

Introduction.

- Behaviour is defined as everything that an organism does from the day of conception till death.

Everything includes knowing (cognition), feeling (emotions/affection) and doing (activities).

Knowing consists of thinking, recalling, recognition, judgement and so on. These processes are considered to be aspects of primary mental functions which help the organism become aware of and understand the self and environment.

Feeling consist of emotional component of an individual it includes happiness, sorrowfulness, fear and ~~anger~~ anger etc.

These emotions arise in accordance with the knowing part of the individual.

Doing consist of psychomotor activities of an organism an individual exercises his/her energy to perform the activities with different disguise based upon the knowing and feeling components.

From this we understand that when an organism acts as ^{all} the above (3) components functions in unified and co-ordinated manner and that's considered to be normal if any disturbances occur either in knowing, feeling & doing or in combination the individual is set to be behaving abnormally.

The word "Abnormal" means literally mean "away from the "normal" It implies deviations from some clearly defined norm or standard.

A sharp dividing line does not simply exist b/w normal & abnormal there are not normal people in on one end and abnormal on the other. Most people are not moderately well adjusted with minor maladaptive patterns. A few

acts on one extreme enters a mental hospital / clinics and a few ends @ other extreme usually living usually ~~was~~ satisfying and effective ~~lines~~ lines.

Indicators of Abnormality.

1) Subjective Distress

Stress is a feeling of emotional or physical tension. Stress is ~~the~~ body's reaction to a challenge or demand.

Emotional problem - anger, grief, ^{guilt} etc.

- **EUSTRESS** : It's what energizes us and gives us a positive outlook and makes capable of overcoming our obstacles and sickness.

Eg - Strength, training, workout, start a new job, giving a presentation, marriage etc.

- **DISTRESS** : Distress ~~is~~ stress negatively affects you.

Eg - Getting a divorce, breakup, parents

fighting, getting fired from the job,
 making ~~of~~ ^{for} medical test reports.

• If people suffer or experience psychological pain we are inclined to consider this as indicating of ~~abn~~ abnormality. People with depression clearly report being distressed or do as people with anxiety disorder.

~~we~~ • Subjective distress is an element of abnormality in many cases it is neither a sufficient condition nor a necessary condition for us to consider it as abnormal.

2) Maladaptiveness -

• This behaviour interferes with our well being and with our ability to enjoy our work and relationships but not all disorders involves maladaptive behaviour.

• Consider the con-artists and the contract killers both of whom have anti-social personality disorder we consider them abnormal because their behaviour is maladaptive towards society.

3) Statistical Deviancy

- The word abnormal literally means away from normal but simply considering statistically rare behaviour to be abnormal does not provides us with a solution to our problem in defining abnormality
- GENIUS It is statistically rare as is perfect pitch however we do not consider people with such uncommon talent to be abnormal in any way also just because something is statistically common doesn't mean normal.
- The common cold is certainly very common but it is regarded as an illness non-the less.

4) Social Discomfort

Not all rules are explicit and not all rules bothers us when they are violated when someone violates and implicit and unwritten social rule those around him or her may experience a sense of discomfort or

unusual.

Social discomfort is another potential way that it can recognise abnormality but again much depends on circumstances.

5) Dangerousness

It seems quite reasonable to think that someone is danger to him/herself or to another person if must be psychologically abnormal indeed therapists are required to hospitalise suicidal clients and to contact police if they have a client who makes an explicit act to harm ~~others~~ another person with as all of the other of abnormality.

Just because we may be a danger to ourself or to others does not mean we are mentally ill conversely we cannot assume that someone diagnosed with a mental disorder must be dangerous all though people with mental ~~dis~~ illness do commit serious crimes are also committed

Date: _____ Page: _____

everyday by people who have no signs of mental disorder. Indeed research suggests that in people with mental illness, dangerousness is more the exception than the rule.

6) Violation of the standards of society.

All cultures have rules some of these are formalised as laws other form the norms and moral standards we are taught to follow although many ~~social~~ social rules are arbitrary to some extent.

When people fail to follow conventional social and moral rules of their cultural group we may consider their behaviour abnormal.

A behaviour is more likely to be abnormal when it violates the standards of society and the statistically deviant and rare. When a mother drowns her children there is instant recognition that this is abnormal behaviour.

7) Irrational and Unpredictability
In some aspect people to behave in
certain ways although a little
unconventionally may add some
spice to life there is a point at
which we are likely to consider
a ~~an~~ unorthodox behaviour abnormal

The disorder speech and the
disorganised behaviour of patients
with schizophrenia ~~are~~ are often
irrational perhaps the most
important factors is ~~however~~ is our
evaluations of whether the person can
control their behaviour.

