Chapter 1: An Overview of Psychopathology and Changing Conceptualizations of Mental Illness

- Song: Bleed Like Me by Garbage
  - Has lyrics that portray cutting and anorexia nervosa
- Understanding Psychopathology
  - Personal Components
    - Loss of freedom and ability to consider alternatives
    - Loss of genuine personal contact
      - It is difficult to have social interactions as they are experienced by other people
      - Simple conversations with store clerks may seem impossible
    - Not only affects interpersonal relationships but also intrapersonal relationships
    - Loss of connection with one’s self and the ability to live in a productive manner
    - Personal distress
    - Lack of control over one’s experiences
  - National Institute of Mental Health (NIMH) estimates that at least 18.1% (around 48 million people) of the US population experiences a diagnosable mental disorder
- Stigma YouTube video- “Ending the Stigma of Mental Illness” by Bring Change 2 Mind
  - Many children, adolescents and young adults with a mental illness report being told they could never perform in a high-level profession or have the types of relationships that others have
  - “us versus them” way of thinking
- Perspectives
  - Behavioral and Experiential
  - Neuroscience
  - Evolutionary
  - Really, there are multiple factors that influence mental illness—the Biopsychosocial model/approach
- Levels of Analysis
  - High levels include culture and society as well as our social relationships
  - Middle levels include the individual which includes our actions, experiences, sensory/motor/emotional/cognitive systems
  - Lower levels are genetics and physiology
- Video- “Dr. Ray Discusses Abnormal Psychology”
  - Jane Murphy and her 1976 study of the Eskimos (Alaska) and the Yorubas (Nigeria)
    - Found that both cultures, and presumably all cultures, experience MI and have their own words for both “crazy” people and people who are “out of their mind” but not quite crazy
- The Relation of Evolution and Culture to Psychopathology
  - Culture is defined as: information capable of affecting individuals’ behavior that they acquire from other members of their species through teaching, imitation, and other forms of social transmission
  - For a more complete understanding of psychopathology, it is important to understand the particular rules a culture has for expressing both internal experiences and external behaviors
- Historical Perspectives on Psychopathology
  - Ancient Greek and Roman Influences
    - Pythagoras theorized that human behavior and related disorders reflected the actions of the gods; MI was a divine punishment
    - Hippocrates conceptualized that careful observation and a continues articulation that all disorders, both mental and physical, should be sought within the patient
    - Galen was a physician who used dissection, human accidents, and trauma from gladiators to describe the brain
  - The Middle Ages
- MI was seen from a religious perspective, being given by or possessed by the devil
- MI did not exist, it was merely the devil working through them
- Although they did not understand them, writers described in detail characteristics of different disorders including bipolar, depression and hallucinations/delusions
- The Renaissance to the 1700s
  - Church still controlled what was true and untrue
  - Da Vinci’s dissections on cadavers revealed the structure of organs and involuntary/voluntary functions
  - Descartes—rational soul was able to control the mechanical body by having both functions come together in one particular organ, the pineal gland
- Discovering the Function of the Brain in Behavior and Psychopathology
  - Thomas Willis coined the term neurology, anatomical terms such as lobe/hemisphere, and may have been the first person to use the word psychology in English
  - By the end of the 1700s, we had the entire brain dissected and major parts described in detail
- 1700s to 1900s
  - Joseph Gall
    - Phrenology
    - He believed that by assessing the shape, bumps, and indentations of a person’s skull, he could tell which areas of the brain were more or less developed
    - He created a map of various abilities on the brain.
    - He was correct in saying that different abilities are controlled by specific areas of the brain, but his map was not 100% correct, and we cannot assess a brain via the skull
  - Paul Broca (and the Broca’s Area)
    - had a pt who could understand language, but could not speak
    - After the pt died, he performed an autopsy which revealed an abnormality on the left frontal lobe
    - This made the connection that the language is a left hemisphere process with damage to the front left resulting in problems in higher executive functions such as judgment, reflection, and the ability to understand things abstractly
  - Carl Wernicke (and the Wernickie’s area)
    - Pt could speak fluently but could not understand language they heard
    - John Hughlings Jackson’s levels of the brain led to hierarchial integration
- A Growing Understanding of the Role of Evolution
- Darwin’s discoveries of the 1800s
- Care for Those With Mental Disorders
  - “Moral movement” which advocated for more humane treatment of the mentally ill
    - Dorothea Dix, Phillipe Pinel, Vincenzo Chirarugi, William Tuke, and Benjamin Rush
    - Many mental hospitals opened between 1850 and 1950, but they have since been closed (around 1960 they began closing)
    - This closing was called deinstitutionalization
    - The goal was to allow people to live in their homes and be cared for by their families rather than living in a hospital.
- Approaches to Treating Mental Illness
  - Biological Treatments
    - Psychotropic Medications
      - Mood stabilizers, antianxiety drugs, antidepressants, antipsychotics
    - Electroconvulsive Therapy (ECT)
    - Transcranial Magnetic Stimulation (TMS)
    - Deep Brain Stimulation (DBS)
    - Super invasive surgeries
• Such as in cases of severe epilepsy where a piece of the brain is removed
• Frontal Lobotomies in the 1900s to the 1950s

