

5.4 Selection of Categories of Psychological Disorders

Name: _____ Class: _____ Date: _____

Total: 11 marks

KEY WORDS bipolar 双相 • depressive 抑郁 • schizophrenia 精神分裂症 • anxiety 焦虑 • delusions 妄想

Objective

Build the skills to answer exam questions on the main **categories of disorder** 障碍类别.

You must be able to:

- state the defining feature of an **anxiety** 焦虑 disorder
- state the defining features of **depressive** 抑郁 and **bipolar** 双相 disorders
- describe the main features of **schizophrenia** 精神分裂症
- distinguish a category from a normal reaction to circumstances

1 Worked examples

Study these first. Each one shows the method for a task used later.

■ Anxiety disorders

Persistent, excessive fear or worry that is out of proportion to the actual threat and impairs functioning. The distinguishing feature is not the presence of fear but its persistence and disproportion.

■ Depressive and bipolar

A **depressive** disorder involves persistent low mood or loss of interest with associated changes in sleep, appetite, energy and concentration. **Bipolar** disorder additionally involves periods of markedly elevated, expansive or irritable mood with increased activity.

■ Schizophrenia

Features include disturbances of thought and perception — delusions and hallucinations — disorganised speech, and reductions in motivation and emotional expression. It is a disorder of thought and perception, not of having “two personalities”.

■ Category against reaction

Grief after a bereavement, or fear before a genuinely dangerous event, is not by itself a disorder. Duration, disproportion and impairment are what distinguish a disorder from an expected reaction.

2 Practice

2.1 State the defining feature of an anxiety disorder. [2]

2.2 State one feature that distinguishes bipolar from depressive disorder. [2]

2.3 A person experiences low mood for two weeks after a bereavement.

(a) State why this alone is not a diagnosis. [1]

(b) State one feature that would raise concern. [1]

3 Exam-style questions

3.1 Delusions and hallucinations are most characteristic of [1]

- **A** an anxiety disorder
 - **B** a depressive disorder
 - **C** schizophrenia
 - **D** bipolar disorder without psychosis
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3.2 The claim that schizophrenia means having “two personalities” is [1]

- **A** accurate
 - **B** a common misunderstanding
 - **C** part of the diagnostic criteria
 - **D** true only in children
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3.3 A student feels intense fear before every presentation and avoids courses that require them.

(a) State the two features that suggest a disorder rather than ordinary nerves. [2]

(b) State one reason a diagnosis should not be made from this description alone. [1]

Solutions

2.1 persistent, excessive fear or worry that is out of proportion to the actual threat and impairs functioning.

2.2 bipolar disorder additionally involves periods of markedly elevated, expansive or irritable mood with increased activity.

2.3 (a) grief after bereavement is an expected reaction, not by itself a disorder. (b) any one of: persistence well beyond the expected period; severe impairment of functioning; symptoms disproportionate to the loss.

3.1 C. disturbances of thought and perception define schizophrenia.

3.2 B. it is a widespread misunderstanding of the condition.

3.3 (a) disproportion to the actual threat; impairment, since it changes course choices. (b) a diagnosis requires a full clinical assessment, including duration and other explanations.