

CHAPTER 20

Terms in Psychiatry

► PSYCHIATRY, PSYCHOLOGY

After studying this chapter, you will be able to:

- 20.1** Describe common mental disorders
- 20.2** Define combining forms and suffixes used in building words that relate to mental disorders
- 20.3** Identify the meaning of related abbreviations
- 20.4** Name the common tests, procedures, and treatments used in treating mental disorders
- 20.5** Recognize common pharmacological agents used in treating psychiatric ailments

Psychiatric Disorders Terms

Psychiatric or mental disorders (disorders of the mind) can have many causes. Heredity often plays a role. Environmental stresses may also contribute to mental illness, or medication taken for other ailments may be the underlying cause of symptoms. With the advent of sophisticated diagnostic imaging, some mental disorders that result from damage to the brain can be assessed by imaging or by physical testing (as of neurological responses). Most mental disorders, however, must be assessed by a specialist trained in understanding how a group of symptoms equals a mental disorder and how to treat that disorder. Many mental disorders are also diseases of the nervous system, such as Alzheimer's disease, and are covered in Chapter 8. Treatment usually involves either medication or psychotherapy (talk therapy) or a combination of both. It may also involve surgery or electroshock therapy (EST).

Psychiatry (Figure 20-1) is the medical specialty that diagnoses and treats mental disorders, usually ones that require medication. A *psychiatrist* is a medical doctor specializing in psychiatry. Psychiatrists sometimes provide talk therapy, often in combination with medication. Nonmedical practitioners who treat mental disorders using psychotherapy alone are called *psychologists* (Figure 20-2), *psychotherapists*, **therapists**, or **social workers**. These people may have a master's degree or a doctorate. They usually have had extensive training in **psychology**, the profession that studies human behavior and nonmedical treatments of mental disorders. Such training gives them the ability to practice **psychotherapy**, treatment of mental disorders with verbal and nonverbal communication as opposed to treatment with medication alone. Psychotherapy is also known as *talk therapy*.



The American Psychiatric Association (www.psych.org) is the premier organization for psychiatrists.



FIGURE 20-1 A psychiatrist talking to a patient.



FIGURE 20-2 A psychotherapist talking to a patient.

MORE ABOUT . . .

Phobias

Many people have very specific phobias. Descriptive terms for those phobias are formed by adding the suffix *-phobia* to a combining form that indicates the item about which the patient is phobic. For example, extreme fear of bees (api-) is apiphobia; extreme fear of darkness (nycto-) is nyctophobia; fear of heights (acro-) is acrophobia; and fear of the number thirteen (triskaideka-) is triskaidekaphobia.

Although phobias are symptoms of many mental disorders, having a phobia does not necessarily indicate disease. Rather, it may be as a result of a traumatic experience or the influence of someone else's phobia.

Dementia Symptoms

Mental disorders often include many types of emotional and behavioral symptoms. They may arise from an existing physical ailment, or they may lead to a physical ailment. Symptoms of emotional illnesses may include:

- **aggressiveness**, attacking forcefulness
- **agitation**, abnormal restlessness
- **ambivalence**, feeling of conflicting emotions about the same person or issue, as love-hate, pleasure-pain, and tenderness-cruelty
- **anxiety**, abnormal worry
- **cataplexy**, trancelike state with holding of one pose for a long time
- **defensiveness**, psychological process that enables an individual to deny, displace, or repress something that causes anxiety
- **deliriousness**, mental confusion, often with hallucinations that last for a brief period, as during a high fever
- **delusional**, having false beliefs resulting from disordered thinking
- **dementia**, disorder, particularly in older adulthood, with multiple cognitive defects, loss of intellectual functioning resulting in memory loss, and loss of decision-making abilities
- **depression**, condition with feelings of despair, loneliness, and low self-esteem
- **paranoia**, abnormal distrust of others
- **phobia**, obsessive fear of something
- **psychosis**, extreme disordered thinking

These terms all relate to some sort of mental or personality disorder. Some of the symptoms, such as depression and anxiety, are also the name of a disorder.

