Brief Contents

Preface xvii

1	MAPS of the Territory	1
2	Past and Present Understandings of Mental Disorders	43
3	Disorders of Childhood and Adolescence	85
4	Schizophrenia Spectrum and Other Psychotic Disorders	129
5	Bipolar Disorders and Suicide	173
6	Depressive Disorders	205
7	Anxiety Disorders	247
8	Obsessive-Compulsive and Related Disorders	281
9	Trauma- and Stressor-Related Disorders	305
10	Dissociative Disorders	337
11	Somatic Symptom and Related Disorders	363
12	Eating, Feeding, and Sleep-Wake Disorders	387
13	Sexual Dysfunctions and Gender Dysphoria	415
14	Substance-Related and Addictive Disorders	447
15	Neurocognitive Disorders	505
16	Personality Disorders	539
17	Paraphilic Disorders and Legal Issues	573

Glossary G-1 References R-1 Name Index I-1 Subject Index I-6

Contents

Preface xvii



Identifying, Detecting, and Classifying Mental Disorders: MAPS of the Territory

From the Case of Bill 1

Identifying Mental Disorders: What Are They? 2

What Is a Mental Disorder? 2

Assessment and Diagnosis 6

Reliability and Validity 6

Diagnostic Errors 7

Prevention: The Role of Early Detection 8

Assessment Tools: How Do Health Professionals Detect Mental Disorders? 9

Life Records 9

Interviews 9

Psychological Tests 11

Observations 17

Biological Measures 18

Diagnostic Classification: How Do Health Professionals

Categorize Mental Disorders? 21

A Brief History 21

Diagnoses with the *DSM-5* 25

Diagnosis in the Real World 27

The Frequency of Mental Disorders: How Common Are They? 30

The Four Guiding Principles: MAPS of the Territory 33

Criticisms of *DSM* Diagnoses 33

M = Medical Myths 33

Controversy: DSM-5 Is Guide Not Bible—Ignore Its Ten Worst Changes 34

A = Attempted Answers 36

P = Prejudicial Pigeonholes 37

S = Superficial Syndromes 38

Revisiting the Case of Bill 39

A Conversation With Thomas Widiger 41

Summary 40 ■ Key Terms 42

1

From the Case of Nelson McGrath 43

Making Sense of Abnormality: A Brief History of Early Models of Mental Disorders 45

Faraway Places, Ancient Times, and Supernatural Forces 45 The Birth of the Medical Tradition: The Classical Period 46 From Demons to Instincts: The European Tradition 46

Contemporary Approaches to Abnormality 51

The Biological Model 52

The Nervous System and Abnormality 52 Genetic Influences on Abnormality 55

Controversy: Should We Study Genetic Causes of Abnormality? 58

Psychological and Sociocultural Models 59

Psychodynamic Theories 59
Behavioral Theories 61
Cognitive Theories 65
Humanistic and Positive Psychology Theories 67
The Sociocultural Model 69

The Diathesis-Stress Model 72

Scientific Methods and Models of Mental Disorders 75

Correlational Research 76 Experiments 76

Human Diversity and Research Methods 77

Understanding Mental Disorders through Scientific Methods 78

Prevention: Breaking the Cycle of Intergenerational Cognitive Disability 79

Revisiting the Case of Nelson McGrath 80 A Conversation With Lee Sechrest 82

Summary 81 ■ Key Terms 84



Disorders of Childhood and Adolescence

85

From the Case of Tom 85

A Developmental Perspective 86

Developmental Tasks and Mental Disorders 87 Analyzing Development: The Example of Attachment 88

Classification and Diagnosis of Children's Disorders 89

Neurodevelopmental Disorders 90

Domains of Development 90 Intellectual Disability 92 Autism Spectrum Disorder 98 Specific Learning Disorder 106

