

The Diagnosis of Mental Illness

Lecture 38

Psychopathology Defined

- Psych(o) - from Greek *psyche*, Soul or Mind
 - Mental Processes and Activities
 - Includes Behavior
 - Doctrine of Mentalism
- Pathology - from Greek *pathos*, Suffering
 - Deviations from Normal Structure, Function
- Medical Illnesses
 - Deviations from Normal Anatomical Structure
 - Deviations from Normal Physiological Function

Defining Psychological Normality

(A Prototype)

Bootzin et al. (1980)

- Accurate, Efficient Mental Function
 - Cognition, Emotion, Motivation, Behavior
- Self-Awareness
- Self-Control
- Self-Esteem
- Social Relations Based on Affection
- Productivity, Creativity

Defining Psychological *Deviance* From (Presumed) Normality

Bootzin et. al. (1980)

- From Statistical Norms
 - Frequency Criterion
 - Positive Deviations?
 - IQ and Intellectual Disability
 - All Negative Deviations?
 - Extraversion and Shyness

Defining Psychological *Deviance* From (Presumed) Normality

Bootzin et al. (1980)

- From Statistical Norms
- From Social Norms
 - Compliance Criterion
 - Variance Across Cultures
 - Political dissidents in Soviet Union, China
 - Variance Across Time within Cultures
 - Homosexuality

Defining Psychological *Deviance* From (Presumed) Normality

Bootzin et al. (1980)

- From Statistical Norms
- From Social Norms
- Personal Distress
 - Subjective Criterion
 - The Problem of Self-Perception
 - Schizophrenia, Personality Disorders
 - Ego-Syntonic vs. Ego-Dystonic Symptoms

Defining Psychological *Deviance*

From (Presumed) Normality

Bootzin et al. (1980)

- From Statistical Norms
- From Social Norms
- Personal Distress
- Maladaptiveness
 - Harmfulness Criterion
 - Criminal Behavior
 - The Insanity Defense

Psychological Abnormality as Conceptual Prototype

- Features of Presumptive Normality

- Accurate, Efficient Mental Function
- Self-Awareness
- Self-Control
- Self-Esteem
- Social Relations Based on Affection
- Productivity, Creativity

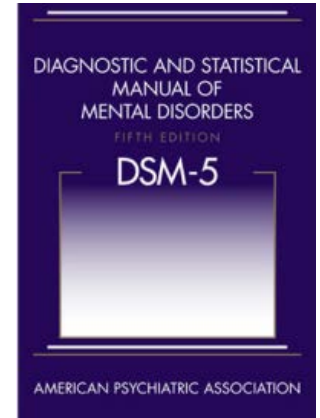
- Features of Abnormality

- Low Frequency
- Noncompliance
- Personal Distress
- Maladaptiveness

Major Categories of Mental Illness

(Organization Differs from *DSM-5*)

1. Organic Brain Syndromes
2. Developmental Disorders
3. “Psychoses”
4. “Neuroses”
5. Psychophysiological (Psychosomatic) Disorders
6. Dissociative Disorders
7. Somatoform Disorders
8. Personality Disorders
9. Behavioral Disorders
10. “Problems in Living”



Organic Brain Syndromes

Insult, Injury, or Disease Affecting Brain

- Dementia
 - Alzheimer's Disease
- Amnesic Syndrome
 - Korsakoff's Syndrome
- Aphasia
 - Expressive (Broca's)
 - Receptive (Wernicke's)

Developmental Disorders

Abnormal Development Since Birth

- Intellectual Disability (“Mental Retardation”)
 - Goddard: Moron, Idiot, Imbecile
 - APA: Mild, Moderate, Severe, Profound
 - Conceptual, Social, and Practical Domains
 - AAIDD: Need for Environmental Support
 - Intermittent, Limited, Extensive, Pervasive
- Autism Spectrum Disorder
 - Autism
 - Asperger’s Syndrome
- Attention Deficit Hyperactivity Disorder

Psychoses

Gross Impairments in Reality Testing

“Organic” vs. “Functional”

- Schizophrenia
- Affective Disorder
 - Bipolar Disorder
 - Manic-Depressive Illness
 - Unipolar Disorder
 - Mania
 - Depression

