

異常 Disorder

# Understanding the Nature of Psychological Disorders

- One reason to **diagnose** a disorder is to make decisions about **treating** the problem.
- To treat a disorder, it helps to understand the nature/cause of the psychological symptoms.
- Based on older understanding of psychological disorders, treatments have included: exorcising evil spirits, beatings, caging/restraint, and



# 史前

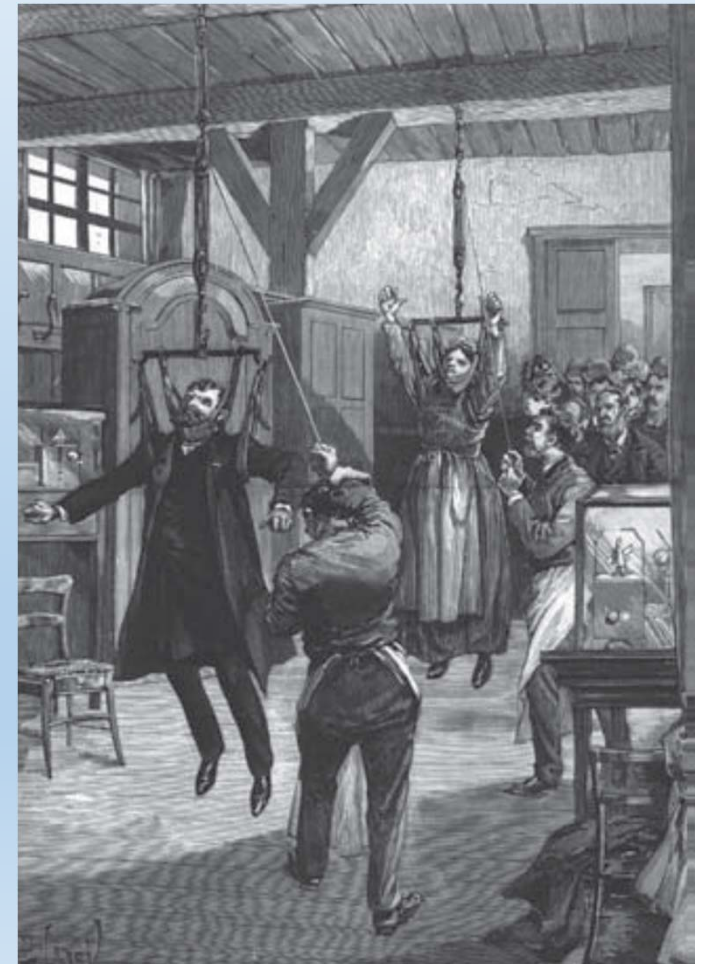
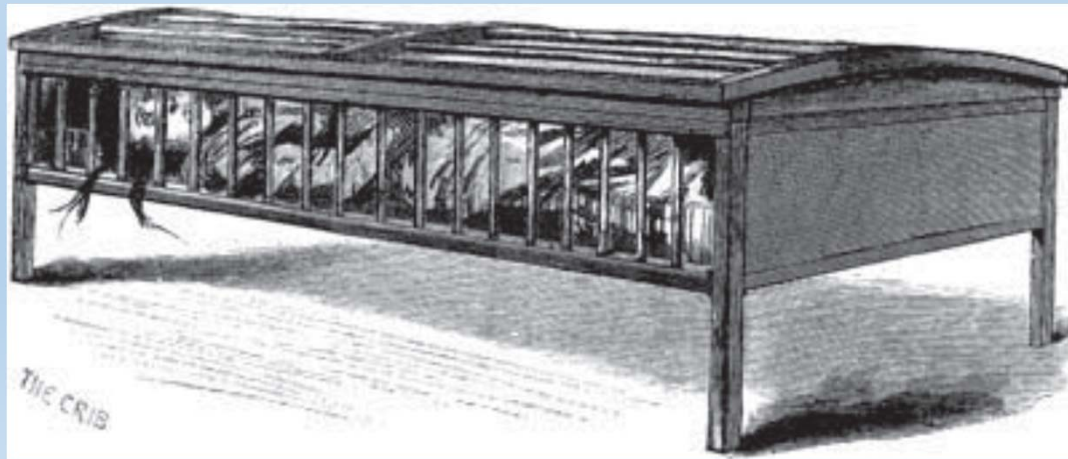
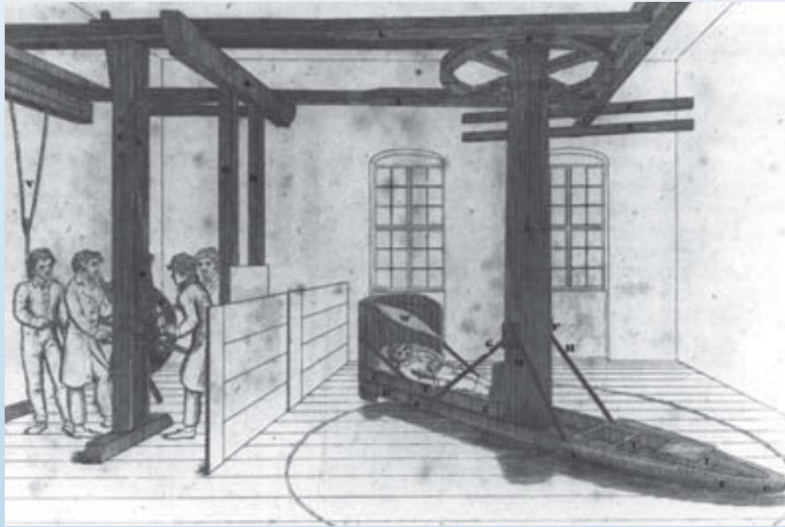


King Nebuchadnezzar 尼布甲尼撒  
By William Blake (1795).



*The Rake's Progress: The Rake in  
Bedlam* [1735]