Attention-Deficit/Hyperactivity Disorder (ADHD) 108

Controversy: Weighing the Risks of Ritalin 114

	Oppositional Defiant and Conduct Disorders 116 Oppositional Defiant Disorder (ODD) 116 Conduct Disorder (CD) 118 Prevention: Derailing Conduct Disorder: The Fast-Track Approach 120 Treatment of ODD and CD 122 Revisiting the Case of Tom 124 A Conversation With Susan Campbell 126
	Summary 125 Key Terms 128
4	Schizophrenia Spectrum and Other Psychotic Disorders
	From the Case of Lionel Aldridge 129
	The Definition of Schizophrenia Spectrum and Other Psychotic Disorders 130 The Evolving Concept of Schizophrenia 131 Schizophrenia According to the <i>DSM-5</i> 132 Distinguishing Schizophrenia From Other Psychotic Disorders 139
	Living With Schizophrenia 141 The Course of Schizophrenia 142
	Controversy: Schizophrenia: An Appropriate Diagnostic Label or One in Need of Reconceptualization? 143
	Who Is Affected by Schizophrenia? 144
	Biological Causes of Schizophrenia 147 Genetic Vulnerability 147
	Early Physical Trauma and Stress 150 Brain Structures and Functions 151
	Neurotransmitter Dysregulation 154
	Psychosocial Causes of Schizophrenia 156 The Role of Social Class and Urbanicity 156 The Role of Family Environments 157 The Role of Expressed Emotion 158
	Treatments for Schizophrenia 159 Biological Treatments 160 Psychosocial Treatments 163
	Prevention: Can Schizophrenia Be Prevented or Controlled? 167
	Revisiting the Case of Lionel Aldridge 169 A Conversation With Erin Williams 170
	Summary 169 ■ Key Terms 172

Bipolar Disorders and Suicide

173

129

From the Case of John 173

Bipolar Disorders 174

Prevalence and Characteristics of Bipolar Disorders 175

Classification of Bipolar Disorders 177 Bipolar Disorders and Creativity 180
Biological Causes of Bipolar Disorders 182 Genetic Influences on Bipolar Disorders 182 Neurobiological Influences on Bipolar Disorders 183 Evolutionary Influences on Bipolar Disorders 184
Psychological Causes of Bipolar Disorders 184 Psychoanalytic Theories of Bipolar Disorders 185 Cognitive-Behavioral Theories of Bipolar Disorders 185 Social Causes of Bipolar Disorders 186
Treatment of Bipolar Disorders 187 Drug Treatments for Bipolar Disorders 187 Psychotherapy for Bipolar Disorders 189 Controversy: Medication for Children with Bipolar Disorders: Helpful or Dangerous (or Both)? 190
Suicide 192 Who Is Suicidal? 193 A Profile of Suicide Attempts 193 Completed Suicide: Who Is at Risk? 193 Adolescent Suicide 194 Causes of Suicide 195 Prevention: Curbing Adolescent Suicide196 Suicide Prevention 198 Assessment and Crisis Intervention 199 Treating Suicidal Tendencies 200 Revisiting the Case of John 201 A Conversation With Colin Smith 203 Summary 202 ■ Key Terms 204
Depressive Disorders
From the Case of Margaret 205 Depressive Disorders 206 Major Depressive Disorder 208 Persistent Depressive Disorder 214 Premenstrual Dysphoric Disorder 215 Disruptive Mood Dysregulation Disorder 216 Causes of Depressive Disorders 217

Biological Causes of Depressive Disorders 217 Psychological Causes of Depressive Disorders 223 Social Causes of Depressive Disorders 230

Treatment of Depressive Disorders 233

Drug Treatments for Depressive Disorders 233

Controversy: Prozac: Wonder Drug or Perilous Pill? 236

Other Biological Treatments for Depressive Disorders 237 Psychotherapy for Depressive Disorders 239