Neuroses

Anxiety

- Phobic Disorders
- Anxiety Disorder
 - Panic Disorder
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder

Psychophysiological Disorders

“Psychosomatic” Disorders

Organ Damage or Malfunction

Actual Damage to Internal Organs

- “Psychosomatic” Ulcers
- Coronary Heart Disease
 - “Type A” Behavior

Dissociative Disorders

Disruptions in Consciousness

Awareness and/or Control

- Affecting Memory / Identity
 - Functional/”Psychogenic” Amnesia
 - Fugue
 - Multiple Personality Disorder
 - Dissociative Identity Disorder
- Affecting Sensation / Perception / Action
 - “Hysteria” / Conversion Disorder
 - Functional Blindness, Deafness, Anesthesia
 - Functional Paralysis

Somatoform Disorders

Physical Complaints But No Organic Cause

- Hypochondriasis
- Somatization Disorder
 - Briquet's Syndrome ("Hysteria")
- Somatoform Pain Disorder
- Body Dysmorphic Disorder

Personality Disorders

Deeply Ingrained

Since Childhood or Adolescence

“Ego-Dystonic” vs. “Ego-Syntonic” Symptoms

- Antisocial Personality Disorder
 - Psychopathic Personality Disorder
 - Psychopathy, Sociopathy
- Borderline Personality Disorder

Behavioral Disorders

Specific Maladaptive Behaviors

No Other Signs of Mental Illness

- Alcoholism, Alcohol Abuse
- Drug Addiction, Substance Abuse
- Addictions to Sex, Gambling, etc.

“Problems in Living”

After Szasz, *the Myth of Mental Illness* (1960)

Not Necessarily Mental Illnesses

Treated by Mental Health Professionals

- Marital Stress
- Sexual Dysfunction
- Adjustment Problems
- Stress Reactions
- Vocational Quandaries

Mental Illness

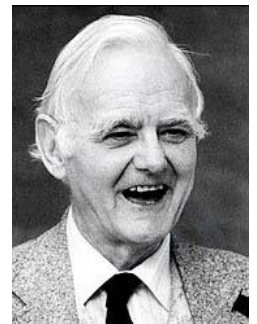
Analogous to Physical Illness

- Abnormalities in *Mental* Structure, Function
 - Cognition
 - Alzheimer's Disease, Dementia
 - Schizophrenia
 - Emotion
 - Anxiety Disorders
 - Affective Disorders (Mania, Depression)
 - Motivation
 - Psychopathy (Antisocial Personality Disorder)
- Results in Abnormal, Maladaptive Behavior

Medical Model of Psychopathology

Siegler & Osmond (1974); Kihlstrom (2002)

- Mental Illness Analogous to Medical Illness
 - Mental Patient, Mental Hospital, Mental Hygiene
 - Diagnosis, Treatment, Rehabilitation
 - Acute vs. Chronic
 - Symptoms Caused by Underlying Pathology
 - Signs Observed by Professional
 - Syndromes
 - Co-Occurring Symptoms
 - Diseases
 - Syndromes with Known Cause



Medical Model of Psychopathology

Siegler & Osmond (1974); Kihlstrom (2002)

- *No Assumption of Organic Cause*

“Behind every twisted thought
there lies a twisted molecule”

- Mental Illness Has “Natural” Cause

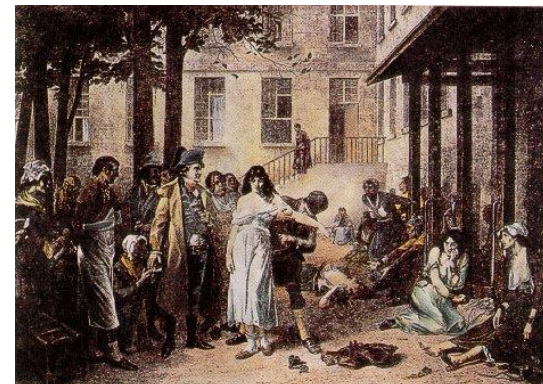
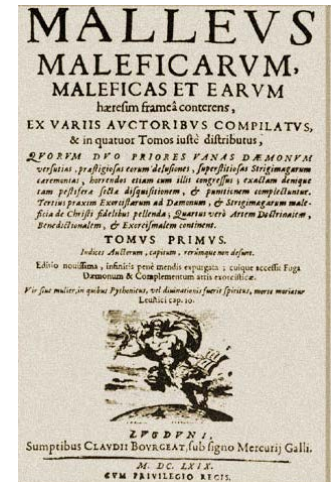
– Discovered Through Scientific Method

