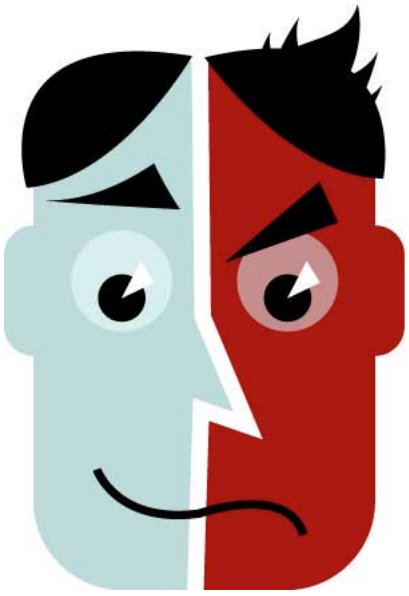
AP Psychology

10.2 – Mood & Personality Disorders

Abnormal Psychology

- **Mood Disorders**
  - Characterized by ongoing, dysfunctional emotional patterns
  - Are also referred to as affective disorders
    - Affect = Another word for an emotion
  - Mood disorders come in two general categories:
    - Depressive Disorders
    - Bipolar Disorders



Abnormal Psychology

- **Mood Disorders**
  - **Depressive Disorders**
    - Serious disturbances in a person's emotions that involve a loss of pleasure, sleep problems, lack of concentration, negative thoughts, or suicidal tendencies
    - Cause intense psychological discomfort and impair a person's ability to function

Abnormal Psychology

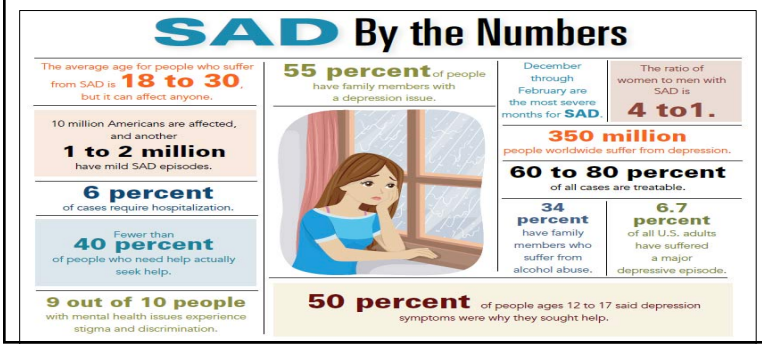
- **Mood Disorders**
  - **Major Depressive Disorder**
    - Characterized by a lasting and continuous depressed mood
    - People suffering from this disorder often feel deeply discouraged and lethargic
    - Major depression often leads to suicidal feelings
      - Approximately 10% of those suffering from Major Depression attempt suicide

Abnormal Psychology

- **Mood Disorders**
  - **Dysthymic Disorder**
    - Less intense than Major Depression, but may last for periods of two years or more
    - Similar symptoms to Major Depression
      - Typically symptoms don't disappear for more than two months at a time
    - Major depression episodes may occur at some point

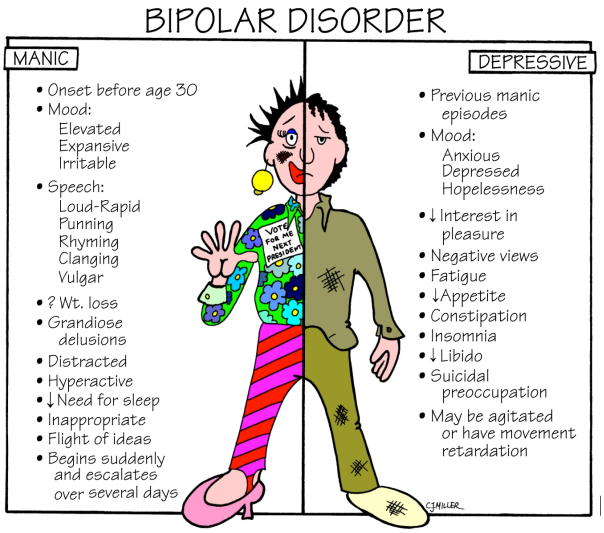
Abnormal Psychology

- **Mood Disorders**
  - **Seasonal Affective Disorder (SAD)**
    - Symptoms of depression triggered by the change of seasons, weather patterns, or melatonin hypersensitivity
    - Similar symptoms to Major Depression



Abnormal Psychology

- **Mood Disorders**
  - **Bipolar Disorders**
    - Characterized by periods of both depression and mania
    - **Manic-Depressive/Bipolar I Disorder**
      - Characterized by periods of both depression and mania
      - During a manic episode, the individual is hyperactive and may not sleep for days at a time
      - Sufferers frequently exhibit racing thoughts, a shortened attention span, and an inflated sense of self-importance



Abnormal Psychology

- **Personality Disorders**
  - Individuals who suffer from Personality Disorders are inflexible and unable to modify their personality traits across a broad range of situations
  - Usually become evident during adolescence or early adulthood

Abnormal Psychology

- **Personality Disorders**
  - **Antisocial Personality Disorder**
    - Characterized by a profound disregard for, and violation of, the rights of others
    - Often show no remorse for actions that harm others
    - Usually display insight into the weaknesses of others and are surprisingly poised when confronted about their destructive behavior
    - Serial killers often have this disorder

Abnormal Psychology

- **Personality Disorders**
  - **Borderline Personality Disorder**
    - Characterized by difficulties in regulating emotion.
    - Can lead to:
      - Severe, unstable mood swings
      - Impulsivity and instability
      - Poor self-image and stormy personal relationships
    - Can manifest into destructive behavior, such as self-harm or suicide attempt

Abnormal Psychology

- **Personality Disorders**
  - **Narcissistic Personality Disorder**
    - Characterized by:
      - A grandiose sense of self-importance
      - Fantasies of unlimited success
      - Need for excessive admiration
      - A willingness to exploit others to achieve personal gain

  - **Histrionic Personality Disorder**
    - Characterized by a need to be the center of attention
    - Will often act in outrageous ways to bring attention to themselves

Abnormal Psychology

- **Personality Disorders**
  - **Obsessive-Compulsive Personality Disorder (OCPD)**
    - Characterized by being overly concerned with certain thoughts and performing certain behaviors
    - Very similar to anxiety-induced OCD
    - Major difference is that OCD thoughts are unwanted; OCPD thoughts are perceived as normal/wanted
      - Not as extreme as OCD