

## 5 Disorder and treatment: describing and helping – Part 2

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### Vocabulary 词汇

Write each word three times. 把每个单词抄写三遍。

| English            | 中文     | Write it 3 times (English) |
|--------------------|--------|----------------------------|
| distress           | 痛苦     | _____                      |
| impairment         | 功能损害   | _____                      |
| Psychotherapy      | 心理治疗   | _____                      |
| biomedical therapy | 生物医学治疗 | _____                      |
| stigma             | 污名     | _____                      |

### Recall

- You know people use words like “depressed” loosely and clinically.
- You have heard that talking therapies and medicines both help.
- You know a diagnosis can help a person and can also follow them around.

### New ideas

Read these first. Each idea has a short worked example. Then do the Practice below.

#### ■ 1 What makes something a disorder

A pattern is treated as a disorder when it causes **distress** 痛苦 or **impairment** 功能损害 - it interferes with the person's life. Unusualness alone is not enough, and neither is being upsetting to other people.

*Worked example.* A person with an unusual hobby is not disordered; a person who cannot leave the house to work is impaired.

## ■ 2 Two families of treatment

**Psychotherapy** 心理治疗 works through a relationship and a method of talking; **biomedical therapy** 生物医学治疗 works on the body, usually with medication. For many conditions the combination outperforms either alone.

*Worked example.* A patient given medication and therapy together often improves more than one given either separately.

## ■ 3 Why diagnosis is double-edged

A diagnosis gives access to treatment and makes a private difficulty legible. It also carries **stigma** 污名 and can become the way a person is seen. Both are consequences of the same label.

*Worked example.* A student diagnosed with an anxiety disorder gains support at school and is also treated differently by classmates who hear about it.

**Watch out:** “Unusual” is not “disordered”. The criterion the CED emphasises is distress or impairment, not statistical rarity.

## Practice

2.1 State the two criteria by which a pattern is treated as a disorder. [2]

---

---

2.2 Explain why being unusual is not sufficient. [2]

---

---

2.3 Distinguish psychotherapy from biomedical therapy. [2]

---

---

2.4 State what the evidence suggests about combining them. [1]

---

---

2.5 State one benefit and one cost of receiving a diagnosis. [2]

---

---

**2.6** Explain why both follow from the same label.

[2]

---

---