- Not Demonic Possession

– Supernatural Model

- Not Willful Behavior

– Moral Model



Diagnosis as Categorization

- Diagnosis Classifies Patient
 - Symptoms are Features
 - Syndromes are Categories
- Diagnosis as Feature-Matching
 - Match Patient's Symptoms to Syndrome
- *Diagnostic & Statistical Manual (DSM)*
 - American Psychiatric Association
 - “Official” List of Syndromes, Features
 - Used for Classifying Mental Illnesses

19th-Century Psychiatric Diagnosis

- **Jean-Etienne Dominique Esquirol (1772-1840)**

- Insane
- Mentally Deficient
- Criminal



- **Emil Kraepelin (1856-1926)**

- Dementia Praecox (Schizophrenia)
- Manic-Depressive Illness (Affective Disorder)



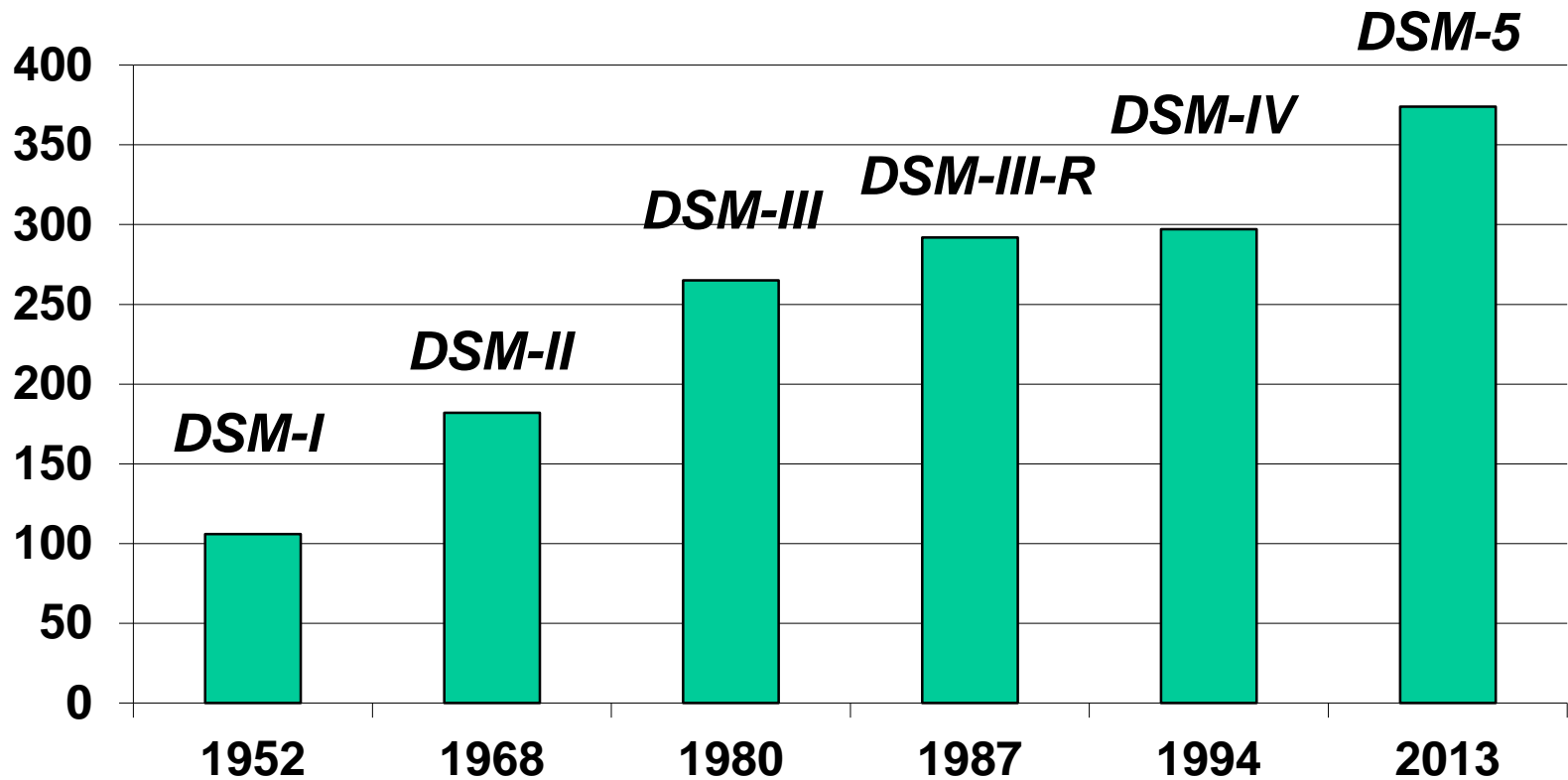
- **Pierre Janet (1859-1947)**

- Hysteria (Dissociative Disorders)
- Psychasthenia (Anxiety, Depression)



Growth of the Psychiatric Nosology

American Psychiatric Association
Diagnostic and Statistical Manual of Mental Disorders



Diagnoses as Proper Sets

Symptoms as Defining Features

Bleuler (1911)