Decisions about abnormal behaviour
always involve social judgements
and are based on expectations
of society. 7A

At last this means that culture
plays ~~an~~ a role in determining
what is and what is not abnormal
At one time homosexuality was
classified as a mental disorder
but this is no longer the case (it
was removed from the formal
classification system)

DSM Diagnosical and Statistical Manual for Mental Disorders (APA)

It is the handbook widely used by clinicians and the psychiatrists in the US to diagnose psychiatric illnesses published by American Psychiatric Association (APA).

DSM covers all categories of mental health disorders for both adults and children:

It contains descriptions, symptoms, and other criteria necessary for diagnosing mental health disorders.

It also contains statistics concerning which gender is most affected by the illness, the typical age of onset, the effect of treatment and common treatment approaches.

Just as with medical condition the govt. and many insurance cases require a specific diagnosis in order to approve payment for treatment for

mental health professions also use the DSM classified patients for billing purposes.

Chapters

DSM

- 1 — Neurodevelopmental disorders
- 2 — Schizophrenia Spectrum & other Psychotic Dis.
- 3 — Mood Disorders
- 4 — Anxiety Disorders
- 5 — Obsessive-Compulsive & related disorders
- 6 — Trauma & stress related disorders
- 7 — Dissociative disorders
- 8 — Somatic symptoms & related disorders
- 9 — Feeding & eating disorders
- 10 — Elimination disorders
- 11 — Sleep-wake disorders
- 12 — Sexual dysfunctions
- 13 — Gender Dysphoria
- 14 — Disruptive, Impulsive Control & Conduct Disorders
- 15 — Substance related and addictive disorders
- 16 — Cognitive disorders
- 17 — Personality disorders
- 18 — Paraphillic disorder
- 19 — Other factors that may need clinical attention
- 20 — Patient and diagnosis history.

DSM 1	102	1952	DSM 4	297	1994
DSM 2	182	1968	DSM 4TR	365	2000
DSM 3	265	1980	DSM 5	157	2013
DSM 3R	292	1987	DSM 5TR		2022

18 March

→ 1976 first published

ICD 11

MNS for morality and Morality statistics

The WHO (General) currently released the 11th edition of the International Classification of Diseases (ICD 11)

This release was presented at the 72nd World Health Assembly on May 25th 2019 for adopting by Member States and will come into effect on Jan 1 2022.

~~ICD 10~~

ICD 10

• F00-F99 Mental and Behavioural disorders

• F00-F09 Organic, including symptomatic Mental Disorders

• F10-F19 Mental Behavioural disorders due to psychoactive substance use

• F20-F29 Schizophrenia, Schizotypal and delusional disorders

ICD 11

06 Mental, Behavioural or Neurodevelopmental Disorders

6D70-6E02 Neurocognitive Disorders (8A20-8A2Z Disorders with neurocognitive impairment as a major feature)

6C40-6C5Z Disorders due to substance use or addictive behaviour

6A20-6A2Z Schizophrenia or other primary psychotic disorders

6A40-6A4Z Catatonic

- F30-F39 Mood (affective) disorders
- F40-F48 Neurotic, stress related and somatoform disorders

- 6A60-6A8Z Mood disorders
- 6B00-6B0Z Anxiety or fear related disorder
- 6B20-6B2Z Obsessive compulsive related disorders
- 6B40-6B4Z Disorders specifically associated with stress

- F50-F59 Behavioural syndromes associated with physiological disturbances and physical factors

- 6B60-6B6Z Dissociative disorders
- 6C20-6C2Z Disorders of bodily issues or bodily experience
- 6B80-6B8Z Feeding or eating disorders
- 6E20-6E2Z Mental or behavioural disorders associated with pregnancy, child birth or the puerperium
- 6E40-6E4Z Psychological or behavioural factors affecting disorders

- F60-F69 Disorders of adult personality and behaviour.

- 6C70-6C7Z Impulse control Disorders
- 6D10-6D1Z Perso. Disor. ^{for 6A} related disorders
- 6D30-6D3Z Paraphilic disorders
- 6D50-6D5Z Facilitous disorders
- (7A00-7A0Z Insomnia disorder)
- (7A20-7A2Z Hypersomnolence disorders)

	(7A60-7A6Z Circadian rhythm sleep wake disorders)
• F70-F79 Mental retardation	(HA60-HA6Z Gender Incongruence disorders of intellectual development)
• F80-F89 Disorders of psychological development	6A00-6A06.Z Neurodevelopmental disorders
• F90-F98 Behavioural and emotional with onset usually occurring in childhood and adolescence	6C00-6C0Z Elimination disorders
• F99 Unspecified mental disorders	6C90-6C9Z Disruptive Behavioural or disocial disorders
	6E60-6E6Z Secondary mental or behavioural syndromes associated with disorders or diseases classified elsewhere.