# 史前时代





# 现代

Rogers: Active listening



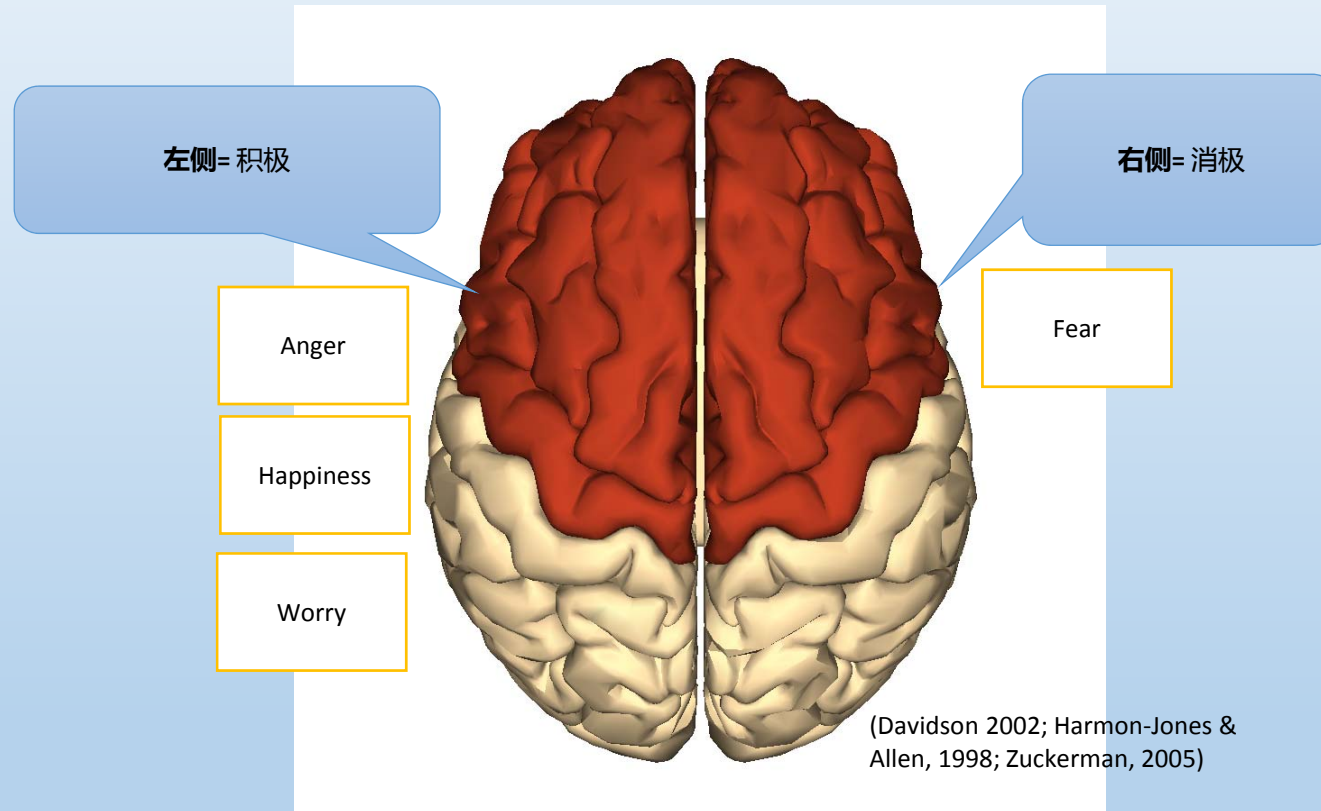
# 心理疾病的生理基础



Borna disease 博尔纳病毒感染的例子

# 生理与心理的联系

左右半脑



抑郁状态下的改变Lenhart & Katkin, 1986

# 心理与环境

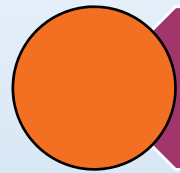
- 抑郁与冬天
- 精神分裂症与冬天



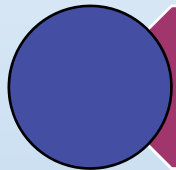
# 主要的心理疾病

- 1. 焦虑障碍
- 2. 情绪障碍
- 3. 精神分裂
- 4. 物质依赖

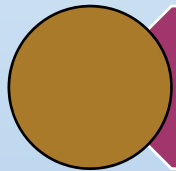
# 焦虑障碍



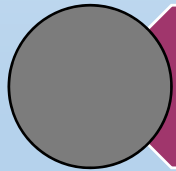
GAD: Generalized anxiety disorder



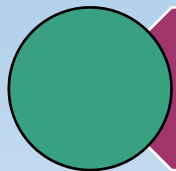
Panic disorder



Phobias



OCD: Obsessive-compulsive disorder



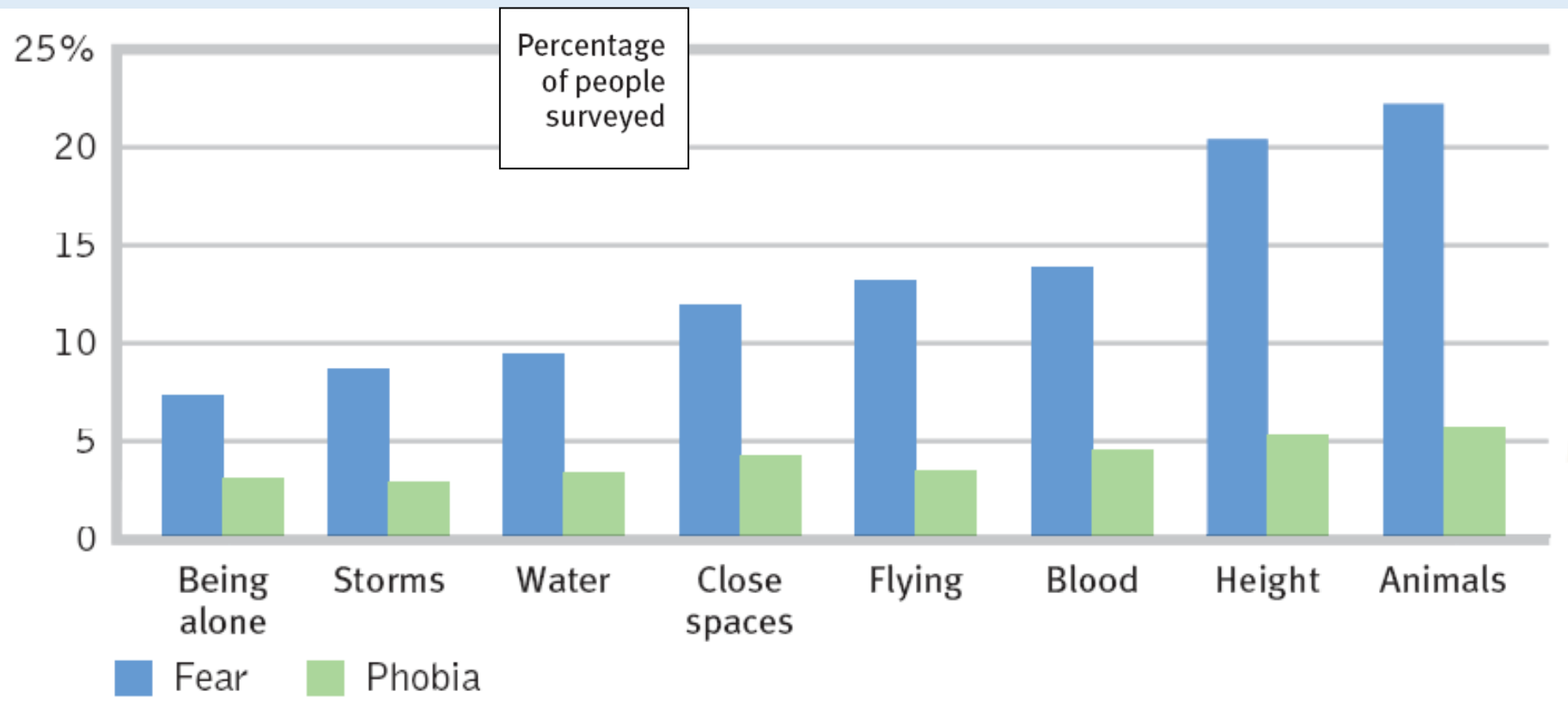
PTSD: Post-traumatic stress disorder