Anxiety Disorders

247

From the Case of Joan 247

Fear and Anxiety Gone Awry 248

Specific Phobias and Social Anxiety Disorder 250

Specific Phobias 250

Social Anxiety Disorder 253

Causes of Specific Phobias and Social Anxiety Disorder 254

Treatment of Specific Phobias and Social Anxiety Disorder 258

Panic Disorder and Agoraphobia 262

Characteristics and Prevalence 262

Causes of Panic Disorder and Agoraphobia 265

Treatment of Panic Disorder and Agoraphobia 268

Generalized Anxiety Disorder 270

Causes of Generalized Anxiety Disorder 271

Controversy: Explaining Gender Differences in Anxiety 272

Treatment of Generalized Anxiety Disorder 274

Revisiting the Case of Joan 275

A Conversation With Dr. Tiffany O'Meara 278

Summary 276 ■ Key Terms 277

Obsessive-Compulsive and Related Disorders

281

From the Case of Jim 281

Obsessive-Compulsive Disorder 282

Characteristics and Prevalence 284

Similarity to Tourette's Disorder 284

Prevalence of Obsessive-Compulsive Disorder 285

Controversy: OCD Onscreen: Has OCD Been Portrayed Accurately on TV

and in Movies? 286

Hoarding Disorder 287

Characteristics and Prevalence 288

Body Dysmorphic Disorder 289

Characteristics and Prevalence 290

Prevention: Can/Should Some Plastic Surgeries Be Prevented? 291

Hair-Pulling and Skin-Picking Disorders 292

Characteristics and Prevalence 293

Causes of Obsessive-Compulsive and Related Disorders 294

The Role of Genetics 294 Neurobiological Factors 294

ix

	Social Factors 298	
	Treatment of Obsessive-Compulsive and Related Disorders 299	
	Drug Therapy 299	
	Cognitive-Behavioral Therapy (CBT) 299	
	Revisiting the Case of Jim 302	
	A Conversation With Hal Arkowitz 303	
	Summary 302 ■ Key Terms 304	
9	Trauma- and Stressor-Related Disorders	305
	From the Case of Arul 305	
	The Nature of Stress 306	
	Types of Stressors 306	
	Measuring Stress 308	
	Effects of Stressors 309	
	Physical Reactions to Stress 309	
	Physiological Reactions 310 Stress and the Immune System 312	
	Psychological Reactions to Stress 313	
	Types of Coping 314	
	Effects of Coping Strategies 315	
	Individual Differences and Potential Stressors 316	
	Resilience and Stress 317	
	Mental Disorders after Stress and Trauma 318	
	Adjustment Disorders 319	
	Post-traumatic Stress Disorder 325	
	Prevention: Can PTSD Be Prevented? 330 Revisiting the Case of Arul 334	
	A Conversation With Ann Marie Warren 335	
	Summary 336 ■ Key Terms 336	
<u>10</u>	Dissociative Disorders	337
	From the Case of Louise 337	
	The Nature of Dissociation 338	
	Cultural Perspectives on Dissociation 339	
	Symptoms and Types of Dissociative Disorders 339	
	Dissociative Identity Disorder 340	
	Symptoms of Dissociative Identity Disorder 341	
	Prevalence of Dissociative Identity Disorder 343	
	Other Dissociative Disorders 344 Dissociative Amnesia 344	
	DISSUCIALIVE ATITIESIA 344	

Cognitive-Behavioral Factors 296

Depersonalization/Derealization Disorder 346

Treatment of Dissociative Identity Disorder 356 Treatment of Other Dissociative Disorders 357 revention: Adverse Childhood Experiences: educing the Risks for Dissociative Disorders 358 evisiting the Case of Louise 359 Conversation With Elizabeth Loftus 360 ummary 361 Key Terms 362 omatic Symptom and Related Disorders
Treatment of Other Dissociative Disorders 357 revention: Adverse Childhood Experiences: educing the Risks for Dissociative Disorders 358 evisiting the Case of Louise 359 Conversation With Elizabeth Loftus 360
Treatment of Other Dissociative Disorders 357 revention: Adverse Childhood Experiences: educing the Risks for Dissociative Disorders 358 evisiting the Case of Louise 359
Treatment of Other Dissociative Disorders 357 revention: Adverse Childhood Experiences: educing the Risks for Dissociative Disorders 358
Treatment of Other Dissociative Disorders 357
•
Treatment of Discociative Identity Discorder 256
eatment of Dissociative Disorders 356
Psychological Causes of Other Dissociative Disorders 355
Integrative View of DID 353 Biological Causes of Dissociative Disorders 354
Fantasy Model 352 Integrative View of DID 353
ontroversy: Validity of the DID Diagnosis: The Case of the Hillside Strangler 350
Sociocognitive Model 349
auses of Dissociative Disorders 347 Post-traumatic Model 347

Somatic Symptom and Related Disorders 364

Somatic Symptom Disorder 365 Illness Anxiety Disorder 367

Controversy: Somatic Disorders and Recent Diagnostic Controversies 368

Conversion Disorder (Functional Neurological Symptom Disorder) 370 Factitious Disorder 372

Psychological Factors Affecting Other Medical Conditions 374

Causes of Somatic Symptom and Related Disorders 375

Diathesis-Stress Model of Somatic Disorders 375 Biological Causes of Somatic Symptom and Related Disorders 376 Psychosocial Causes of Somatic Symptom and Related Disorders 376

