Other Major Clinical Disorders

Course: Clinical Psychology
Module I: Fundamental Concepts in Clinical Psychology
Level: Third-Year Undergraduate (Clinical Psychology)
Duration: 90 Minutes

Learning Outcomes

By the end of this lecture, students will be able to:

1. Explain the concept of major clinical disorders.
2. Differentiate among psychosomatic, psychomotor, eating, anxiety, mood, and trauma-related disorders.
3. Describe the defining characteristics of each disorder category.
4. Identify the main clinical manifestations associated with each disorder.
5. Explain the biopsychosocial factors involved in the development of these disorders.
6. Recognize the importance of accurate assessment and diagnosis.
7. Describe general principles of evidence-based treatment and management.
8. Apply theoretical knowledge to simple clinical case examples.

Lesson Outline

1. Introduction
2. Psychosomatic Disorders
3. Psychomotor Disorders
4. Eating Disorders
5. Anxiety Disorders
6. Mood Disorders
7. Psychological Trauma (Psychotrauma)
8. General Principles of Assessment
9. General Principles of Treatment
10. Clinical Case Illustration
11. Summary

1. Introduction

Introduce the concept of major categories of mental disorders and explain that these disorders differ in symptoms, causes, prognosis, and treatment but all influence psychological functioning and quality of life.

2. Psychosomatic Disorders

Definition

Explain the interaction between psychological factors and physical illness.

Historical Background

Brief development of psychosomatic medicine.

Mind–Body Relationship

Stress, emotions, and physical health.

Biopsychosocial Model

Interaction of biological, psychological, and social influences.

Etiology

- Chronic stress
- Anxiety
- Personality factors
- Coping styles
- Genetic vulnerability

Examples

- Irritable Bowel Syndrome (IBS)
- Tension headache
- Migraine
- Hypertension
- Psoriasis
- Asthma

Assessment

Clinical interview

Medical examination

Psychological assessment

Treatment

- Cognitive Behavioral Therapy
- Stress management
- Relaxation
- Medical treatment
- Lifestyle modification

3. Psychomotor Disorders

Definition

Disturbances in movement associated with psychological disorders.

Normal Psychomotor Function

Relationship between cognition, emotion, and movement.

Psychomotor Abnormalities

- Agitation
- Retardation
- Stereotypies
- Tics
- Mannerisms
- Echopraxia

Catatonia

Characteristics

Associated disorders

Clinical significance

Assessment

Behavioral observation

Mental Status Examination

Neurological evaluation

Treatment

Medication

Treatment of underlying disorder

Supportive care

4. Eating Disorders

Definition

Disturbances in eating behavior and body image.

Epidemiology

Prevalence and age of onset.

Risk Factors

- Genetics
- Family influences
- Media
- Body dissatisfaction
- Perfectionism

DSM-5-TR Classification

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
- Avoidant/Restrictive Food Intake Disorder (ARFID)

Clinical Features

Behavioral

Physical

Psychological

Assessment

Clinical interview

BMI

Medical evaluation

Psychological testing

Treatment

- CBT-E
- Nutritional rehabilitation
- Family-Based Therapy
- Medication when indicated

Prevention

Healthy body image

Early detection

School-based education

5. Anxiety Disorders

Definition

Normal versus pathological anxiety.

Epidemiology

Common prevalence.

Etiology

Biological

Psychological

Social

Types

- Generalized Anxiety Disorder
- Panic Disorder
- Specific Phobia
- Social Anxiety Disorder
- Agoraphobia
- Separation Anxiety Disorder

Assessment

Clinical interview

DSM-5-TR criteria

Anxiety scales

Treatment

- CBT
- Exposure therapy
- Relaxation training
- SSRIs

6. Mood Disorders

Definition

Disturbances involving prolonged emotional states.

Classification

Depressive Disorders

Bipolar Disorders

Major Depressive Disorder

Symptoms

Diagnosis

Persistent Depressive Disorder

Characteristics

Bipolar Disorders

Mania

Hypomania

Depression

Etiology

Biological

Psychological

Environmental

Assessment

Clinical interview

Mood rating scales

Mental Status Examination

Treatment

Psychotherapy

Medication

Lifestyle interventions

7. Psychological Trauma (Psychotrauma)

Definition

Psychological consequences of overwhelming events.

Types of Trauma

Natural disasters

Violence

War

Abuse

Accidents

Loss

Acute Stress Disorder

Main characteristics

PTSD

Core symptoms

- Intrusions
- Avoidance
- Negative mood
- Hyperarousal

Complex Trauma

Repeated interpersonal trauma.

Risk Factors

Protective Factors

Assessment

Trauma interview

Standardized trauma questionnaires

Treatment

- Trauma-Focused CBT
- EMDR

- Exposure therapy
- Psychoeducation

8. General Principles of Assessment

Across all disorders, assessment includes:

- Clinical Interview
- Behavioral Observation
- Mental Status Examination
- Psychological Testing
- Medical Evaluation
- Family History
- Functional Assessment

Summary

Summarize the major categories of clinical disorders, emphasizing that although they differ in presentation, all require comprehensive assessment using the biopsychosocial model and evidence-based intervention. Reinforce the importance of integrating psychological, biological, and social perspectives in clinical practice.