

Ramiro Echeverria
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Chapter 6

7.

According to the book, it says that therapists have a harder time diagnosing men to being depressed versus women. I find that is accurate because as a man we can easily hide our emotions and cover how we truly feel. Women on the other hand may find it easier to express or identify the things that upset them or is not allowing them to move forward. However, studies have found that women are more likely to hide it because of how complex their situation can be and it may cause them to feel so depressed that they think talking to someone just won't help. For example, women have to face more poverty, jobs that do not pay enough to live well off especially if the woman has children to take care of. They also face a lot of different discrimination whether it be at work, amongst other people and having to face all of these issues result to being depressed.

Not only do women experience external worries, but also maintaining a specific image. Many women suffer from eating disorders because they are expected to have and maintain a certain figure whether it be peer pressure or on social media. It has not began until recently that all shapes and sizes are becoming more and more welcomed. But for a long time women had to be skinny even if it meant compromising their health. The difference between men and women as well is that men are better at putting things under the rug and they keep going as if nothing is going on with them. However, women are more likely to function properly if these issues are not properly addressed.

8.

Premenstrual dysphoric disorder is when the woman experiences feeling depressed, hopeless, frequent irritability, decreased interest in her normal activities, poor concentration, and weight gain. The reason why diagnosis is controversial is that every woman may experience some and not of the symptoms listed. It is also controversial because for a long time this term never existed. Women were known to have their periods and when they would feel this way the response would be, "it is because they are on their period they are acting like this." However, many feel that this should also be treated if it is changing the behavior of a person's everyday activity. However, it is also argued that every woman who partake in the PMDD diagnoses believe that medication is helpful but seeking therapy will encourage women that they can also surround themselves with people and or environments that will help them as well.

9.

Bipolar I disorder are known to have full manic and go through depressive episodes. This means that a person can be fine for a whole week and then at random fall into a great depression. Another example is feeling many emotions at once. A person can fall into extreme sadness while feeling other emotions as well and its known as mixed feelings.

Bipolar II disorder is not as manic but over time it does get worse. Some people however, are still able to function even through their manic episodes. If people decide not to take treatment, the episodes can reoccur more often. Survey also shows that having a bipolar disorder is found in both genders, but it is mainly seen with people with low income.

This similarities is that a person can start with type I and eventually find themselves in type II and vice versa. The only difference is that type II does not have manic episodes and will

be a more constant state of depression. Type I is more in episodes and more sporadic meaning at any given time a person can experience being depressed.

10.

Cyclothymic disorder is a milder version of the bipolar disorders and is known to interrupt normal activities or behaviors. Cyclothymic is also a disorder that begins in the adolescent years and or early adulthood. After sometime it can evolve into either bipolar types.

Unipolar depression is known to affect 5 areas in a person's function: emotional, motivational, behavioral, cognitive and physical. This means that Unipolar depression will interfere with how the person uses each of these behaviors and it can affect their every day activities and how they interact with other people. This can be the case when a person is faced with a reduction of positive rewards in life. For example, in the summer people in New York seem to be happiest when they are able to enjoy the pool or beach but when winter comes around it's as if they have nothing to look forward to. That is why behavior therapists will engage and remind clients of activities that they may find pleasure in. Not only will this help their self-esteem, but it will also encourage them to engage in social activities that involve other people. All disorders have different extremes and can be seen differently as each person is unique, but it's important to identify these different characteristics because it will give a better understanding on how to help the person.

Chapter 7

21.

There are 3 common moods that are related to suicide and they are: anxiety, anger and shame. This is important to know because many people who face these issues believe that they will always be in this situation and they lose sight of all hope which leads them to want to end it all. Robin william is someone who is a testament to that as he made many laugh but deep down was facing his own struggles. His autopsy revealed that he was diagnosed with a neurocognitive disorder called Lewy body disease which keeps a person from remembering things, also known as dementia.

Finally, something that many people fall victim to is thinking that ending their life is the only way that things will better. This term is called Dichotomous thinking where people tell themselves that they “only” have this option.

22.

Suicide stems from depression, self-doubt or can even be insinuated by other people meaning an idea that someone else pushed up a person to commit suicide. Another aspect of suicide is the biological view that suicidal thoughts are inherited. This is found to be true studies have shown that patients who are diagnosed as being depressed have low levels of serotonin activities. What this means is that serotonin is found in our genetics and whether it is high or low can be an outcome from either our family or environment and or both. However, there are still ways that we can increase our serotonin whether it be changing who we hang out with or our overall circumstance.

Men who low levels of serotonin are known to be at risk of engaging in violent behaviors such as murder or vicious crimes. Men who have higher serotonin are known to be less violent and may not find themselves to be in a depressive state. Having low serotonin can also stem from childhood traumas that is found to be the main reason why people commit suicide.

23.

Children who are at risk for suicide are generally higher for girls than it is for boys. It has been found that children who commit suicide are suffering from the following; loss of a loved one, family stress, parent's unemployment, abuse by parents, victimization by peers, or are diagnosed with depression. The misconception people have is that children are not capable of understanding the things that happen around them. In 2013, a study reflected that more than 55% of children had therapeutic help but it did not stop them from committing the act. Out of every 5 girls one boy is dealing with suicidal thoughts. The difference in gender can stem from can be the different responsibilities and peer pressures each group receives.

24.

1400 of adolescents are from ages 13-18 and every 7 commit suicide of every 100,000. Suicides in adolescents are caused by low self-esteem, feelings of hopelessness, and have serious drugs or alcoholic issues. Others might also experience lack of relationship within their peers or at home with their parents and siblings. They can also experience immediate stress from their family facing financial issues, trying to keep up with school or being up to date with the latest trends and might feel out of place because they do not fit in. Studies have also shown that young adults show an increase in committing suicide as there is an increase in competition for jobs, getting into college, and becoming financially independent. Another controversy is people who

come from families that come from different countries because they might have to face immigration or may have to support their families, while completing school and may also be the care taker for siblings as well. Lastly, being that people are now finding themselves use the internet for everything. People who are trying to committ suicide will engage in websites that are pro suicide and it will encourage them further to end their life. Not too long ago, the momo was all over the internet and it was a man on shows for children as well as whatsapp instructing children to kill themselves and will give a step by step directions on how to do so. This is very dangerous because many children have felt so scared that they did end their lives because the momo said if they did not their family would get hurt.