



Clinical Psychology

Mental Health and Mental Illness

Problematic patterns of

Thinking, Feeling, and Behaving



What is a Clinical Diagnosis?

- A Diagnosis based on signs and symptoms
- DSM V – Diagnostic and Statistical Manual
 - Classification of Mental Disorders
- Statistical and clinical patterns
- Often not objectively verifiable
- Not focused on underlying causes



Causes of disorders

- **Risk Factors** (causal patterns)
 - Predisposition to a particular disorder
 - Precipitating factors leading to disorder
 - Reinforcing factors maintaining condition



Risk factors

- Psychological Distress
- Trauma
- Biological
- Psychosocial
- Sociocultural



Distress/ Trauma

- Stress Definition – internal responses caused by stressors and
- Trauma definition - major life altering events
- A stressor is defined as any adjustive demand that requires coping behaviour
- Mental disorders develop in individuals with a **predisposition** towards developing a given disorder



Biological Factors

- Genetic predisposition
- Brain injury or illness
- Deprivation
 - Basic needs not met
 - impact of toxins and pollutants
- Neglect and Abuse



Psychosocial Factors

- Reduced capacity to cope
 - Childhood Trauma
 - Early Deprivation
 - Institutionalisation
 - Deprivation at home
 - Inadequate parenting
 - Faulty discipline
 - Inadequate or irrational communication
 - Maladaptive peer relations
 - Bullying and / or unpopularity



Sociocultural factors

- Can increase or decrease vulnerability
- Vulnerability can be increased by:
 - Low socio-economic status
 - Disorder engendering social roles
 - Prejudice and discrimination
 - Economic and employment problems
 - Social change and uncertainty



Resilience

- Personality characteristics & experience/
- Response to the experience
 - **Early Life Trauma**
 - **Hiddenness**
- **Impact**
 - **Clear thinking/decision making -**
 - **post traumatic growth**



Treatment traditions

- Treatments relate to theories about underlying causes.
 1. Biological
 2. Psychoanalytical
 3. Behavioural
 4. Humanistic
 5. Cognitive behavioural
 6. Systems approach



Types of disorders

- Anxiety Disorders
- Mood Disorders
- Psychotic Disorders
- Personality Disorders
- Neurodevelopmental Disorders



Types of anxiety disorders

- Separation anxiety
 - Animal phobias
 - Performance anxiety
 - Social anxiety
 - Panic disorder
 - Health anxiety
 - GAD Generalised Anxiety Disorder
 - OCD Obsessive Compulsive Disorder
- Anxiety prevent people from completing developmentally appropriate tasks



Mood Disorders

- Mood disorder mainly related to extreme feelings of happiness and sadness
 - Reactive depression
 - Major depression
 - SAD seasonal affective disorder
 - Bi Polar disorder



Psychotic Disorders

- Severe Break with Reality
 - Delusions/ Hallucinations/ Paranoia
- Schizophrenia
- Bipolar Severe with psychotic features