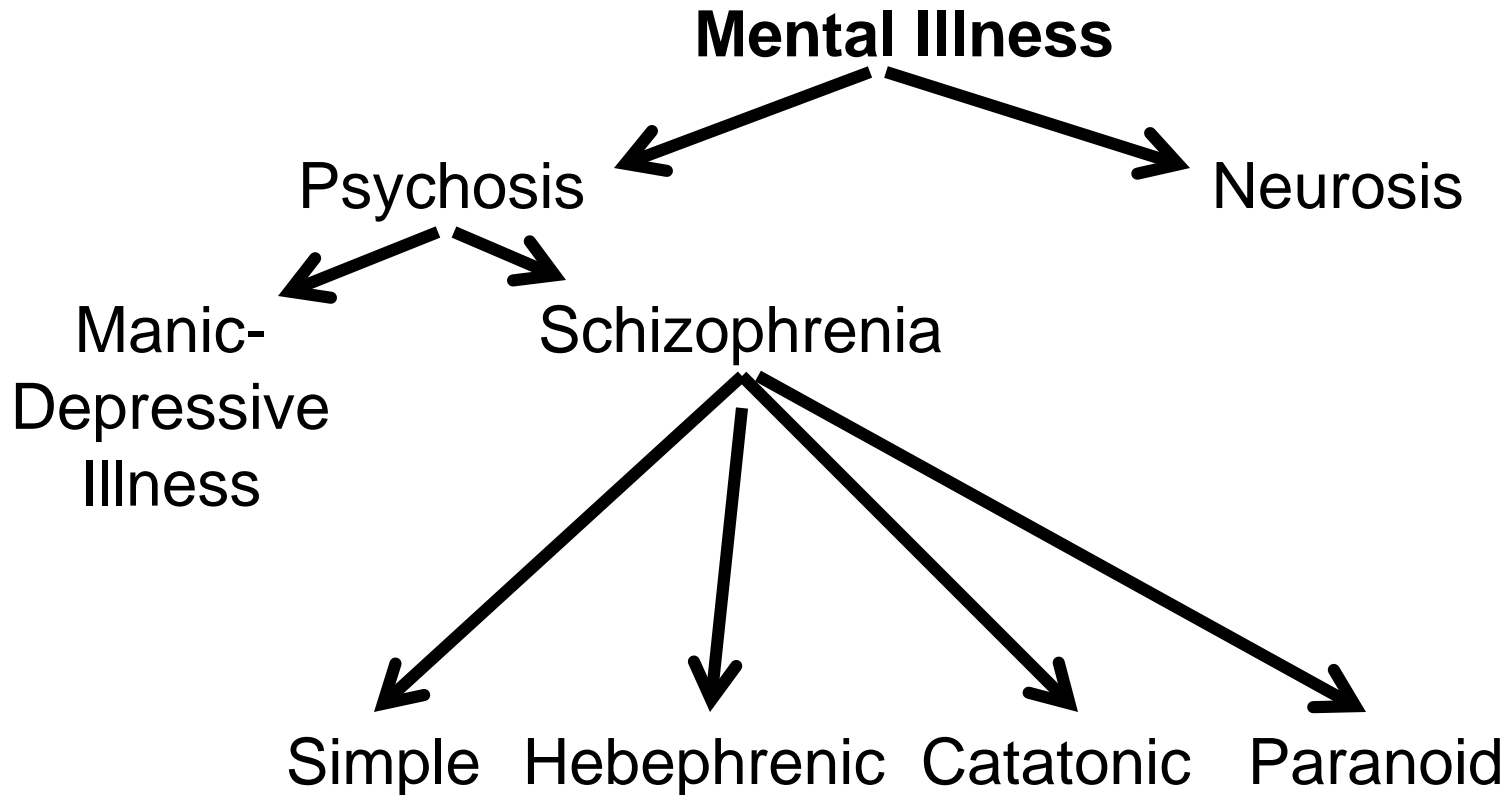
The “4 As” of Schizophrenia

- Association Disturbance
- Anhedonia
- Ambivalence
- Autism

Schizophrenic Subtypes

- Simple
- Hebephrenic
- Catatonic
- Paranoid

Hierarchical Organization of Psychopathology



Problems with Diagnoses as Proper Sets

- Partial Expression
 - Schizoid Personality Disorder
 - Schizotypal Personality Disorder
 - Paranoid Personality Disorder
- Combined Expression
 - Pseudoneurotic Schizophrenia
 - Pseudopsychopathic Schizophrenia
 - Schizoaffective Disorder
 - Borderline Personality Disorder

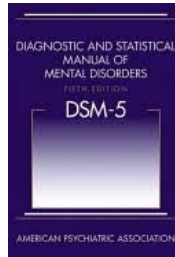
Diagnoses as Fuzzy Sets

DSM-III (1980), DSM-IV (1994), DSM-5 (2013)

- Characteristic Symptoms
 - Textbook Cases as Prototypes
- Heterogeneity within Category
 - Family Resemblance
- No Clear Boundaries

Schizophrenia

DSM-5 (2013)



2 or More Symptoms

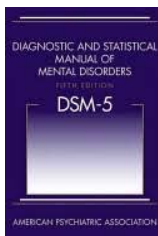
- Delusions
- Hallucinations
- Disorganized Speech
- Grossly Disorganized or Catatonic Behavior
- Negative Symptoms
 - Diminished Emotional Expression
 - Avolition

Plus

- Postmorbid Decline
 - Occupational
 - Social
 - Self-Care
- Duration 6+ Months
- Subtypes?