Mental Disorders

The American Psychiatric Association publishes the *Diagnostic and Statistical Manual of Mental Disorders*, currently in its fourth edition (1994). A full revision is being worked on and is expected to be ready in 2010. Known informally as DSM-IV, it lists the criteria on which mental disorders are diagnosed and categorized. The major mental disorders are as follows:

- **Anxiety disorder and panic disorder**—Anxiety disorder is a condition with chronic unrealistic fear over a period of time, usually affecting concentration and sleep, and causing fatigue. Panic disorder is a condition with

recurring *panic attacks*, short periods of intense and immobilizing fear. While having an attack, patients may feel they are suffering from shortness of breath and/or chest pain. Such attacks can mimic the symptoms of a heart attack, adding to the extreme fright experienced by the patient.

- **Alcohol/substance abuse**—Alcohol or substance abuse is a condition in which the patient uses alcohol or drugs recurrently and its use has affected the patient's ability to function at school or work and at home. Such patients are **addicts**, people who have difficulty avoiding alcohol or drugs.
- **Obsessive-compulsive disorder (OCD)**—Obsessive-compulsive disorder (OCD) is a condition with persistent thoughts and ideas that lead to tendencies to perform acts that are recurrent, time-consuming, repetitive, and ritualistic. This disorder usually involves a patient who is a perfectionist and inflexible. If severe, this can interfere with the patient's ability to function normally in daily life.
- **Dissociative disorders**—Dissociative disorders include a gradual or sudden loss of the ability to integrate memory, identity, and other mental abilities with the environment. Patients may have more than one identity or may become depersonalized to an extreme degree.
- **Post-traumatic stress disorder (PTSD)**—PTSD is a condition of extreme traumatic stress that may occur and last for years after a traumatic incident or a period of time in an extremely stressful environment. Prisoners of war, victims of torture, combat veterans, child abuse victims, and crime victims are just some of the people who are vulnerable to PTSD. PTSD does not necessarily show up immediately. It may take years before it develops.
- **Eating disorders**—Eating disorders include conditions with grossly disturbed eating habits. In **anorexia nervosa**, patients refuse to eat enough to maintain a normal body weight, usually accompanied by a distorted body image and an obsessive need to lose weight even, in some cases, to the point of starvation and death. No matter how thin the individual is, they perceive themselves as physically fat. **Bulimia nervosa** is a condition in which the patient binges (eats uncontrollably) and then purges (forces regurgitation). **Pica** is a condition in which the patient (usually a young child) eats nonnutritive substances, such as paint, clay, or sand, for a long period of time.
- **Mental retardation** (or developmental disability)—Usually a condition of birth, such as Down syndrome, mental retardation includes far below average intellectual functioning to the point of inability to care for oneself thoroughly and inability to function within a certain range of academic skills.
- **Mood disorders**—Mood disorders include conditions in which the patient has abnormal moods or mood swings. Depression, when it is diagnosed as clinical depression, is a disabling disorder with a loss of interest and pleasure in almost all activities. A clinically depressed person can become suicidal, in danger of killing him- or herself. **Manic** patients have moods that become dangerously elevated to the point of inability to work, sleep, concentrate, and maintain normal relationships. **Bipolar** or **manic-depressive** or **mixed-episode disorders** include drastic swings between manic and depressive moods.

Bipolar disorder can usually be controlled with medication and those with this disorder can often lead productive lives. Those with the disorder who do not respond to or do not take their medication account

The National Association for Retarded Children is known as the ARC (www.thearc.org). It is an advocacy group and provider of information on intellectual and developmental disabilities.

The National Alliance for Research on Schizophrenia and Depression (www.narsad.org) has information on advances in treatment and causes.

for a large number of people with mental illness. Many people with untreated bipolar disorder are prevalent in the community and homeless shelters. Government funding has been decreasing in this area. As a result, allied health workers are seeing many of these patients in ambulatory care areas.

