is not _____ and so is not disordered.

Objective 15-2: Discuss the controversy over the diagnosis of attention-deficit hyperactivity disorder.

4. (Thinking Critically) ADHD, or _____ - _____, _____, plagues children who display one or more of three key symptoms: extreme _____,

_____ , and _____.

5. (Thinking Critically) ADHD is diagnosed more often in (boys/girls). In the past two decades, the proportion of American children being treated for this disorder (increased/ decreased) dramatically. Experts (agree/ do not agree) that ADHD is a real disorder.

6. (Thinking Critically) ADHD (is/is not) thought by some to be heritable, and it (is/is not) caused by eating too much sugar or poor schools. ADHD is often accompanied by a _____ disorder or with behavior that is _____ or temper-prone.

APPLICATION:

7. (Thinking Critically) Thirteen-year-old Ronald constantly fidgets in his seat at school, frequently blurts out answers without being called, and is extremely distractible. A psychiatrist might diagnose Ronald with _____ - _____.

Objective 15-3: Contrast the medical model with the biopsychosocial approach to psychological disorders.

8. The view that psychological disorders are sicknesses is the basis of the _____ model. According to this view, psychological disorders are viewed as mental _____, or _____, diagnosed on the basis of _____ and cured through _____.

9. One of the first reformers to advocate this position and call for providing more humane living conditions for the mentally ill was _____.

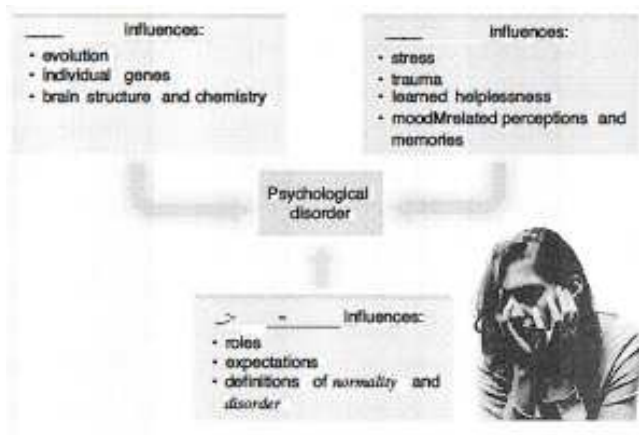
10. Today's psychologists recognize that all behavior arises from the interaction of _____ and _____. To presume that a person is "mentally ill" attributes the condition solely to a " _____ " that must be identified and cured.

11. Major psychological disorders such as _____ and _____

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are universal; others, such as _____
 _____ and _____
 _____, are culture-bound. These
 culture-bound disorders may share an underlying
 _____, such as
 _____, yet differ in their
 _____.

12. Most mental health workers today take a
 _____ approach, whereby they assume
 that disorders are influenced by _____
 _____ and _____
 _____ inner _____
 _____ and _____
 and _____ circumstances.



STUDY TIP: Think about the implications of the medical model and biopsychosocial models of psychological disorders. If a behavior pattern that is deviant, distressful, and dysfunctional is caused by a brain abnormality, for example, how would you answer the following questions?

1. How should this behavior be diagnosed?
2. How should this behavior be treated in efforts to cure it?
3. How will people view people who are diagnosed with this disorder? For example, are they to blame for their plight?

Now think about a disordered behavior that is caused by a person's environment, thinking patterns, and habits. Would your answers to these questions change for this type of behavior? Why or why not?

APPLICATION:

13. Haya, who suffers from *taijin-kyofusho*, is afraid of direct eye contact with another person. A therapist who believes in the medical model would say that her problem has a _____ basis. A biopsychosocial therapist would want to look into the interaction of her _____, _____, and _____ - _____ environment.

Objective 15-4: Describe how and why clinicians classify psychological disorders.

14. The most widely used system for classifying psychological disorders is the American Psychiatric Association manual, commonly known by its abbreviation _____. It was developed in coordination with the World Health Organization's _____ of _____.

This manual (does/ does not) explain the cause of a disorder; rather, it _____ the disorder.

15. Independent diagnoses made with the current manual generally _ (show / do not show) agreement.

Objective 15-5: Explain why some psychologists criticize the use of diagnostic labels.

16. One criticism of DSM-IV is that as the number of disorder categories has (increased/ decreased), and the number of adults who meet the criteria for at least one psychiatric ailment has (increased/decreased).

17. Studies have shown that labeling has (little/ a significant) effect on our interpretation of individuals and their behavior.

