

## **EXPECTED LEARNING OUTCOMES**

### **Topic 2: Dimensions of Psychopathology: Emotion**

#### **Key Terms You Should Be Able to Define and Apply:**

(in order they appear in the text)

#### **Part IIA**

Emotion  
Temperament  
Negative affectivity  
Mood  
Stress  
Appraisal and reappraisal  
Coping  
Syndrome  
Differential diagnosis  
Comorbidity

#### **Unit 5**

Diathesis-stress model  
Adjustment disorder  
Trauma  
Posttraumatic stress disorder  
Acute stress disorder  
Dissociative symptoms

#### **Unit 6**

Fear/fear response  
Anxiety  
Specific phobia  
Social anxiety disorder

Agoraphobia  
Separation anxiety disorder  
Generalized anxiety disorder  
Panic attack  
Panic disorder  
Obsessions/compulsions/obsessive-  
compulsive disorder

#### **Unit 7**

Major depressive episode  
Manic episode  
Flight of ideas  
Hypomanic episode  
Psychotic  
Specifier  
Melancholia  
Remission  
Major depressive disorder  
Persistent depressive disorder  
Disruptive mood dysregulation disorder  
Bipolar I/bipolar II disorder  
Cyclothymic disorder  
Double depression  
Gender dysphoria

## Key Concepts You Should Be Able to Understand:

(in order they appear in the text)

### Part IIA

- Describe the three ways that emotions play important roles in normal human functioning
- Explain why emotions are sometimes referred to as emotional systems
- Explain how stress can be conceptualized as a stimulus, a response, and an interaction
- List several different examples of emotional, behavioral, cognitive, and physical signs and symptoms associated with the emotional dimension of psychopathology

### Unit 5

- Explain how predisposing and precipitating factors connect in the diathesis-stress model
- List the four domains of required symptomatology for the diagnosis of PTSD
- Explain what DSM means by an adjustment disorder and how it is both similar to and differs from trauma-related disorders
- Differentiate between posttraumatic and acute stress disorders
- Describe two forms of psychopathology that can be directly linked to neglect
- Describe other forms of psychopathology that often overlap with stress-related disorders

### Unit 6

- Describe how fear and anxiety can be distinguished from each other
- Identify the major characteristics of the following fear-based disorders in DSM-5: simple phobia, social anxiety disorder, agoraphobia
- Identify the major characteristics of the following anxiety-based disorders in DSM-5: generalized anxiety disorder, panic disorder
- Explain the connection between panic attacks and panic disorder DSM-5
- Explain why one needs to be careful in correctly using “obsession” and “compulsion” as they relate to OCD and how they are clinically connected
- Identify the major characteristics of the following obsessive-related disorders in DSM-5: body dysmorphic disorder, hoarding
- Explain how hair-pulling and skin-picking are obsessive-related
- Explain the distinction between compulsion and addiction and how this distinction helps us to differentiate between OCD and alcohol dependence

### Unit 7

- Explain how DSM deals with what is commonly known as “seasonal affective disorder”
- Differentiate between a major depressive episode and normal bereavement
- Identify the major characteristics of the following depression-based disorders in DSM-5: major depressive disorder, persistent depressive disorder
- Describe what is known about the likelihood of recurrence in major depressive disorder
- Explain the meaning of “double depression”
- Explain why both premenstrual dysphoric disorder and gender dysphoria have been the focus of considerable debate
- Describe how mania and hypomania are distinguished in DSM, and explain how the distinction applies to bipolar disorders I and II
- Explain why disruptive mood dysregulation disorder was added to DSM-5
- Explain how DSM-5 views suicide
- List at least 3 known risk factors for suicide
- Summarize the relationship that depressive and bipolar disorders have with other forms of psychopathology