

# Psy1102 Midterm 2

## Personality Lecture

Personality – an individual’s characteristic pattern of thinking, feeling and acting.

**Freud** – psychodynamic theories: personality with a focus on the unconscious and childhood experiences.

- He was a psychiatrist and a physician who specialized in nervous disorders.
  - He realized these disorders had no organic cause.
- He was a determinist – nothing happens by accident, everything has a cause.
- When you watch someone, you are making observations and inferences.
- Freud’s approach was to follow the person’s utterances back to their point of origin.
  - He named his technique psychoanalysis.
- Freud saw the unconscious as a reservoir of mostly unacceptable thoughts, feelings or theories.
  - He used the unconscious to create the iceberg analogy.

Iceberg analogy:

- Conscious process: the part we are aware of.
- The larger part of our self takes place in the preconscious or unconscious (repressed thoughts) domains.
- There are three parts to the iceberg theory.
  1. The Id – animalistic part. It is how one wants to behave.
  2. The Superego – the conscious. It is how one should behave.
  3. The Ego – the mediator between the id and the superego. It is how one behaves.

Example: In relation to sex, the id wants to satisfy the sex drive and the superego wants to adhere to morals.

Psychosexual stages

Stage Name	Age	Pleasure Area
Oral	0-18 months	Pleasure focuses on the mouth.
Anal	18-36 months	Pleasure centres on bowel and bladder control.
Phallic (for girls it is the Electra complex – however it was a male dominated society)*	3-6 years	Pleasure zone is the genitals. Also touches on the idea that you’re jealous of your same-sex parent.
Latency	6 to puberty	Dormant sexual feelings.
Genital	Puberty on	Maturation of sexual interests.

\*Side note about women in society:

- Hysteria is derived from the Greek word for uterus.
- Women had no way to get off because sex wasn't foreplay focuses and masturbation was heavily frowned upon.
- It is thought that many women with hysteria just weren't satisfied sexually.

## Neo-Freudians

### Alfred Adler

- Believed sex wasn't the driving thought, but that it was power.
- Coined the term inferiority complex.

### Karen Horney

- Believed it was childhood anxiety that drove our need for love and security.
- Also confirmed that "penis envy doesn't exist"

### Carl Jung

- Agreed with the unconscious, however, extended it to include a collective unconscious, that is shared between the human race.

## Projective Tests

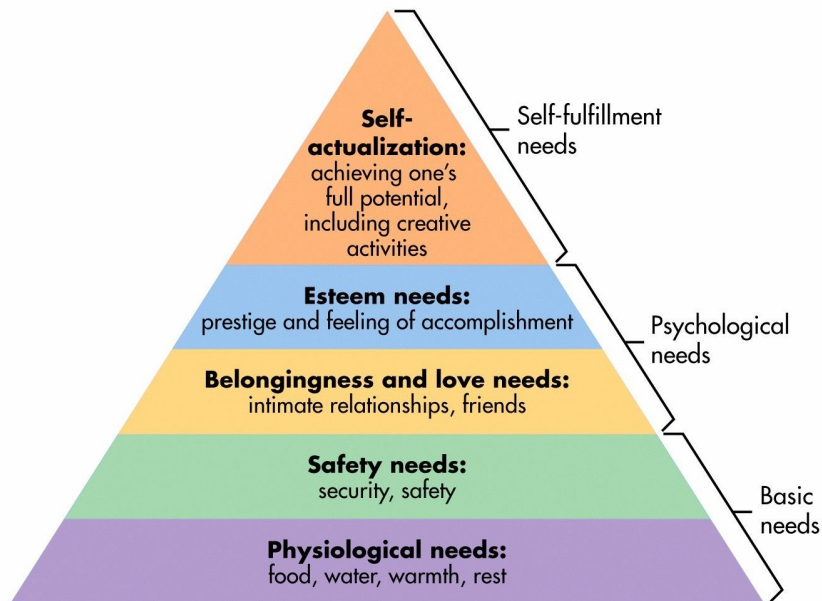
- Show us one thing and have to interpret it.
- Hershaw test – ink blot

## Humanistic theories

- Personality with a focus for healthy personal growth.
- From the 1960's – focused on healthy people and not on patients.

### Abraham Maslow

- The hierarchy of needs – you need to satisfy the lower needs before the top.



## Carl Rogers

- We are fundamentally good and are primed to strive for self-actualization.
- 3 important qualities
  1. Genuineness – growth happens when we are open about our feelings, share information about themselves and drop their façade (social mask).
  2. Acceptance – unconditional positive regard.
  3. Empathy – active sharing of the feeling of another person.
- The assessment of personality is a constant challenge
  - Carl asked people to describe their ideal self and their actual self.
  - On the contrary to this idea, another view is that any standardized assessment of personality is depersonalising.