# Specific Phobia 恐惧症



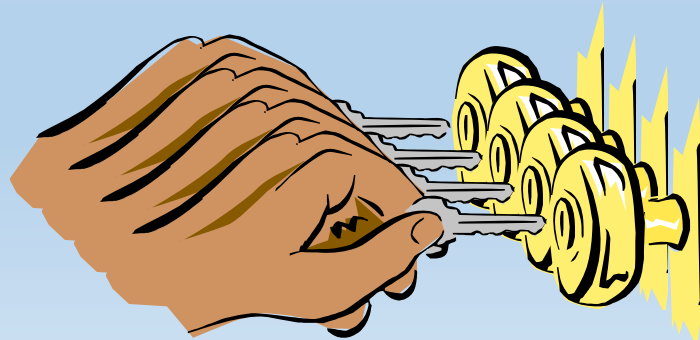
# 比例





# OCD 强迫障碍

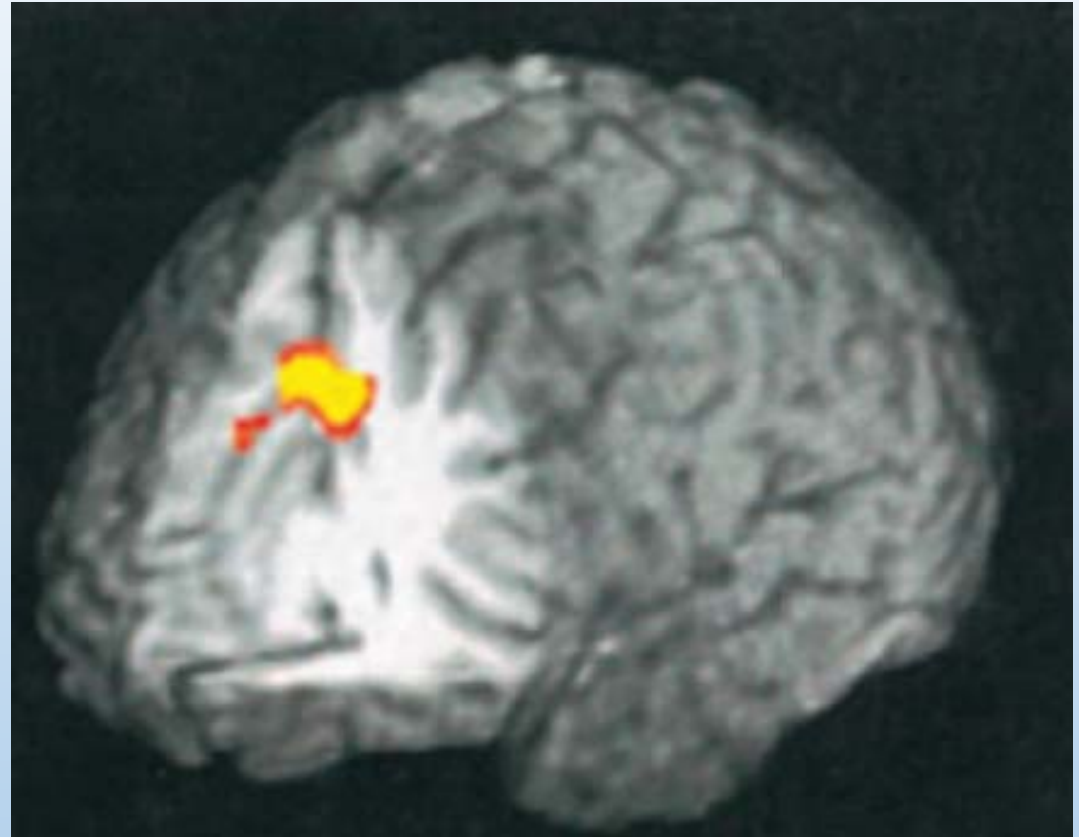
Thought or Behavior	Percentage Reporting Symptom
Obsessions ( <i>repetitive thoughts</i> )	
Concern with dirt, germs, or toxins	40
Something terrible happening (fire, death, illness)	24
Symmetry, order, or exactness	17
Compulsions ( <i>repetitive behaviors</i> )	
Excessive hand washing, bathing, toothbrushing, or grooming	85
Repeating rituals (in/out of a door, up/down from a chair)	51
Checking doors, locks, appliances, car brakes, homework	46



特点: **反复**  
**尽管你知道且确信:**  
**但是你觉得你应该再确认一下~**

# 相关的生理机制

- ACC
- 杏仁核

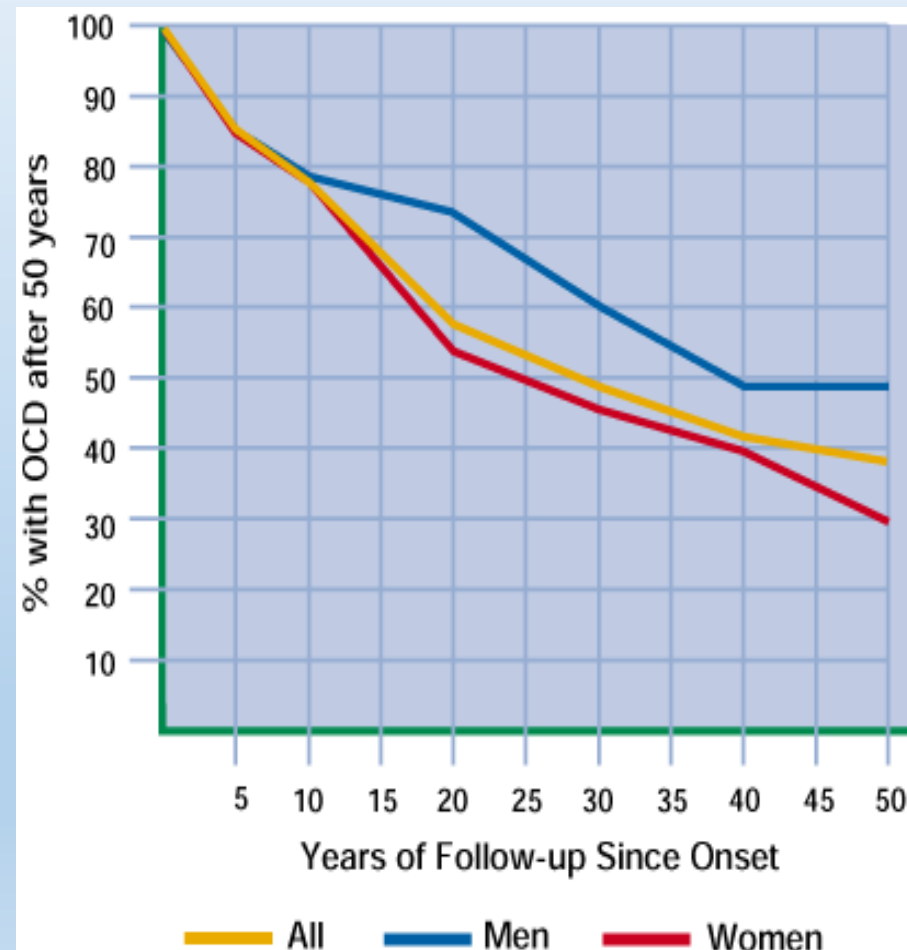


OCD 和 ACC的相关.