Psychological Treatments— “Talk Therapy”
• Psychodynamic
  • Based on Freud
  • Focuses on the idea that internal unconscious conflicts are the cause of mental illness
  • Works on identifying and addressing said conflicts
  • Psychoanalysis and free association
    • Transference—the manner in which a person imagined how another person thought about him or her or sought a certain kind of relationship with that person
    • Resistance—what the client is unwilling to say or experience
    • Insight therapy—based on the principle of bringing patterns of behavior, feelings, and thoughts into awareness

• Existential-Humanistic
  • Focuses on positive psych and the human tendency towards growth and finding meaning in life
  • Includes:
    • Mindfulness
      • Originally meditation techniques developed in Theravada Buddhism
      • Includes dialectical behavior therapy (DBT) which is used to treat personality disorders
    • Emotion-focused therapy or process-experiential therapy (Greenberg)
      • Bonding/awareness, evocation/exploration, transformation/generation of alternatives
    • Client/person-centered therapy (Carl Rogers)
      • empathic understanding, unconditional positive regard, and genuineness/congruence
  • Jung and Horney’s work set the stage for this, they emphasized the value of internal experience

• Behavioral and Cognitive-Behavioral
  • Classical and Operant conditioning as well as Observational learning (first wave)
    • Pavlov’s dogs, Skinner’s rats, John Watson and Little Albert, and Bandura and the Bobo dolls
    • Helps people change behaviors in order to eliminate disturbances
    • Systematic desensitization (Joseph Wolpe)—if one imagines anxiety producing event while in a relaxing setting, it may help the event become less anxiety producing
  • Beck’s cognitive addition (second wave)
    • Helped people identify and change their maladaptive thoughts and behaviors
    • The triad: negative view of self, tendency to interpret experiences in a negative manner, and regarding the future in a negative way
  • “Third wave approaches”
    • takes the foundations of behavioral and cognitive treatments and adds additional components
    • Big focus is acceptance and being present in one’s experiences rather than changing the self (mindfulness)
    • Big controversy on whether or not these third wave approaches are different than the first two waves
  • Video—Dr. Amy Wenzel

