

Goal: To understand the many ways that our emotions and reactions to stress can become symptoms of different forms of abnormal behavior

PART IIA: DIMENSIONS OF PSYCHOPATHOLOGY: EMOTION

Dimensions of Psychopathology: Emotion

- ◎ What are emotions?
 - Signals or stimuli
 - Motivators
 - Responses
 - Measures of our experience

Dimensions of Psychopathology: Emotion

- ① Emotional systems
 - Feelings
 - Thoughts
 - Actions
 - Physical sensations
- ① Emotion versus mood
- ① Temperament (e.g., negative affectivity)

Dimensions of Psychopathology: Emotion

- ◎ Emotions and stress
 - Stress as stimulus and as response
 - Stress as transaction: appraisal, coping, and reappraisal
 - Individual differences in how people appraise, in the resources available to them, and in how and how well they cope

Dimensions of Psychopathology: Emotion

- ◎ What is abnormal?
 - The D's: distress, deviance, disability, dysfunction, degree
- ◎ Signs and symptoms:
 - Emotional (e.g., depressed mood, feelings of worthlessness)
 - Behavioral (e.g., crying spells, self-injury)
 - Cognitive (e.g., preoccupation, poor concentration)
 - Somatic (e.g., loss of appetite, fatigue)

Dimensions of Psychopathology: Emotion

- ◎ The emotional syndromes—DSM categories of disorders (text, pp. 501-502):
 - Trauma- and stressor-related (Unit 5)
 - Anxiety (Unit 6)
 - Obsessive-compulsive and related (Unit 6)
 - Depressive (Unit 7)
 - Bipolar and related (Unit 7)
- ◎ And all of these include both well-defined patterns of psychopathology as well as “other specified” and “unspecified”