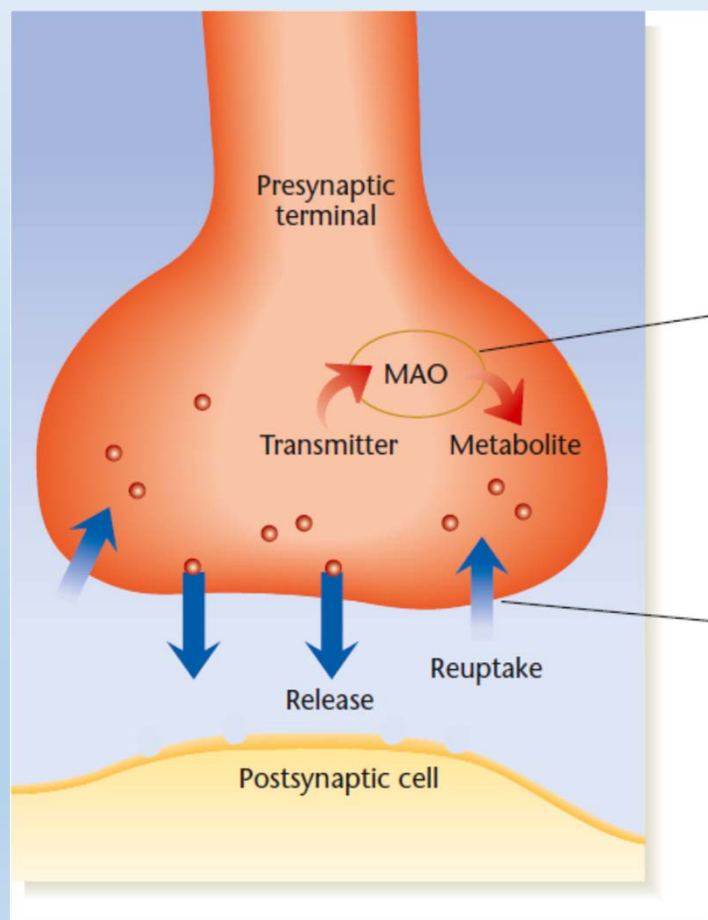
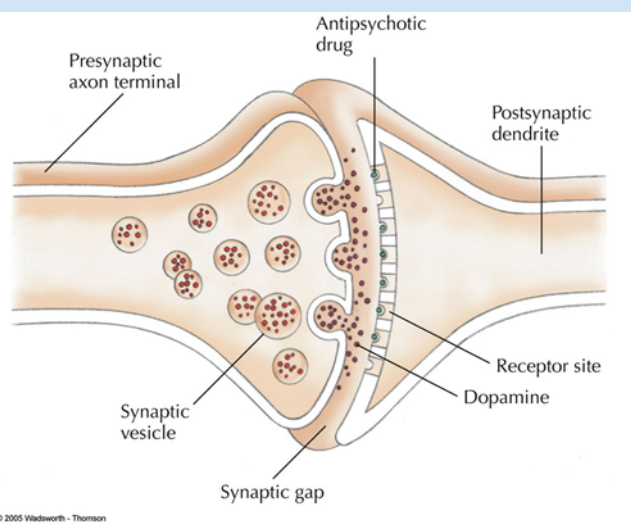
ACC = *anterior cingulate gyrus*

# 焦虑障碍的治疗

- A study of untreated OCD patients found that about 66% improved after 10 years.
- And, 80% improved within 40 years.
- However, very few became symptom-free and some became worse.