• Careers in Abnormal Psychology
• Psychiatrist, MD
  • can prescribe medications and other biological treatments
  • in the past, they provided both talk therapy and biological therapy, but nowadays
    they primarily provide medication management
• Clinical Psychologist, Pd.D. or Psy.D.
  • Typically, only offer psychotherapy, but, in some states, they complete the
    necessary training in pharmacology and can prescribe medications.
• Marriage and Family Therapist, Master’s Degree
  • Talk therapy
• Clinical Social Worker, MSW (Master’s)
  • Psychotherapy as well as how to help people deal with social problems they may
    be experiencing, such as joblessness or homelessness
• Licenses Mental Health Counselor, Master’s
  • Talk therapy
• Psychiatric Nursing (Nursing degree)
  • Received general nursing training as well as specific training for working with
    mental illness.
  • In some states, they can prescribe medication
  • Primary responsibilities include dispensing meds and other medical care, and they
    may provide group therapy

Chapter 2: Neuroscience Approaches to Understanding Psychopathology Pages 38-80
• Song: "Wrong" by Depeche mode
  ○ The song talks about how things are wrong for this person
  ○ He never specifies what exactly is wrong, but we can imagine that what is wrong is a
    mental illness
  ○ In relevance to neuroscience, the lyrics talk about something wrong chemically, which
    could be a neurotransmitter imbalance

The Growing Importance of Neuroscience, Genetics, and an Evolutionary Perspective
• There are currently no neuroscience techniques that can definitively diagnose a given individual
  in terms of mental disorders
• The human brain contains 86 billion neurons and more than 100,000 KM of interconnections
  ○ Estimates in mammals suggest that a given neuron would directly connect to at least 500
    other neurons, which means there are 50 trillion different connections in the human brain

Brain Anatomy, Neurons, and Neurotransmitters
• Brain Anatomy
  ○ Structures closer to the front of the brain are anterior, while those closer to the back are
    posterior
  ○ Dorsal is toward the back side and ventral is toward the belly side
  ○ The brain appears symmetrical from the top with left and right hemispheres
  ○ Structures closer to the midline dividing the hemispheres are medial and those further away
    are called lateral
  ○ Lobes:
    • Frontal-- front of the cortex
      ▪ Involved in planning, higher-order cognitive processes such as thinking and
        problem solving, as well as moral and social judgements
    • The central sulcus is a cavity that separated the frontal lobe from the parietal lobe
      ▪ The area behind this receives sensory information from the body
      ▪ The area in front of this allows the muscles to make movements
    • Parietal-- toward the back at the top of the cortex
      ▪ Involved in spatial processes
    • Occipital-- located near the back, bottom of the brain
Involved with the processing of visual information and receives information from the eyes
- Temporal lobe—below the frontal and parietal lobes
- Involved in hearing as well as aspects of language and in naming of objects from the visual field
- Frontal and temporal lobes are separated by the sylvian fissure

Neurons and Neural Transmissions
- The brain's function involves one element: the neuron
- Basic characteristics of neurons:
  - The cell body includes a nucleus, which includes the DNA, and other elements including mitochondria, which are involved in supplying energy
  - The axon is a slender nerve that conducts electrical impulses away from the cell body
    - They can be fairly short (as in the human brain) or 4-5 feet in length (such as those that go from the spinal cord to the arms and legs)
  - The dendrites receive information from other cells
  - Terminal branches do not actually touch other neurons but make a biochemical connection through a small gap called the synapse
    - This increases the size of electrical potential and, when critical, an action potential is produced at a location near the cell body
      - This is referred to as an all or none signal because below the critical value, no activity is sent down the axon
      - The speed that the action potential travels down the action depends on two factors: width of the axon and whether or not the axon is covered with a myelin sheath
  - There are two types of synapses:
    - Chemical-- involved the secretion of neurotransmitters from the previous neuron, which creates a current flow
    - Electrical-- current flows through special channels that connect the gap between two neurons
- How does the neuron pass information?
  - Neurotransmitters need to be created and stored
  - An action potential travels down the axon to the terminal
  - Through a variety of processes, a neurotransmitter is released between two neurons
  - The neurotransmitter then binds with specific proteins in the next neurons
  - This either increases (excitatory) or decreases (inhibitory) the possibility that the next neuron will create an action potential
  - The gap between the two neurons must be made neutral at this point by any number of mechanisms including making the neurotransmitter inactive, having the transmitter taken up by the first neuron (reuptake), and removing the transmitter from the gap
- Major Neurotransmitters
  - To date, more than 100 have been identified, which are classified in terms
  - Structure/size
    - Small neurotransmitters
      - Glutamate, which is excitatory
        - Considered to be the most important in terms of normal brain function
        - In abnormal conditions, the firing of rapid glutamate can lead to seizures in a number of areas in the brain
      - GABA (gamma-aminobutyric acid) which is inhibitory
        - This transmitter and drugs that increase the amount of it are used to treat anxiety disorders
        - They are often composed of single amino acids and are involved in rapid synaptic functions
- Large protein molecules called neuropeptides
  - These can be made up of 3 to 36 amino acids and are involved in slower, ongoing synaptic functions
- Function
  - Mediate communication between neurons
    - This includes glutamate and GABA
  - Transmitters such as opiates in the pain system that influence the communication of information
  - Transmitters such as dopamine, adrenaline, noradrenaline, and serotonin which influence the activity of large populations of neurons
    - Most neurons utilize more than one for their functioning
    - Table 2.1 "Some representative neurotransmitters" page 48
- Encoding Information by means of action potential