Outline the pros and cons of labeling psychological disorders.

18. (Thinking Critically) Most people with psychological disorders (are/ are not) violent. Most people whose _____ defense is accepted are nonetheless institutionalized, often for as long as those convicted of crimes.

Anxiety Disorders

Objective 15-6: Identify the different anxiety disorders.

19. Anxiety disorders are psychological disorders characterized by _____ .

20. Five anxiety disorders discussed in the text are _____ , _____ , _____ , _____ - _____ , and _____ - _____ .

21. When a person is continually tense, apprehensive, and physiologically aroused for no apparent reason, he or she is diagnosed as suffering from a _____ disorder. In Freud's term, the anxiety is _____ - _____ .

22. Generalized anxiety disorder can lead to physical problems, such as _____ . In some instances, anxiety may intensify dramatically and unpredictably and be accompanied by heart palpitations or choking, for example; people with these symptoms are said to have _____ . This anxiety may escalate into a minutes-long episode of intense fear, or a _____ .

23. People who _____ have at least a doubled risk of a first-time _____ because _____ is a stimulant,

24. When a person has an irrational fear of a specific object, activity, or situation, the diagnosis is a _____ . Although in many situations, the person can live with the problem, some _____ such as a fear of thunderstorms, are incapacitating.

25. When a person has an intense fear of being scrutinized by others, the diagnosis is a _____ . People who fear situations in which escape or help might not be possible when panic strikes suffer from _____ .

26. When a person cannot control repetitive thoughts and actions, an _____ - _____ disorder is diagnosed. Older people are (more/less) likely than teens and young adults to suffer from this disorder.

27. Traumatic stress, such as that associated with witnessing atrocities or combat, can produce _____ - _____ disorder. The symptoms of this disorder include _____ , _____ , _____ , _____ , and _____ .

28. People who have a sensitive _____ are more vulnerable to this disorder. Brain scans reveal an aberrant and persistent _____ activation in these patients. Research with identical twins indicates that _____ may also play a role.

29. Researchers who believe this disorder may be over diagnosed point to the _____ of most people who suffer trauma. Also, suffering can lead to _____ - _____ , in which people experience an increased appreciation for life, more meaningful relationships, changed priorities, and a richer spiritual life.

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APPLICATIONS:

30. Irene occasionally experiences unpredictable episodes of intense dread accompanied by heart palpitations and a sensation of smothering. Since her symptoms have no apparent cause, they would probably be classified as indicative of
- schizophrenia.
 - generalized anxiety disorder.
 - depression.
 - panic attack.
31. Han has an intense, irrational fear of snakes. He is suffering from
- generalized anxiety disorder.
 - obsessive-compulsive disorder.
 - a phobia.
 - a panic attack.
32. Isabella is continually tense, jittery, and apprehensive for no specific reason. She would probably be diagnosed as suffering from
- a phobia.
 - post-traumatic stress disorder.
 - obsessive-compulsive disorder.
 - generalized anxiety disorder.
33. Jason is so preoccupied with staying clean that he showers as many as 10 times each day. Jason would be diagnosed as suffering from
- schizophrenia.
 - generalized anxiety disorder.
 - agoraphobia.
 - obsessive-compulsive disorder.
34. Although she escaped from war-torn Bosnia two years ago, Zheina still has haunting memories and nightmares. Because she is also severely depressed, her therapist diagnoses her condition as
- panic disorder.
 - obsessive-compulsive disorder.
 - schizophrenia.
 - post-traumatic stress disorder.

Objective 15-7: Describe how the learning and biological perspectives explain anxiety disorders.

35. Freud assumed that anxiety disorders are symptoms of

submerged mental energy that derives from intolerable impulses that were _____ during childhood.

36. Learning theorists, drawing on research in which rats are given unpredictable electric shocks, link general anxiety with _____ conditioning of _____.

37. Some fears arise from _____, such as when a person who fears heights after a fall also comes to fear airplanes.

38. Phobias and compulsive behaviors reduce anxiety and thereby are _____. Through _____ learning, someone might also learn fear by seeing others display their own fears.

39. Humans probably (are/ are not) biologically prepared to develop certain fears.

Compulsive acts typically are exaggerations of behaviors that contributed to our species' _____.



40. The anxiety response probably (is/is not) genetically influenced. There may be anxiety _____ that affect brain levels of the neurotransmitter _____, which influences mood, as well as the neurotransmitter _____, which regulates the brain's alarm centers.