# 抑郁药物

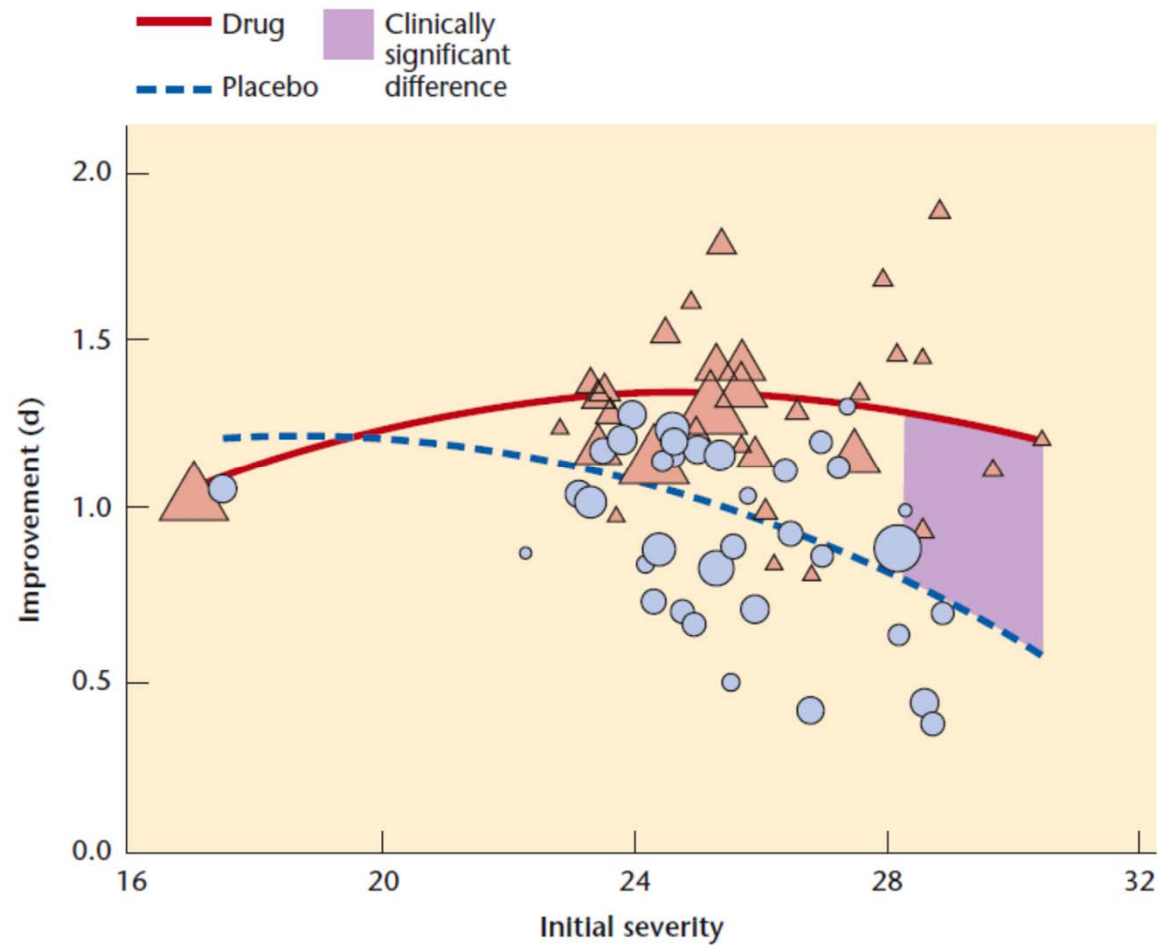


MAOI,单胺氧化酶抑制剂

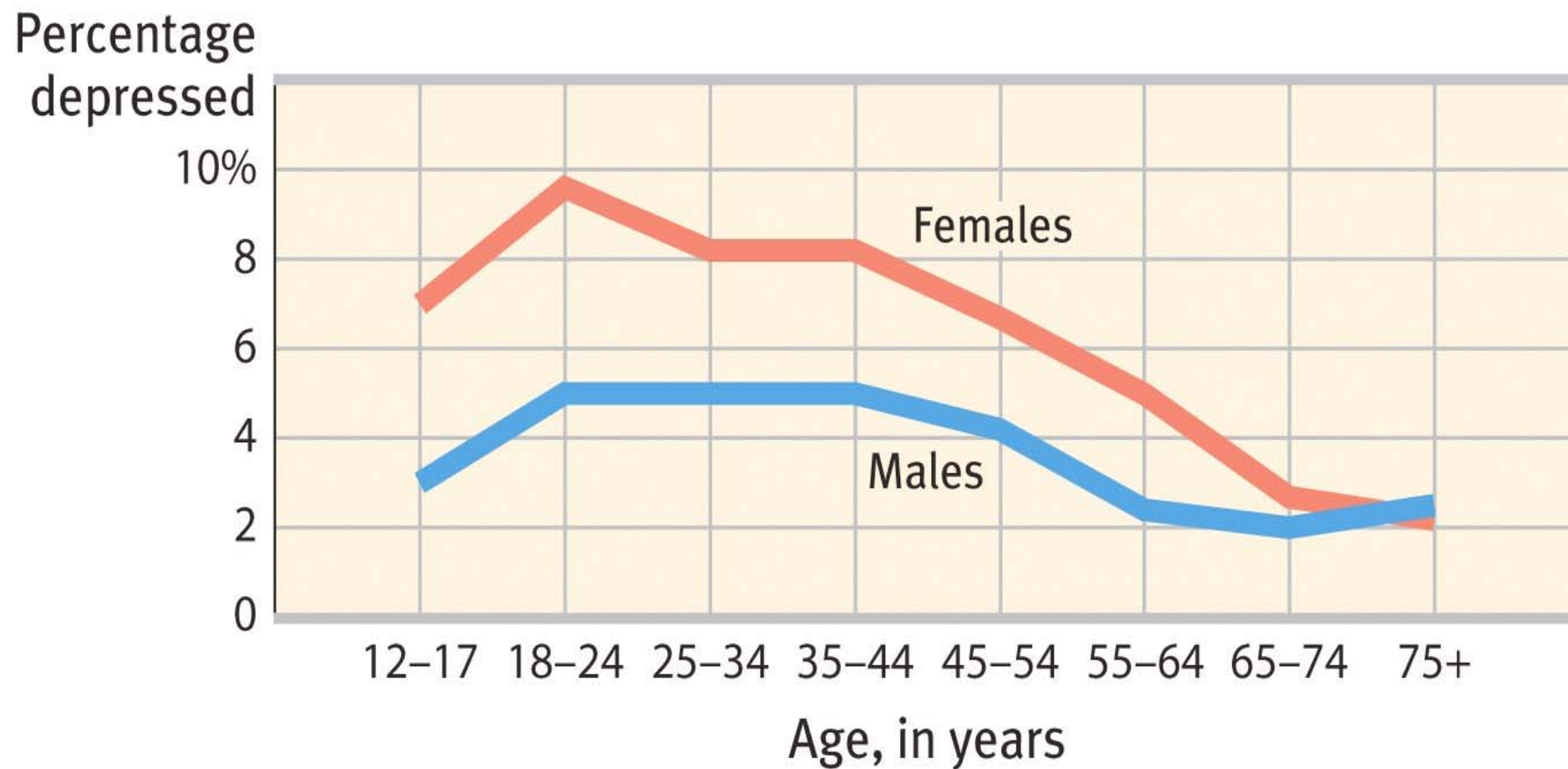
三环类和SSRI