How Do We Observe the Brain at Work?
- Electroencephalography (EEG)
  - A technique for recording electrical activity from the scalp related to cortical activity
  - It records the product of the change in excitatory and inhibitory currents and action potentials contribute very little to EEGs
  - First demonstrated by Hans Berger in 1924 and results were published 5 years later
  - An EEG can be measured during both waking and sleep hours and is used as an objective measure of depth of sleep
  - Can be measured with only two electrodes or as a high-density array with more than 200
  - The actual measure is the difference between the signals at any two electrodes
  - Hz at different psychological states:
    - | Relaxed/eyes closed | 12 Hz |
    |---------------------|------|
    | "Alpha activity"/high-amplitude regular activity | 8 to 12 Hz |
    | Mental activity such as arithmetic/"beta activity" | Above 20 Hz |
  - Evoked/event-related potentials (EP/ERPs) shows EEG activity in relation to a particular event
    - The waveform is described in terms of positive and negative peaks as the time elapsed from the stimulus presentation (e.g. P300/P3 is a peak in the ERP in the positive direction occurring 300 milliseconds after the stimulus)
    - These are useful in cognitive/emotional processing that takes place in the brain outside of awareness and in groups such as infants who can not respond verbally
- Magnetoencephalography (MEG)
  - Measures the small magnetic field gradients existing and entering the surface of the head that are produced with neurons are active
  - It uses a superconducting quantum interference device (SQUID) to detect small magnetic activity
  - Similar to EEG signals, but are not distorted when they pass through the cortex/scull
    - This makes it possible to be more accurate in spatial location (e.g. youth with bipolar show greater activation in the frontal gyrus and less in the insula following negative feedback than do control participants
- Positron Emission Tomography (PET)
  - A measure related to blood flow in the brain that reflects cognitive processing
  - It is possible to infer which areas of the brain are more or less active during particular tasks
  - Blood flow is measured after participants inhale, or are injected with, a radioactive isotope tracer that travels through the bloodstream and is recorded by a gamma ray detector.
○ Disadvantages:
  • Expense
  • The need for a cyclotron to create radioactive agents
  • The injection of the radioactive tracer, which limit the number of experimental sessions that can be run for a single individual
  • Limited temporal resolution
  • Due to risks associated with radioactivity, participants usually do not participate in more than one study per year

○ Functional Magnetic Resonance Imaging (fMRI)
  • Based on the fact that blood flow increases in active areas of the cortex
  • By measuring the ratio of hemoglobin with and without oxygen, the fMRI is able to map changes in cortical blood and infer neuronal activity
  • A person lies on their back inside a large magnet and radio frequency device, which measures changes in blood oxygen levels