41. fMRI scans of persons with obsessive-compulsive disorder reveal excessive activity in a brain region called the _____ cortex. Some antidepressant drugs dampen fear-circuit activity in the _____, thus reducing this behavior.

STUDY TIP: Phobias are persistent fears of certain objects, activities, or situations. They are irrational because they are much stronger than the actual danger. Also, many specific phobias may be unrelated to a direct, negative experience

with the feared object. Are there any specific objects, activities, or situations that you find particularly frightening? How do you think you acquired these fears? Can you remember a bad experience? Did you see someone else have a problem? Does your fear ever interfere with your daily life?

APPLICATIONS:

- 42. Julia's psychologist believes that Julia's fear of heights can be traced to a conditioned fear she developed after falling from a ladder. This explanation reflects a _____ perspective.
 - a. medical
 - b. psychoanalytic
 - c. social-cognitive
 - d. learning
- 43. Before he can study, Rashid must arrange his books, pencils, paper, and other items on his desk so that they are "just so." The campus counselor suggests that Rashid's compulsive behavior may help alleviate his anxiety about failing in school, which reinforces the compulsive actions. This explanation of obsessive-compulsive behavior is most consistent with which perspective?
 - a. learning
 - b. psychoanalytic
 - c. humanistic
 - d. social-cognitive
- 44. After falling from a ladder, Joseph is afraid of airplanes, although he has never flown. This demonstrates that some fears arise from _____.
- 45. To which of the following is a person MOST likely to acquire a phobia?
 - a. heights
 - b. being in public
 - c. being dirty
 - d. All of these are equally likely.

Mood Disorders

Objective 15-8: Define mood disorders, and contrast major depressive disorder and bipolar disorder.

- 46. Mood disorders are psychological disorders characterized by _____. They come in two forms: The

experience of prolonged depression with no discernible cause is called _____. _____ disorder. When a person's mood alternates between depression and the hyperactive state of _____, a _____ disorder is diagnosed.

- 47. Although _____ are more common, _____ is the number one reason that people seek mental health services. It is also the leading cause of disability worldwide.
- 48. The possible signs of depression include _____.
- 49. Major depression occurs when its signs last _____ or more with no apparent cause.
- 50. Depressed persons usually (can/ cannot) recover without therapy.
- 51. Symptoms of mania include _____.
- 52. Bipolar disorder is less common among creative professionals who rely on _____ and _____ than among those who rely on _____ expression and vivid _____.

APPLICATIONS:

- 53. For the past six months, Haeji has complained of feeling isolated from others, dissatisfied with life, and discouraged about the future. Haeji could be diagnosed as suffering from
 - a. bipolar disorder.
 - b. major depressive disorder.
 - c. generalized anxiety disorder.
 - d. panic disorder.
- 54. On Monday, Delon felt optimistic, energetic, and on top of the world. On Tuesday, he felt hopeless and lethargic, and thought that the future looked very grim. Delon would MOST likely be diagnosed as having
 - a. bipolar disorder.

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- b. major depressive disorder.
- c. schizophrenia.
- d. panic disorder.

Objective 15-9: Describe how the biological and social-cognitive perspectives explain mood disorders.

55. The commonality of depression suggests that its _____ must also be common.
56. Compared with men, women are (more/less) vulnerable to major depression. In general, women are most vulnerable to disorders involving _____ states, such as _____ .
57. Men's disorders tend to be more _____ and include _____ .
58. Most people suffering major depression (do/ do not) eventually return to normal even without professional help. It usually (is/is not) the case that a depressive episode has been triggered by a stressful event. An individual's vulnerability to depression also increases following, for example, _____ .
59. With each new generation, the rate of depression is (increasing/ decreasing) and the disorder is striking _____ (earlier /later). In North America, today's young adults are (how many?) times more likely than their grandparents to suffer depression.
60. Mood disorders (tend/ do not tend) to run in families. Studies of _____ also reveal that genetic influences on mood disorders are (weak/strong).
61. To determine which genes are involved in depression, researchers use _____ , in which they examine the _____ of both affected and unaffected family members.
62. The brains of depressed people tend to be (more/less) active, especially in an area of the _____ lobe and an adjacent brain _____ . In severely depressed patients,

this brain area may also be (smaller/larger) in size. The brain's _____ , which is important in processing _____ , is vulnerable to stress-related damage.