## **Trait Perspective**

- Looks at a person as a group of traits that together make a person.
  - This was developed by Gordon Allport.
- The primary approach to personality types is the Myers Briggs Test
  - This is based on Carl Jung's book who posited on an introvert, extrovert axis
  - Myers and Briggs created four types of dichotomies, which created 16 types.
    - Extrovert (E) – (I) Introvert
    - Sensing (S) – (N) Intuition
    - Thinking (T) – (F) Feeling
    - Judging (J) – (P) Perceiving
  - Feedback is given to the person after the test

## Factor Analysis

- Factor Analysis is a tool that looks for clusters of attributes – between a trait and a top down approach.
  - The Eysencks believed these attributes grouped into meaningful clusters.
  - The factors seem to be genetically influenced.
- Traits are assessed by personality inventories
  - These are questionnaires to assess several traits.
- The oldest one is MMPI, which has 10 scales.
- They are backed by research but are objectively scored.
- The Eysencks two factors have been expanded to be the big five (CANOE).
  - Conscientiousness
  - Agreeableness
  - Neuroticism (emotional stability vs. instability)
  - Openness
  - Extraversion
- They cross cultures and geography.

## **Social Cognitive Perspective**

- Started by Albert Bandura in 1980's

- It acknowledges the existence of traits but emphasizes their interaction with situational effects.
- The behaviourist perspective posits that we are simply a black box that processes a stimulus and emits a response.
  - The social cognitive perspective says that we are not pawns to be moved by the environmental stimuli.
- Although our environment influences us, we also help create this environment.
- Our personalities shape how we interpret and react to events.
- Our personalities help create situations to which we react.
- A part of the social cognitive perspective is personal and locus of control
  - Locus of control is where control is located, whether internal or external
  - Having an internal locus of control is associated with achieving more, having better health, and feeling less depressed.

## **Psychological Disorders**

- At what point does a behaviour become not normal/more serious?
- How should we define, understand and classify psychological disorders.
  - This includes not labeling the disease to the person.
- Classifying psychological disorders is used with the Diagnostic and Statistical Manual of Mental Disorders. They use DSM-5.
  - In these the diagnostic labels get updated.

## **Anxiety Disorders**

### Generalized Anxiety Disorder:

- A person in a unexplained continuous tenseness, is apprehensive and in a state of autonomic nervous system arousal.
- Women are twice as likely to have it.
- Becomes fairly rare past the age of 50.

### Panic Disorder

- 1 in 75 people have it.
- An anxiety disorder marked by unpredictable, minute long episodes of intense dread in which a person experiences terror and accompanying chest pain, choking, and other frightening sensations, followed by worry about a future attack.

### Phobias

- A persistent, irrational fear and avoidance of a specific object, activity or situation.

## **Depressive and Bipolar Disorders**

### Major Depressive Disorders

- Found across many cultures.
- More common for women.
- Can end with or without therapy.
- Persistent state of hopelessness or lethargy
  - Must Have 5/9 symptoms for 2 or more weeks.
    - Depressed mood
    - Reduced interest in activities
    - Challenges regulating appetite and weight
    - Challenges regulating sleep
    - Lethargy
    - Feeling listless
    - Problems concentrating
    - Thinking of death and suicide.

### Persistent Depressive Disorder

- Mildly depressed mood, usually for 2 years or more
  - Experiences mildly depressed feelings
- 2 of the following symptoms
  - Difficulty in decision making
  - Feeling hopeless
  - Poor self-esteem
  - Reduced energy levels
  - Problems regulating sleep
  - Problems regulating appetite

### Bipolar Disorder

- A disorder where a person alternates between the hopelessness and lethargy of depression and the over excited state of manic.
- Although episodes of depression end, instead of returning to a neutral mood, they become manic.
- Is it real?
  - Between 1994-2003, the amount of Americans diagnosed rose from 20,000 to 800,000, about 2/3 of them being boys.
  - It is twice as common in the U.S. than in other countries
  - The DSM-5 uses disruptive mood disorder for kids and adolescents.

### Schizophrenia

- About 1% of the world has schizophrenia.
- A patient with positive symptoms
- They may experience hallucinations, may talk in a disordered manner, and could exhibit negative emotions.
  - This would be a patient with negative symptoms.
- Symptoms
  - Disturbed perceptions
  - One definition of hallucination is “sensory experience without sensory stimulation”

- Can occur in vision, hearing, taste, and smell.
  - Most in schizophrenia are auditory
- Disordered thinking and speech
- Fragmented
- Diminished and inappropriate emotions.
- Mostly, arrives in young people maturing into adulthood, males.
- Can appear quickly and gradually.
- Scans of people with schizophrenia have abnormal brain activity.

### **Dissociative Disorders**

- A disorder of consciousness.
- Person is dissociated by a stressful situation.
- Getting up too quickly is dissociation.
- “Out of body”

### Dissociative Identity Disorder

- Characterized by a massive dissociation of consciousness.
- A person exhibits two or more distinct personalities.
- Used to be called Multiple Personality Disorder
- Psychoanalysis’ see DID as a defense against anxiety.
  - Alternatively DID is a way to deal with PTSD especially related to childhood abuse, however we can’t predict DID.

### **Personality Disorders**

- Antisocial personality disorder is the most troubling and researched personality disorder.
- Lack of conscious.
- Used to be labelled as psychopaths and sociopaths.

### **Eating Disorders**

#### Anxiety Nervosa

- Most common among adolescents and 90% of cases are female.
- Typically begins dieting to lose weight but progresses until underweight.
- They may see themselves as overweight.
- As we need food to stay alive, many people enter a binge purge cycle.

#### Bulimia Nervosa

- Enters binge purge cycle but without a feeling of depression.

#### Binge Eating Disorder

- Binge with no purge.
- They may become overweight.

Contributing factors could be a mother who focuses on her weight or family link to an eating disorder. Culture could also be a factor.