○ Diffusion tensor imaging (DTI)
  • The magnet in the MRI is used to measure cortical connections in the brain
  • It is a procedure for showing the white matter in the brain which is visualized by color coding
    • This allows one to map the brain

○ Spatial and Temporal Resolution
  • Table 2.2 "Pros and Cons of Different Neuroscience Techniques" Page 57
  • Considerations:
    • What you are studying
    • How fast a particular technique can measure change
    • Spatial resolution-- what size of brain area the technique can measure

Neuroethics-- a field of ethical inquiry related to the ethical, legal, and social policy implications of neuroscience, which explores questions about who should have access to data and scans of an individual's internal processes
  • People respond differently and have different explanations/classifications of mental disorders, so it is important to consider these factors

Networks of the Brain
  • Networks allow our brains to process information efficiently
  • Neurons connect in a network
    • Stanley Milgram (1960s) asked: "What is the probability that any two people randomly selected from a large population of individuals would know each other?"
      • He sent a letter so someone who sent a letter to someone until the final person was reached
      • From this, we get the phrase "six degrees of separation"
    • The small world framework model is based on this
      • Neurons have short-distance local connections which taken together can be considered a hub/module (Such as grey matter in the brain)
      • From these hubs are more long-distance connections to other hubs (such as white matter)
    • The human brain is about 44% white matter, that is, axons covered in a lighter myelin sheath
  • Three networks have been examined in terms of psychopathology
    • Default/intrinsic-- active when not performing a particular task, such as when the mind wanders of is processing internal information
      • Jumping from one thought to another is called stream of consciousness (William James coined this)
      • Becomes less active the moment that higher-cognitive or external thinking begins
People with schizophrenia have a hard time turning off this network and moving to an active task on another network

- Central executive-- involved in higher-order cognitive and attentive tasks
  - Planning, goal setting, directing attention, performing, inhibiting the management of actions, and the coding of representations in working memory
  - Often called frontal lobe tasks since damage to it causes issues with these tasks
  - Executive functions: planning, understanding new situations, and having cognitive flexibility
- Salience- important for monitoring critical external events as well as internal states
- Modularity-- the concept that certain areas of the brain are dedicated to certain types of processing
- Connectivity-- the concept that different areas of the brain work together in specific conditions