63. Depression may also be caused by (high/low) levels of two neurotransmitters, _____ and _____ . Most people with a history of depression also were habitual _____ .
64. Drugs that alleviate mania reduce _____ ; drugs that relieve depression increase _____ or _____ supplies by blocking either their _____ or their chemical _____ .
65. According to the social-cognitive perspective, depression may be linked with _____ beliefs and a _____ style. Such beliefs may arise from _____ , the feeling that can arise when the individual repeatedly experiences uncontrollable, painful events.
66. Gender differences in responding to _____ help explain why women have been twice as vulnerable to depression. According to Susan Nolen-Hoeksema, when trouble strikes, men tend to _____ and women tend to _____ .
- Describe how depressed people differ from others in their explanations of failure and how such explanations tend to feed depression.
67. According to Martin Seligman, depression is more common in Western cultures that emphasize _____ and that have shown a decline in commitment to _____ and family.

68. Depression-prone people respond to bad events in an especially _____ way.
69. Being withdrawn, self-focused, and complaining tends to elicit social (empathy /rejection).
Outline the vicious cycle of depression.

Objective 15-10: Discuss the factors that affect suicide and self-injuring, and identify important warning signs to watch for in suicide prevention efforts.
(Close-Up) Identify several group differences in suicide rates.

APPLICATIONS:

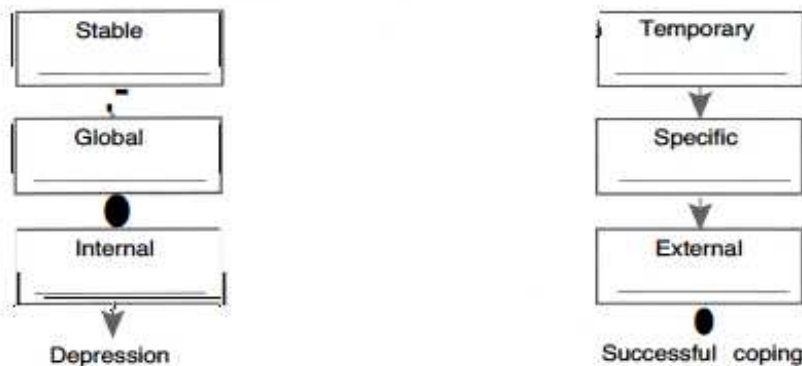
70. Connie's therapist has suggested that her depression stems from unresolved anger toward her parents. Evidently, Connie's therapist is working within the perspective.
- a. learning
 - b. social-cognitive
 - c. biological
 - d. psychoanalytic
71. Ken's therapist suggested that his depression is a result of his self-defeating thoughts and negative assumptions about himself, his situation, and his future. Evidently, Ken's therapist is working within the perspective.
- a. learning
 - b. social-cognitive
 - c. biological
 - d. psychoanalytic
72. Alicia's doctor, who thinks that Alicia's depression has a biochemical cause, prescribes a drug that
- a. reduces norepinephrine.
 - b. increases norepinephrine.
 - c. reduces serotonin.
 - d. increases acetylcholine.

74. (Close-Up) Factors that affect suicide are _____ dependence and social _____. For the elderly, it may be an alternative to current or future _____. People who engage in non-suicidal self-injury do so to gain relief from intense _____, to ask for help and gain _____, to relieve _____, or to get others to change their negative behavior.

75. (Close-Up) Important warning signs to watch for in suicide prevention efforts include _____, giving _____, or _____ and _____.

73. Complete the following flow chart comparing how a depressed person and a person who is not depressed would deal with this situation.

Receiving a failing grade on psychology exam



Schizophrenia

Objective 15-11: Describe the patterns of thinking, perceiving, feeling, and behaving that characterize schizophrenia.

76. Schizophrenia, or "split mind," refers not to a split personality but rather to a split from _____ . This disorder is an example of a _____ because it is marked by _____ and _____ .

77. Three manifestations of schizophrenia are disorganized _____ , disturbed _____ , and inappropriate _____ and _____ .

78. The distorted, false beliefs of schizophrenia patients are called _____ .

79. Many psychologists attribute the disorganized thinking of schizophrenia to a breakdown in the capacity for _____ .

80. The disturbed perceptions of people suffering from schizophrenia may take the form of _____ , which usually are (visual/auditory).

81. Some victims of schizophrenia lapse into a zombielike state of apparent apathy, or _____ ; others, who exhibit _____ , may remain motionless for hours and then become agitated.

Objective 15-12: Distinguish the five subtypes of schizophrenia, and contrast chronic and acute schizophrenia.

82. People with schizophrenia who display inappropriate behavior are said to have _____ , while those with toneless voices and expressionless faces are said to have _____ .