 - Acute vs. Chronic
 - First vs. Multiple Episodes
 - Type I vs. Type II
 - Positive vs. Negative Symptoms

Major Depressive Disorder

DSM-5 (2013)



5+ Symptoms Over 2 Weeks

- **Depressed Mood**
and/or
- **Diminished Interest**
- Weight Loss
- Insomnia or Hypersomnia
- Psychomotor Agitation or Retardation
- Loss of Energy or Fatigue
- Worthlessness or Guilt
- Inability to Concentrate or Indecisiveness
- Thoughts of Death or Suicide

Psychiatric Diagnosis as Judgment Under Uncertainty

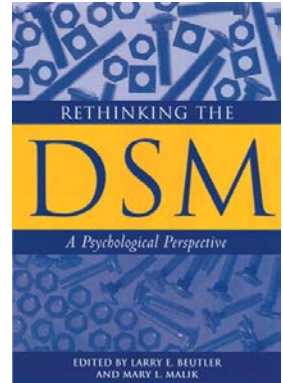
Cantor et al. (1980), Cantor & Genero (1986)

- Balance of Symptoms
 - Characteristic of Target Category
 - Characteristic of Alternative Categories
- Textbook Cases as Category Prototypes

Psychiatric Diagnosis

Beyond Symptoms and Signs

Kihlstrom (2002); Cuthbert & Insel (2010)



- Neural Structure and Function
 - Subtle Lesions in Brain Tissue
 - Abnormalities in Neurotransmitter Function
 - Dysregulation in Activity of Neural Circuitry
- *Psychopathology*
 - Deficits in Psychological Function
 - Basic Cognitive, Emotional, Motivational Processes
 - Beliefs, Expectations, Behaviors
 - Acquired Through Experience