Genetics, Epigenetics, and Psychopathology

- The study of genetics
  - Began with Mendel and his pea plants
  - The law of segregation-- for the dominant trait to appear, only one dominant element is needed; for the recessive trait to appear, both nondominant elements must appear
  - The law of independent assortment-- the inheritance of the gene of one trait is not affected by the inheritance of the gene of another trait
- What do genes do?
  - 20,000 genes occur on specific sites (locus) on 23 pairs of chromosomes (46 individual chromosomes)
  - For our 20,000 genes, some 6,000 exist in different versions or alleles
  - Heterozygotes/heterozygous vs homozygotes/homozygous
  - The job of a gene is to lay out the process by which a particular protein is made (this is called encoding)
  - Proteins are found in the foods we eat as well as made by our cells by 20ish amino acids
  - Genes are turned on (produces the protein) or off (does not produce the protein) relative to specific events
    - This means that having a gene does not necessarily mean that it will be expressed
- DNA
  - Watson and Crick (1953)
  - Steps for moving genotype to the phenotype:
    - The information in DNA is encoded in RNA
    - This information in RNA determines the sequence of amino acids, which are the building blocks of proteins
      - DNA synthesis of RNA is called transcription
      - RNA synthesis of protein is called translation
    - Once encoded, the RNA goes to the part of the cell that is capable of producing proteins
    - Then the proteins are put together by the amino acids
  - Each full twist of the DNA double helix is around 3.4 nanometers (one billionth of a meter)
    - If we took the DNA in all 46 chromosomes and stretched it out, it would be around 6 feet long
  - Human Genome Project-- 1990
    - Project started by the U.S. to map out all the genes of the human body
    - It was an international project that was marked complete in 2003, at which the gene estimation was 20,500 in a human cell
- How do genes influence behavior?
  - Simple genetic modification made experimentally in animals can result in protein changes that change social behaviors such as increased fear/anxiety, increased grooming, hyperactivity, and even increased alcohol consumption when stressed
- Epigenetic processes
  - The central dogma of molecular biology—a term described by Crick (and a Mendelian idea) that genes are passed on, with the exception of damage to the gene, exactly how the parent had them
    - This implies that experience cannot change genes
    - This is obviously wrong, but was believed until very recently
  - Epigenetic inheritance
    - Epigenetic modifications mark the gene, which alters how it turns on and off
    - Within a chromosome, DNA is wound around a histone, or a cluster of proteins
    - Being tightly packed around the histone keeps genes in an inactive state (gene off), while being unfurled is the active state (gene on)
  - Research implies that behavior and environmental experiences at critical periods (such as conception) could later influence characteristics for future generations
- Mitochondrial and mitochondrial inheritance
  - Mitochondria have their own DNA, which has 13 coding genes with about 16,000 base pairs
  - Inherited only from the mother because mtDNA does not recombine with DNA from both parents
  - This causes it to be stable and mutate slowly
  - Mitochondrial dysfunction hypothesis—the idea that issues of the mitochondria are involved in specific mental disorders
    - This has been identified using a number of techniques:
      - Identifying structural changes
      - Examining the manner in which the mitochondrially related genes produce proteins
      - Using of metabolic studies
- What are endophenotypes?
  - Patterns of processes that lie between the gene and the manifestations of that gene
  - These cannot be observed except with special equipment and computational analysis such as brain imaging or patterns of performance on neuropsychological tests
  - As with genes, the presence of an endophenotype does not necessarily mean that the disorder will be present

Evolution and Psychopathology
- The manner in which organisms are in close connection with their environment adds a layer of complexity to the human genetic process
  - Humans are underdeveloped at birth (compared to other species) and are sensitive to their environments
  - We are also affected by societal and cultural perspectives
- Another layer of our complexity is our ability to reflect on ourselves, others, and our world
  - Some have suggested that Humans are the only species able to use imagination
  - Our ability to consider others allows us to understand the internal experiences of others (empathy)
  - We also consider how we appear to others
- Psychopathology from an evolutionary perspective
  - Schizophrenia continues to exist perhaps because, like sickle-cell, it protects against other disorders
  - Anxiety may have its roots in dominance structures
  - Personality disorders (specifically psychopathic and histrionic)
    - Harpending and Sobus (1987) suggested that these styles represent different adaptive strategies in relation to sexuality
      - Both of these types were viewed as cheaters
A male cheater in a sexual relationship would be able to persuade a female to mate with him while being dishonest about his commitment to her and willingness to provide for the offspring (psychopathic).

A female cheater in a sexual relationship would exaggerate her need for the male, making herself seem helpless and in need, so that the male would give her additional attention and resources. She would also be willing to put her own needs above that of her offspring, even to the extent of abandoning them.

- Has sleep been influenced by natural selection?
  - Some researchers say yes
  - Five reasons why:
    - Sleep is found in a variety of organisms and is perhaps universal across vertebrates
      - However, sleeping is not the same within them
      - Elephants and cows sleep standing up, dolphins sleep with one half of the brain
    - All vertebrates share similar mechanisms that control sleep and dreaming, which are found in more primitive areas
    - The pattern of sleep seen in mammals with REM and faster EEG activity within the sleep system is also seen in birds
    - In examining the sleep patterns across species, there appears to be support for the idea that these patterns adapted to match the ecological niche of that particular animal
    - All animals show deficits in response to a lack of sleep

- We can ask critical questions concerning psychopathology in relation to evolutionary processes:
  - Is the experience universal?
  - Is there an adaptive value to the behaviors and experiences displayed in psychopathology?
  - Is there evidence of psychopathology across human history?
  - What is the nature of psychopathology?
  - Is psychopathology protective in some manner?
  - Is psychopathology a recent process?