83. Schizophrenia is a cluster of disorders, including five subtypes: preoccupation with delusions or hallucinations, called _____ ; disordered speech or behavior, or _____ ; immobility, or

_____ ; many and varied symptoms, or _____ ; and withdrawal, or _____ .

84. When schizophrenia develops slowly (called _____ schizophrenia), recovery is (more/less) likely than when it develops rapidly in reaction to particular life stresses (called _____ schizophrenia).

APPLICATIONS:

85. Claiming that she heard a voice commanding her to warn other people that eating is harmful, Sandy attempts to convince others in a restaurant not to eat. The psychiatrist to whom she is referred finds that Sandy's thinking and speech are often fragmented and incoherent. In addition, Sandy has an unreasonable fear that someone is "out to get her" and consequently trusts no one. Her condition is most indicative of _____ symptoms of schizophrenia.

Objective 15-13: Discuss how brain abnormalities and viral infections help explain schizophrenia.

86. The brain tissue of schizophrenia patients has been found to have an excess of receptors for the neurotransmitter _____ . Drugs that block these receptors have been found to (increase/decrease) schizophrenia symptoms.

87. Brain scans have shown that many people suffering from schizophrenia have abnormally (high/low) brain activity in the _____ lobes.

88. Enlarged, _____-filled areas and a corresponding _____ of cerebral tissue is also characteristic of schizophrenia. Schizophrenia patients also have a smaller-than-normal _____ , which may account for their difficulty in filtering _____ and focusing _____ .

89. Some scientists contend that the brain abnormalities of schizophrenia may be caused by a prenatal problem, such

as _____
 _____, maternal
 _____, older
 _____ age, and

during delivery. Another possible culprit is a mid-pregnancy _____

_____ .
 List several pieces of evidence for the fetal-virus idea.

Objective 15-14: Discuss the evidence for genetic influences on schizophrenia, and describe some factors that may be early warning signs of schizophrenia in children.

90. Twin studies (support/ do not support) the contention that heredity plays a role in schizophrenia.

91. The role of the prenatal environment in schizophrenia is demonstrated by the fact that identical twins who share the same _____, and are therefore more likely to experience the same prenatal _____, are more likely to share the disorder.

92. Adoption studies (confirm/ do not confirm) a genetic link in the development of schizophrenia.

93. It appears that for schizophrenia to develop there must be both a _____ predisposition and other factors such as those listed earlier that “ _____ “ the _____

that predispose this disease.

Identify several of the possible early warning signs for schizophrenia.

APPLICATIONS:

94. Wayne has been diagnosed with schizophrenia. His doctor attempts to help Wayne by prescribing a drug that blocks receptors for _____ .

95. Janet, whose class presentation is titled "Current Views on the Causes of Schizophrenia," concludes her talk with the statement

- a. "Schizophrenia is caused by intolerable stress."
- b. "Schizophrenia is inherited."
- c. "Genes may predispose some people to react to particular experiences by developing schizophrenia."
- d. "As of this date, schizophrenia is completely unpredictable and its causes are unknown."

Other Disorders

Objective 15-15: Describe the symptoms of dissociative disorders, and discuss why they are controversial.

96. In _____ disorders, a person experiences a sudden loss of _____ or change in _____ .

97. Dissociation means to become _____ from painful memories, thoughts, and feelings.

98. Dissociation itself (is/is not so) rare.

99. A person who develops two or more distinct personalities is suffering from _____ disorder.

100. Nicholas Spanos has argued that such people may merely be playing different _____ .

101. Those who accept this as a genuine disorder point to evidence that differing personalities may be associated with distinct _____ and _____ states.

Identify two pieces of evidence brought forth by those who do not accept dissociative identity disorder as a genuine disorder.

102. The psychoanalytic and learning perspectives view dissociative disorders as ways of dealing with

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_____. Others view them as a protective response to histories of _____ .
Skeptics claim these disorders are sometimes contrived by _____ - _____ people and sometimes constructed out of the _____ - _____ interaction.

APPLICATIONS:

103. Multiple personalities have long been a popular subject of films and novels. For example, Dr. Jekyll, whose second personality was Mr. Hyde, had _____ disorder.
104. As a child, Monica was criticized severely by her mother for not living up to her expectations. This criticism was always followed by a beating with a whip. As an adult, Monica is generally introverted and extremely shy. Sometimes, however, she acts more like a young child, throwing tantrums if she doesn't get her way. At other times, she is a flirting, happy-go-lucky young lady. Most likely, Monica is suffering from
- a phobia.
 - dissociative schizophrenia.
 - dissociative identity disorder.
 - bipolar disorder.