Treatment of Somatic Symptom and Related Disorders 380

Psychosocial Interventions 380 Pharmacological Treatments 381

Primary Care Behavioral Health: Integrated Care 381

Prevention: Primary Care Behavioral Health 383

Revisiting the Case of Samantha 385

A Conversation With James Pennebaker 384

Summary 386 ■ Key Terms 386

Eating, Feeding, and Sleep-Wake Disorders

387

From the Case of Emily 387

Eating Disorders 388

Anorexia Nervosa 388

Bulimia Nervosa 391 Binge-Eating Disorder 393
Eating Disorder Statistics 394
Controversy: Are Eating Disorders Underreported in Men? 395
Causes of Eating Disorders 396
Treatment of Eating Disorders 399
Other Eating and Feeding Disorders 401
Revisiting the Case of Emily 404
Sleep-Wake Disorders 404
The Process of Sleep 406
Types of Sleep-Wake Disorders 407
Prevention: Sleep Hygiene 409
A Conversation With Ted Weltzin 413
Summary 412 ■ Key Terms 414
outilitiary 412 - Ney terms 414
Sexual Dysfunctions and Gender Dysphoria
From the Case of Alexandra 415
Overview of Sexual Dysfunctions 416
The Sexual Response Cycle 416
Changing Views of Sexual Dysfunctions 417
Factors Affecting Sexual Responsiveness 418
Types and Causes of Sexual Dysfunctions 419
Female Sexual Interest/Arousal Disorder 420
Female Orgasmic Disorder 422
Genito-Pelvic Pain/Penetration Disorder 424
Male Hypoactive Sexual Desire Disorder 425
Erectile Disorder 426
Delayed Ejaculation 428
Premature (Early) Ejaculation 429
Treatment of Sexual Dysfunctions 430
Treating Female Sexual Interest/Arousal Disorder and Male Hypoactive
Sexual Desire Disorder 431
Treating Erectile Disorder 431
Treating Female Orgasmic Disorder 432
Treating Genito-Pelvic Pain/Penetration Disorder 433
Treating Delayed Ejaculation 433
Treating Premature (Early) Ejaculation 433
Prevention: Kegel Exercises: Not Just for Women? 434
Revisiting the Case of Alexandra 435
Gender Dysphoria 436
Gender Nonconformity 436
Controversy: Preventing Miscommunication and Promoting Respect 438
Cross-Cultural Views of Gender Nonconformity 438

Causes of Gender Dysphoria 440 Gender Nonconformity and Gender Dysphoria in Children 440 Gender Nonconformity in Adolescence and Adulthood 441 Ongoing Advocacy for Gender-Nonconforming Individuals 442 Outcome Research on Gender-Affirmation Surgery 443 Closing Thoughts 443 A Conversation With Meredith Leischer, MS 444 Summary 443 Key Terms 445		
Substance-Related and Addictive Disorders		
From the Case of Jerry 447		
DSM-5 Diagnosis of Substance-Related Disorders 448		
Alcohol 451		
Alcohol in the Body 452 Effects of Alcohol on the Brain and Behavior 452		
Prevalence of Alcohol Use Disorders 454		
Course of Alcohol Use Disorders 455		
Other Mental Disorders Associated With Alcohol Use 456		
Causes of Alcohol Use Disorders 459		
Controversy: Alcohol Abuse: Sin, Disease, or Habit? 464		
Treatment and Prevention of Alcohol Use Disorders 466		
Prevention: Delaying and Deterring Drinking by Adolescents 474		
Other Sedatives 477		
Barbiturates 477		
Benzodiazepines 477 Treatment of Sedative Use Disorders 478		
Stimulants 479		
Amphetamines 479		
Cocaine 481		
Caffeine 482		
Nicotine 484		
Treatment of Stimulant Use Disorders 486		
Treatment and Prevention of Nicotine Use Disorders 487		
Opioids 489		
Opioid Use Disorders 489		
Treatment of Opioid Use Disorders 491		
Cannabis 493 Treatment of Cannabis Use Discorders 406		
Treatment of Cannabis Use Disorders 496		
Hallucinogens 497 Lysergic Acid Diethylamide (LSD) 498		
Other Hallucinogens 498		
Treatment of Hallucinogen Use Disorders 499		