Chapter 4: Assessment and Classification of Psychological Disorders Pages 123-150

Initial Assessment and the Mental Status Exam
- Psychological assessment-- the process of gathering info about a person so that you can make a clinical decision about their symptoms
  - In this process, you may create a variety of possible causes for the symptoms

- The clinical interview
  - Information gathered form this interview includes not only the individual's symptoms but also the social and cultural context in which these symptoms occur (e.g. family support, relationships, and connections within their community)
  - Five major areas of consideration in this interview:
    - Current areas of distress and their history
    - Any past mental health problems
    - Social history including social support
    - The manner in which cultural factors may influence the current condition
    - Any way in which previous family, medical, or psychological factors may influence the current condition

- The mental status exam
  - Major categories:
    - Individual's appearance and behavior
• This includes: their clothing, grooming posture, movements
• Mood and affect
  § Affect refers to the emotions that the person expresses during the interview
  § Mood is more long term than affect
• Speech quality
• Thought process
  § Does the individual add more information when appropriate or do they add unrelated information or tell a narrative in which it is not related (flight of ideas)
  § The content of the thoughts is also important; does the individual think that the CIA is out to get them? (delusional thinking) or do they keep expressing a certain concern (obsessional thinking)
  § The professional should also take note of if the person is talking about suicide or homicide
• Perceptions and a general awareness of the surroundings
  § Is the person having hallucinations?
  § Does the person know where they are?
• Intellectual functioning and insight
  § Noted usually in terms of vocabulary and past academic achievement

Structured Interviews and Assessment Considerations
• A structured interview is tightly systematized in terms of the questions asked
  o Asking the same set of question to all clients can provide better consistency across both clients and interviewers
• The current classification manual in North America is the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth edition)
• The SCID (structured clinical interview for DSM disorders) provides questions designed to probe for the existence of criteria as presented in the DSM as well as a decision tree for follow-up questions
• Assessing cultural dimensions
  o The CF1 (cultural formulation interview) helps professionals obtain information about the person's culture
    • It includes these 5 domains:
      § Cultural identity of the individual-- how does the person identify themselves and how connected are they to this culture?
      § Cultural conceptions of distress-- how does that culture influence their experience of the disorder?
      § Psychosocial stressors and cultural features of vulnerability--how do psychological concerns vary in this culture?
      § Cultural features of the relationship between the individual and the clinician-- how does culture influence this person's view of mental health professionals and authority?
      § Overall cultural assessment-- implications of what was identified in the previous domains
• The interviewer asked 16 questions
• Reliability and validity in relation to psychopathology
  o Reliability-- asks the question of whether the instrument is consistent
    • Types of reliability:
      § Internal-- assesses whether different questions on an instrument relate to one another
      § Test-retest-- determines whether two measurement opportunities result in similar scores
      § Alternate-form-- asks whether different forms of an instrument give similar results
- Inter-rater-- asks how similar two or more individuals are when they observe and rate specific behaviors
  - Validity-- asks whether the instrument is accurate
    - Types:
      - Content-- the degree to which an instrument measures all aspects of the phenomenon
      - Predictive-- the degree to which an instrument can predict cognitions, emotions, or actions that a person will experience in the future
      - Concurrent-- the ability of an instrument to show similar results as other established measures of the construct
      - Construct-- the extent that an instrument measures what is was designed to measure
      - Ecological-- the manner in which data collected has been considered beyond the local context