Objective 15-16: Explain how anorexia nervosa, bulimia nervosa, and binge-eating disorder demonstrate the influence of psychological forces.

105. The disorder in which a person becomes significantly underweight and yet feels fat is known as _____ ,

106. A more common disorder is _____ , which is characterized by repeated _____ - _____



episodes and by feelings of depression or anxiety. When bouts of excessive eating followed by remorse are not accompanied by purging or fasting, the _____ - _____ disorder may be diagnosed.

107. The families of bulimia patients have a high incidence of childhood _____ and _____ self-evaluation. The families of anorexia patients tend to be _____ , _____ - _____ , and _____ .

108. Genetic factors (may / do not) influence susceptibility to eating disorders.
109. Vulnerability to eating disorders (increases/ does not increase) with greater body dissatisfaction.
110. In impoverished areas of the world, where thinness can signal poverty, _____ is better. In _____ cultures, however, the rise in eating disorders has coincided with an increasing number of women having a poor _____ .
111. When young women were shown pictures of unnaturally thin models, they felt more _____ , _____ , and _____ with their own bodies.

APPLICATION:

112. Of the following individuals, who might be most prone to developing an eating disorder?
- Jason, an adolescent boy who is somewhat overweight and is unpopular with his peers
 - Jennifer, a teenage girl who has a poor self-image and a fear of not being able to live up to her parents' high standards
 - Susan, a 35-year-old woman who is a "workaholic" and devotes most of her energies to her high-pressured career
 - Bill, a 40-year-old man who has had problems with alcoholism and is seriously depressed after losing his job of 20 years

Objective 15-17: Contrast the three clusters of personality disorders, and describe the behaviors and brain activity that characterize the antisocial personality disorder.

113. Personality disorders exist when an individual has character traits that are enduring and impair

114. A fearful sensitivity to rejection may predispose the personality disorder. Eccentric behaviors, such as emotionless disengagement, are characteristic of the

_____ personality disorder. The third cluster exhibits dramatic or __ behaviors, such as the or _____ personality disorders.

115. An individual who seems to have no conscience, lies, steals, is generally irresponsible, and may be criminal is said to have an _____ personality. Previously, this person was labeled _____ .

116. Studies of biological relatives of those with antisocial and unemotional tendencies suggest that there (is/is not) a biological predisposition to such traits.

117. Antisocial adolescents tended to have been _____ , _____ unconcerned with _____ , and low in _____ .

118. PET scans of murderers' brains reveal reduced activity in the _____ , an area of the cortex that helps control _____ .

119. As in other disorders, in antisocial personality, genetics (is/is not) the whole story. Rather, genes _____ some children to be more sensitive to _____ influences such as _____ .

APPLICATION:

120. Ming has never been able to keep a job. He's been in and out of jail for charges such as theft, sexual assault, and spousal abuse. Ming would most likely be diagnosed as having

- a. a dissociative identity disorder.
- b. major depressive disorder.
- c. schizophrenia.
- d. an antisocial personality.

SUMMARY STUDY TIP: This chapter discusses six categories of psychological disorders. To help organize your study of this material, complete the following table. For each category, list the specific disorders discussed. Then, for each disorder, give a description and a brief explanation of possible causes of the disorders. To get you started, portions of the first category of disorders, plus some random information, has been provided. (on last page)

Rates of Psychological Disorders

Objective 15-18: Discuss the prevalence of psychological disorders, and summarize the findings on the link between poverty and serious psychological disorders.

121. Research reveals that approximately _____ percent of adult Americans suffered a clinically significant mental disorder during the prior year.

122. The incidence of serious psychological disorders is (higher/lower) among those below the poverty line.

123. In terms of age of onset, most psychological disorders appear by (early/middle/late) adulthood. Some, such as the _____ and _____ , appear during childhood.

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Category	Specific Disorders	Description of the Disorder	Possible Explanations of Causes
Anxiety disorders	Generalized anxiety disorder Panic disorder Phobias Obsessive-compulsive disorder Post-traumatic stress disorder	Distressing, persistent anxiety or maladaptive behaviors that reduce anxiety	Conditioning and reinforcement of fears. For example, stimulus generalization. Also, observational learning. Pairing of a traumatic event with a genetic predisposition.
Mood disorders	Major depressive disorder Bipolar disorder		
Schizophrenia			
Dissociative disorders			
Eating disorders			
Personality disorders			