Gender Nonconformity and the *DSM* 439

447

('Om	bling	6/M
(72111		- 11 11 1
Juli	мина	

Revisiting the Case of Jerry 501

A Conversation With Alan Marlatt (1941–2011), in Memoriam 502

Summary 503 ■ Key Terms 504

15

Neurocognitive Disorders

505

From the Case of Dorothy 505

Domains of Cognition 507

Delirium 510

Course, Characteristics, and Prevalence of Delirium 511

Assessment of Delirium 512

Causes and Outcome of Delirium 513

Treatment of Delirium 513

Major and Mild Neurocognitive Disorders 515

Diagnostic Criteria 515

Differential Diagnosis 518

Prevalence and Demographic Considerations 518

Cultural Considerations in Assessing for NCD 519

Neurocognitive Disorder Due to Alzheimer's Disease 520

Stages of NCD Due to Alzheimer's Disease 520

Disentangling Normal Aging and NCD Due to Alzheimer's Disease 521

Neuropathology of NCD Due to Alzheimer's Disease 521

Genetic Factors and NCD Due to Alzheimer's Disease 523

Other Risk Factors for NCD Due to Alzheimer's Disease 523

Prevention: How Cognitive Ability and Physical Activity Impact NCD Due to Alzheimer's Disease 524

Pharmacological Treatment of NCD Due to Alzheimer's Disease 526

Cognitive Training as a Treatment for NCD Due to Alzheimer's Disease 528

Other Psychosocial Interventions for NCD Due to Alzheimer's Disease 528

Major or Mild Neurocognitive Disorder Due to Traumatic Brain Injury 529

Prevalence and Risk Factors for NCD Due to TBI 530

Course of TBI 530

Concussions and Sports 531

Controversy: Are Traumatic Brain Injury Symptoms and Psychological

Distress Related? 532

TBI and the Military 533

Prevention and Treatment 534

Revisiting the Case of Dorothy 534

A Conversation With Carson Smith 536

Summary 535 ■ Key Terms 537

From the Case of Ted Bundy 539

Fateful Patterns: An Overview of Personality Disorders 541

Defining Characteristics and Prevalence of Personality Disorders 542 Diagnosing Personality Disorders 543

Types of Personality Disorders 545

Cluster A: Odd/Eccentric Personality Disorders 546

Cluster B: Dramatic/Emotional/Erratic Personality Disorders 548

Cluster C: Anxious/Fearful Personality Disorders 555

Causes of Personality Disorders 558

Theoretical Perspectives on Personality Disorders 558

Causes of Borderline Personality Disorder 560

Causes of Antisocial Personality Disorder 562

Treatment of Personality Disorders 565

Prevention: Can Personality Disorders Be Prevented?

The Case of Antisocial Behavior 566

Treatment of Borderline Personality Disorder 566

Treatment of Antisocial Personality Disorder 568

Revisiting the Case of Ted Bundy 569

A Conversation With Mark Lenzenweger, PhD 570

Summary 569 ■ Key Terms 572

17

Paraphilic Disorders and Legal Issues

573

From the Case of Justin 573

Paraphilia Versus Paraphilic Disorder 574

Types of Paraphilic Disorders 575

Voyeuristic Disorder 575

Exhibitionistic Disorder 575

Frotteuristic Disorder 576

Fetishistic Disorder 576

Transvestic Disorder 576

Sexual Sadism Disorder and Sexual Masochism Disorder 577

Pedophilic Disorder 579

Prevalence of Paraphilic Disorders 580

Controversy: Is Sex Addiction a Mental Disorder? 581

Causes of Paraphilias and Paraphilic Disorders 582

Biological Factors 582 Psychological Factors 583

Social Factors 584

Treatment of Paraphilic Disorders 585

Behavioral Methods 585

Prevention: Civil Commitment and Public Notification 586

Other Psychological Treatment Methods 586

Biological Methods 587

Conclusions About Treating Paraphilias 588

Legal and Ethical Issues Involving People With Mental Disorders 588

The Rights of Individuals Versus the Rights of Society 589

Mental Health Professionals in the Legal System 597

Confidentiality 5998

Criminal Competence and Responsibility 600

Revisiting the Case of Justin 604

A Conversation With Brad Sagarin, PhD 605

Summary 604 ■ Key Terms 607

Glossary G-1 References R-1 Name Index I-1 Subject Index I-6