Models of Assessment
- Symptom questionnaires
  - BDI (beck depression inventory)
    - Has 21 items, each of which is presented in a four-choice format where the individual is asked to indicate which best fits their current experience
    - Has been used for both clinical and research purposes
- Personality Tests
  - MMPI (Minnesota multiphasic personality inventory)
    - Composed of more than 500 true-false questions
    - The clinical scale in the MMPI uses the following categories: (page 132)
      - Hypochondriasis
      - Depression
      - Hysteria
      - Psychopathic deviate
      - Masculinity-femininity
      - Paranoia
      - Psychasthenia
      - Schizophrenia
      - Hypomania
      - Social introversion
- Projective Tests
  - Projective instruments are assessment tests composed of ambiguous stimuli
  - They can range from seemingly random patterns (inkblots) to ambiguous drawings of individuals or objects
  - The participant is asked to describe what they look like, what they remind them of, or what is being depicted
  - Sigmund Freud's processes
    - Primary-- seen in dreams or in letting your mind wander, it is not organized logically but rather in terms of associations between thoughts and feelings
    - Secondary-- logically organized
    - Exploring the cognitive and emotional connections in someone's mind is done, for Freud, in free association and dream analysis
  - Rorschach Inkblots
    - Created by Herman Rorschach in the early 1900s
    - According to Rorschach, introversion was focusing on the inner world of kinesthetic images and on creative activity
      - Extraversion was a focus on color, emotion, and adjustment to reality
The developers of the R-PAS (Rorschach performance assessment system, developed in 2006) listed these as their goals:

- Selecting and highlighting those variables with the strongest empirical, clinical, and response process/behavioral representational support while eliminating those with insufficient support
- Comparing a test-takers score to a large international reference sample
- Providing a simplified, unified, and logical system of terminology, symbols, calculations, and data presentation
- Describing the empirical basis and psychological rationale for each score
- Providing a statistical procedure to adjust for the overall complexity of the record and a graphical illustration of its impact on each variable
- Optimizing the number of responses given to the task in order to insure an interpretable and meaningful protocol
- Developing new and revised indices by applying contemporary statistical and computational approaches
- Offering access to a scoring program on a secure, encrypted web platform from any device that can interface with the internet

○ Thematic Apperception test (TAT)
  - Composed of 30 black and white drawings of various scenes and people
  - Morgan and Murray in the 1930s
  - Typically, an individual is shown 20 cards, one at a time, and asked to create a story based on the card
  - The basic idea is that by noting the content and emotionality of the individual's responses, it is possible to gain insight into his or her thoughts, emotions, and motivations, including areas of conflict

○ Neuropsychological Testing
  - WAIS (Wechsler Adult Intelligence Scale)-- a common intelligence test with a number of subscales designed to measure verbal and performance tasks
    - Verbal tasks include: measurements of acquired knowledge, verbal reasoning, and comprehension of verbal information
    - Performance tasks include: nonverbal reasoning, spatial processing tasks, attention to detail, and visuomotor integration
  - Other neuropsychological tests have been designed to assess specific types of brain functioning as well as brain damage
    - These include: memory, attention, reasoning, emotional processing, and motor processes including inhibition of action
  - WCST (Wisconsin Card Sorting Test)-- requires an individual to sort cards into four piles
    - The cards each have a specific shape, number of these shapes, and color
    - The person administering the test takes note of whether or not the individual is sorting the cards correctly, then changes the correct sort category
      - People with frontal lobe damage have difficulty responding to this change
  - CPT (Continuous Performance Test)-- measures attentional characteristics
    - In one version, participants are shown a series of letters and must respond with a particular letter is displayed. Then the person responds when a particular letter is followed by another letter
    - Children with ADHD have trouble with this task

○ Using neuroscience techniques to identify mental illness

Diagnostic Considerations in Psychopathology

- North American DSM (Diagnostic and Statistical Manual of Mental Disorders) and European ICD (international Classification of Diseases)
- Approaches
  - Categorical-- determining the presence of a disorder based on a certain set of symptoms