# 作用的效果

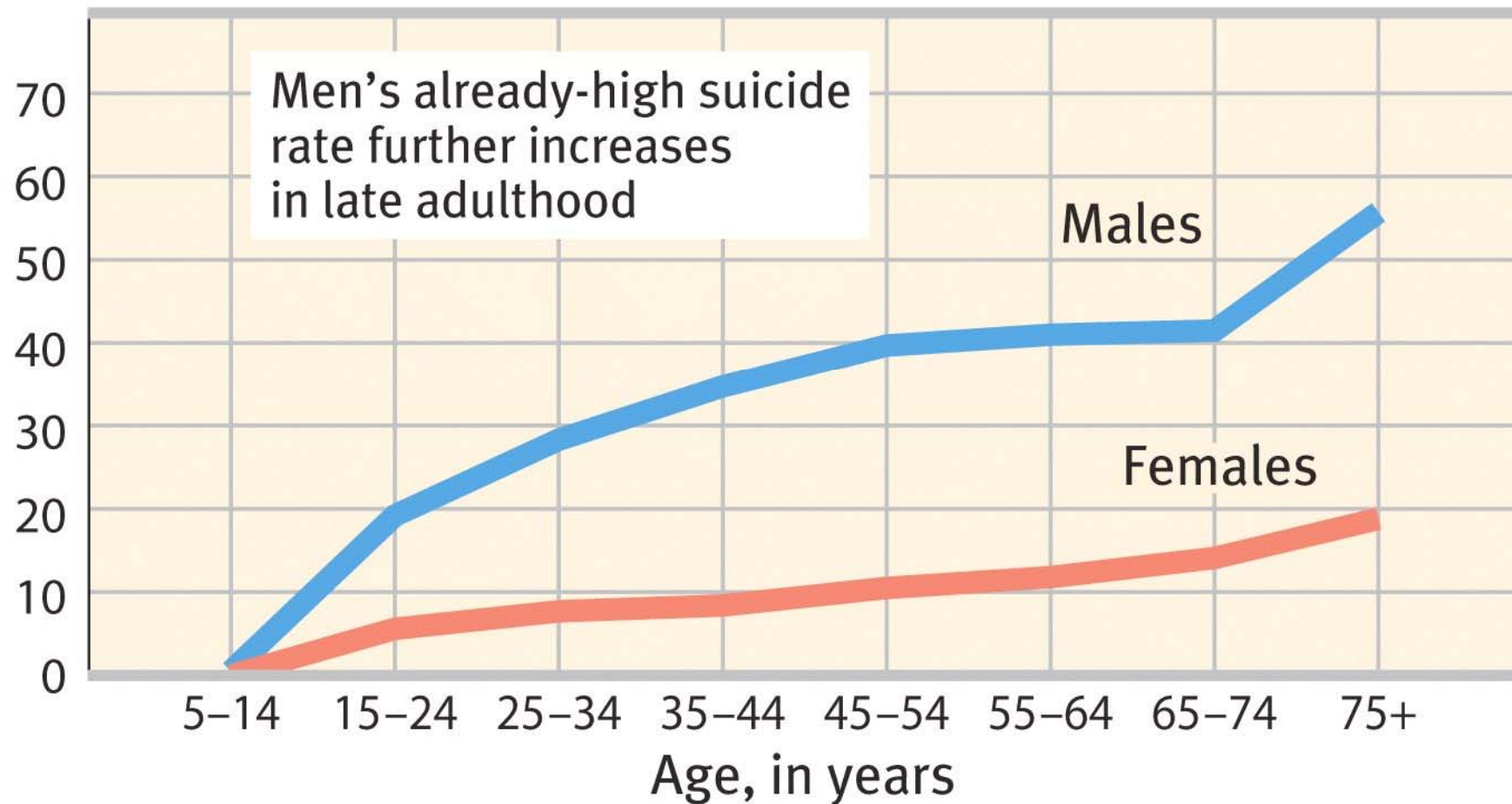


# 性别差异

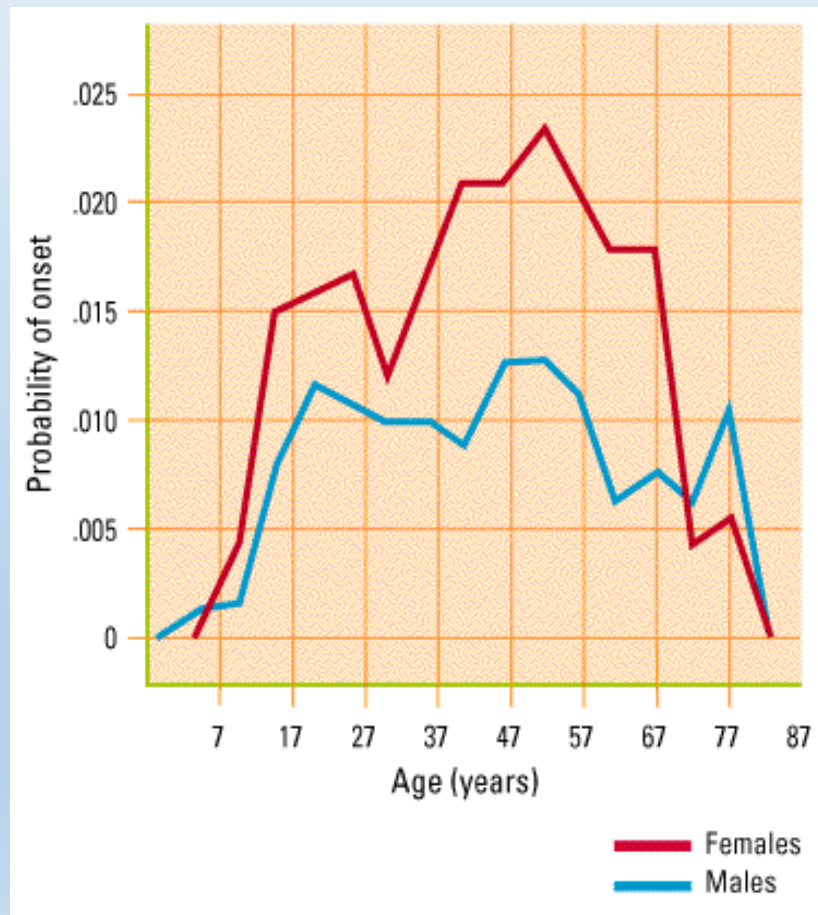


# 性别差异 - Suicide

Suicides per 100,000 people (1998)

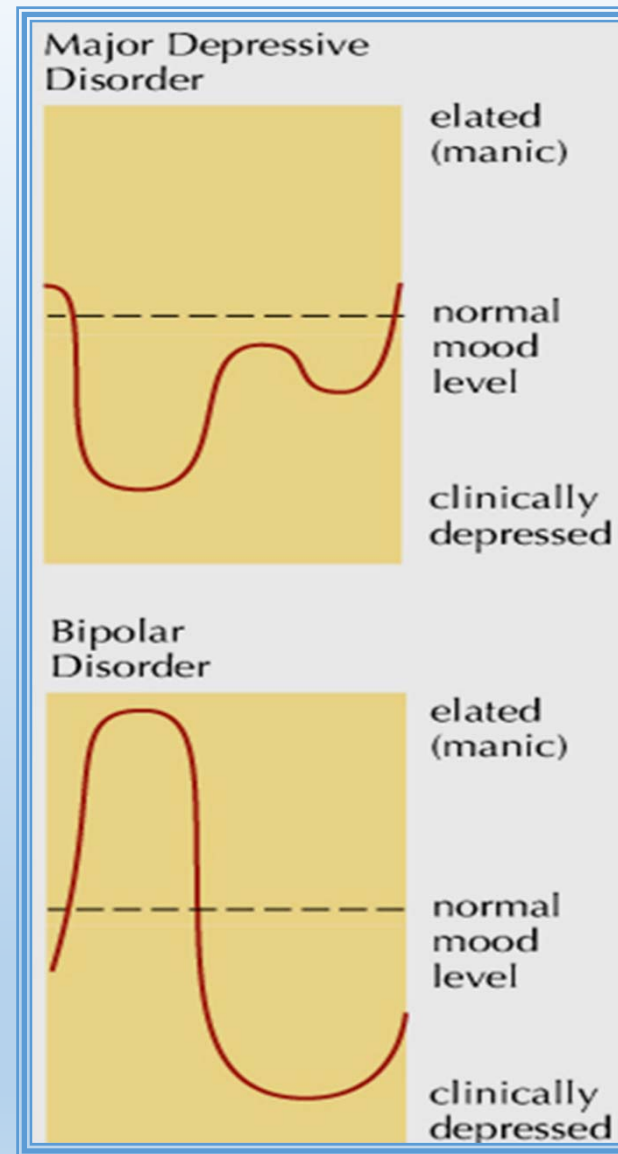


## 初发时间



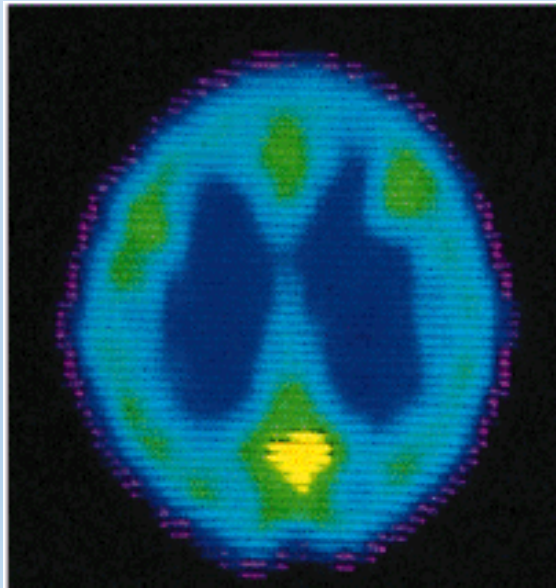


# 情绪障碍

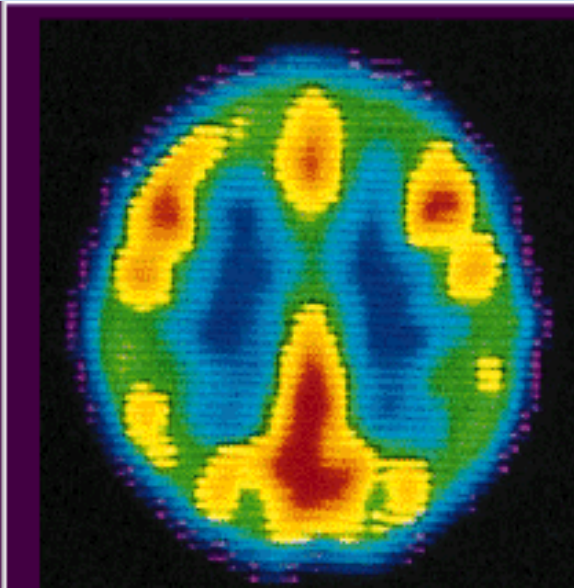


# 大脑机制

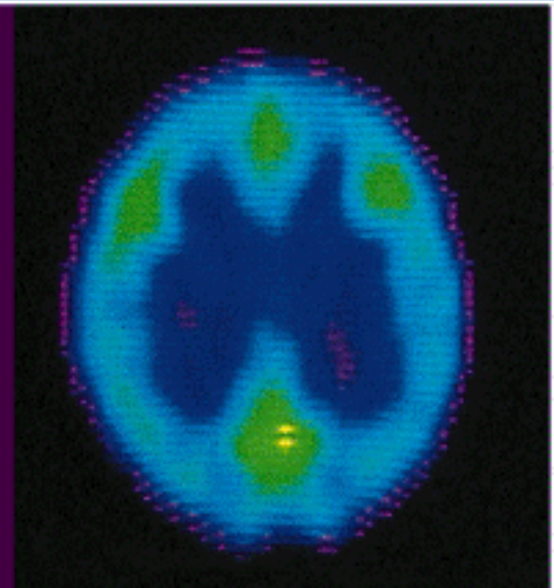
狂躁相，大脑代谢增加  
抑郁相，减少



Depressed state



Manic state



Depressed state

# Post-Traumatic Stress Disorder [PTSD]

## 创伤性事件

- 不断回放.
- 噩梦，睡眠问题.
- 社会回避.
- 焦躁.



# Schizophrenia 精神分裂

- Schizophrenia

- 学名叫 “split mind”

- 特点:

- 解构的或者虚幻的思维
    - 感知改变
    - 不合适的情绪



# Schizophrenia

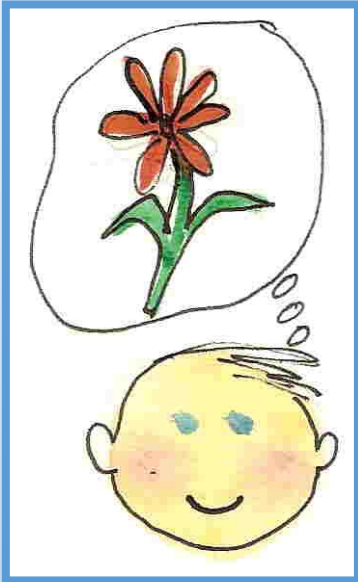
- 幻觉

- 错误信念

- 幻感

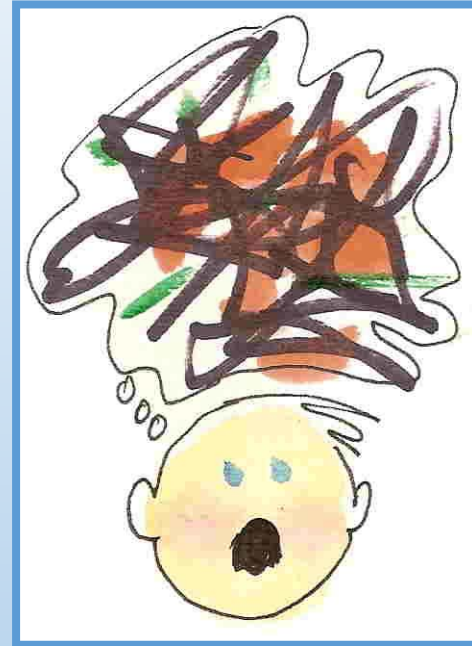
- 没有感官刺激的时候感知到感官输入

## 正常人



A person whose perceptions are normal will see a flower and recognize it as a flower.

## Psychotic

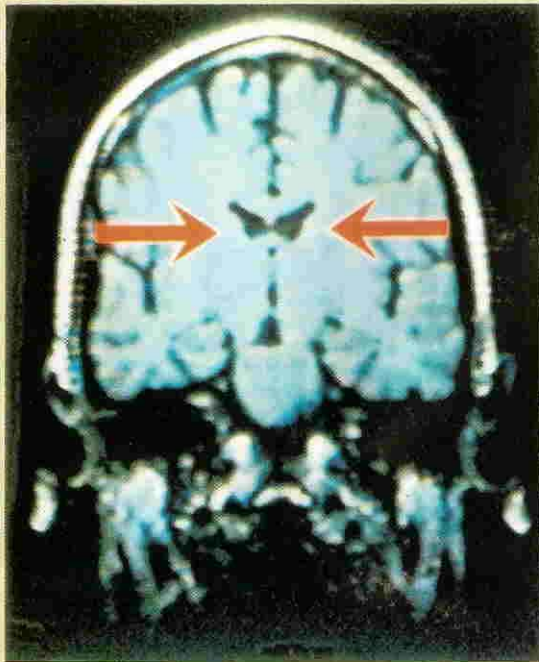


A person experiencing psychosis will often be unable to interpret what his or her eyes see.

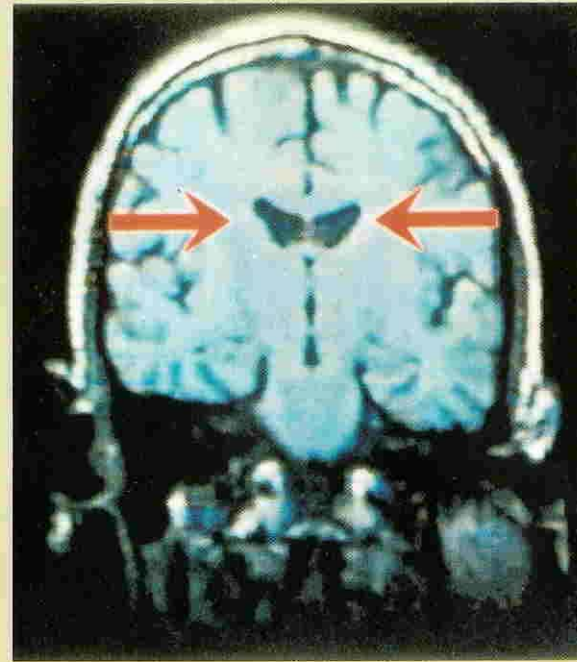
# 生理机制 – 结构改变

## **SCHIZOPHRENIA IN MONOZYGOTIC TWINS**

**Pair no. 2: 44 year old males**



**UNAFFECTED**

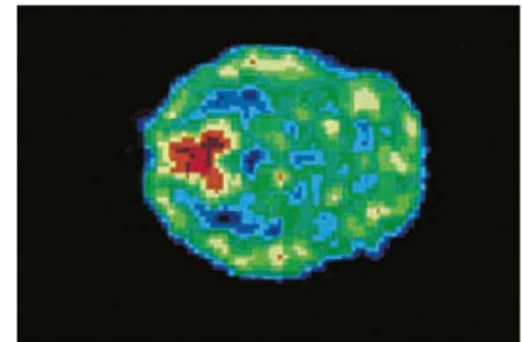
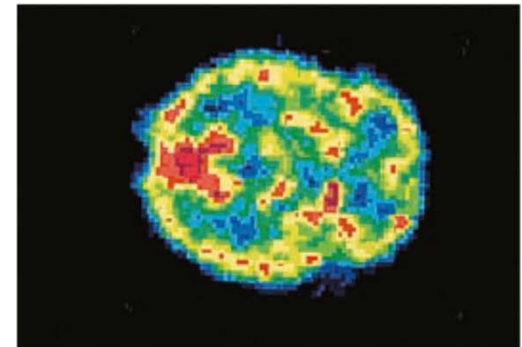
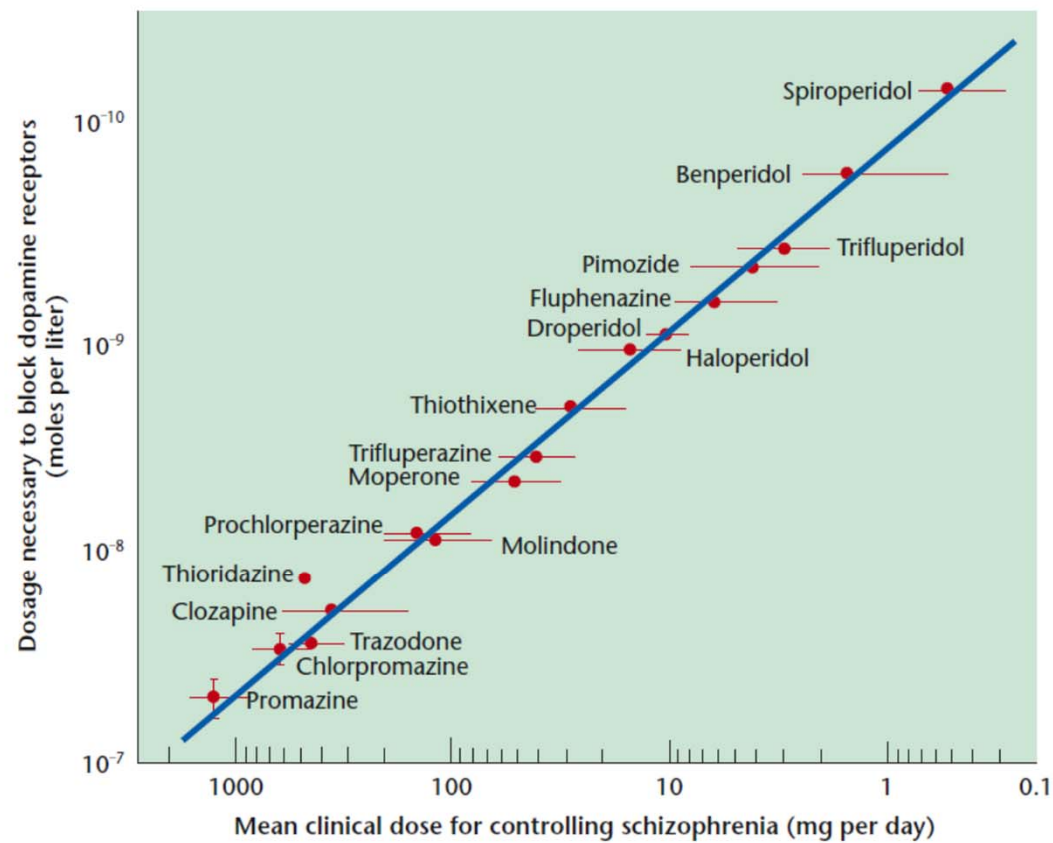


**AFFECTED**

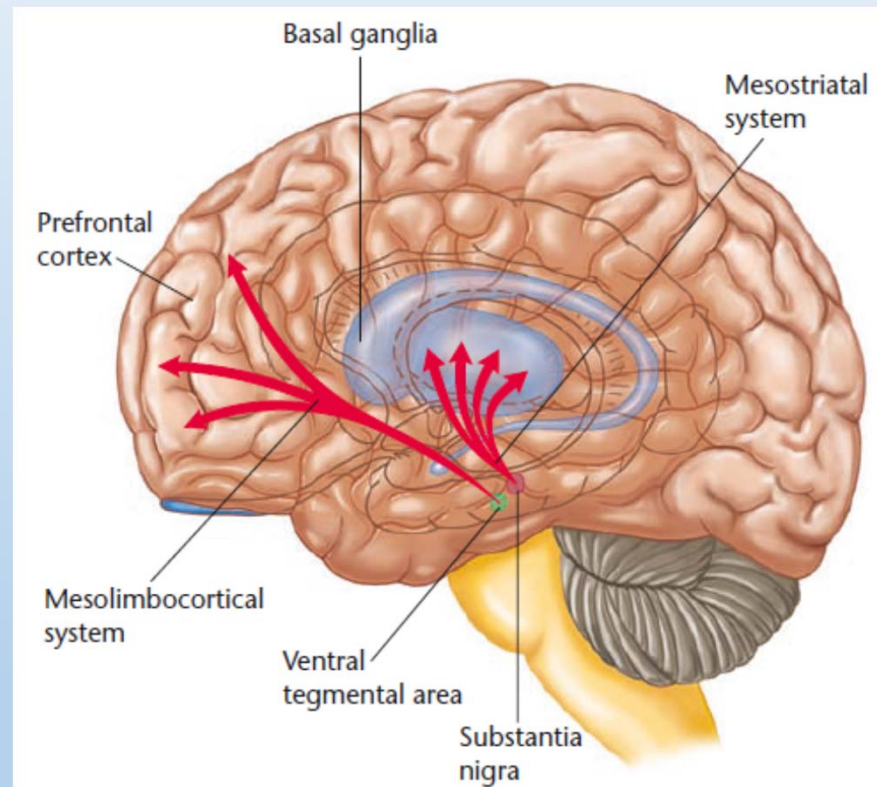
**MRI shows enlarged ventricles in twin with schizophrenia.**

***Source: Daniel Weinberger, MD, NIMH Brain Disorders Branch***

# 与多巴胺



# 精神分裂的双通路理论



**FIGURE 15.18 Two major dopamine pathways**

Overactivity of the mesolimbocortical system is linked to the symptoms of schizophrenia. The path to the basal ganglia is associated with tardive dyskinesia, a movement disorder. (Adapted from Valzelli, 1980)

# END

- 考试顺利哦~~