- **Personality disorders**—Personality disorders are conditions in which a destructive pattern of behavior is part of a maladjusted person's everyday life. Included in personality disorders are obsessive-compulsive behavior, the characteristics of which are perfectionism and inflexibility; paranoia, extreme, unfounded mistrust of others; *dependency*, abnormal submissiveness, particularly in adulthood; *narcissism*, unusual preoccupation with oneself; *histrionic*, emotional, immature, and given to irrational outbursts; schizoid, emotionally cold and aloof; and **sociopathy** or *antisocial* behavior, having an unusually callous disregard for others and without moral standards.
- **Schizophrenia**—Schizophrenia has many degrees of severity. Most schizophrenics experience some hallucinations such as imagined inner voices directing their lives. New medications have made it possible for many schizophrenics to function in society. The most prominent symptom of schizophrenia is psychosis that interferes with the activities of daily living. A childhood mental disorder with morbid self-absorption, **autism**, is sometimes thought to have some of the same symptoms as schizophrenia.
- **Somatoform disorders**—Somatoform disorders include physical symptoms having a psychological basis. **Hypochondria** is the preoccupation with imagined illnesses in the patient's body. Somatoform disorders also include intense preoccupation with imagined physical defects in one's body.

Some mental difficulties do not rise to the level of a mental disorder and usually do not require medication for an extended period of time. For example, depression may be situational, as in the death of a loved one. In that case, it would not be classified as clinical depression. Patients with anxiety disorder have levels of anxiety that interfere with their overall functioning. Many people have anxieties that do not prevent them from functioning. Such people are said to have **neuroses**, behavioral conditions that the person has learned to cope with and that do not overwhelmingly affect daily functioning.

There are some mental disorders that affect functioning at a certain level but may go untreated for long periods of time since they do not include very obviously abnormal behaviors. *Attention-deficit disorder (ADD)* and *adult ADD* usually result in distracted behavior, such as an inability to focus at a high level. These disorders can range from mild to severe and are often very treatable with medication.

VOCABULARY REVIEW

In the previous section, you learned terms relating to psychiatric disorders. Before going on to the exercises, review the following terms and refer to the previous section if you have any questions. Pronunciations are provided for certain terms. Sometimes information about where the word came from is included after the term. The etymologies (word histories) are for your information only. You do not need to memorize them.

Term	Definition
addict [ĂD-ĭkt]	One who is dependent on a substance (usually illegal, as narcotics) on a recurring basis.
aggressiveness [ă-GRĚS-ĭv-nĕs]	Abnormal forcefulness toward others.
agitation [ă-jĭ-TĂ-shŭn]	Abnormal restlessness.
ambivalence [ăm-BĬV-ă-lĕns]	Feeling of conflicting emotions about a person or issue.
anorexia nervosa [ăn-ō-RĚK-sĕ-ă nĕr-VŌ-să]	Eating disorder in which the patient refuses to eat enough to sustain a minimum weight.
anxiety [āng-ZĬ-ĕ-tĕ]	Abnormal worry.
autism [ĂW-tĭzm]	Mental disorder usually beginning in early childhood with morbid self-absorption and difficulty in perceiving reality.
bipolar [bĭ-PŌ-lăr] disorder	Condition with drastic mood swings over a period of time.
bulimia nervosa [bū-LĚM-ĕ-ă, byū-LĚM-ĕ-ă, bū-LĬM-ĕ-ă, byū-LĬM-ĕ-ă nĕr-VŌ-să]	Eating disorder with extreme overeating followed by purging.
catalepsy [KĂT-ă-lĕp-sĕ]	Trancelike state with holding of one pose for a long period of time.
deliriousness [dĕ-LĚR-ĕ-ŭs-nĕs]	Mental confusion, often with hallucinations, usually having a physical cause such as a high fever.
delusional [dĕ-LŪ-zhŭn-ăl]	Having false beliefs resulting from disordered thinking.
dementia [dĕ-MĚN-shĕ-ă]	Disorder, particularly in older adulthood, with multiple cognitive defects.
depression [dĕ-PRĚSH-ŭn]	Disabling condition with a loss of interest and pleasure in almost all activities.
dissociative [dĭ-SŌ-sĕ-ă-tĭv] disorder	Condition with a gradual or sudden loss of the ability to integrate memory, identity, and other mental abilities with the environment.
hypochondria [hĭ-pō-KŌN-drĕ-ă]	Condition of preoccupation with imagined illnesses in the patient's body.
manic [MĂN-ĭk]	Having a dangerously elevated mood.
manic-depressive [MĂN-ĭk dĕ-PRĚ-sĭv] disorder	See <i>bipolar disorder</i> .
mental retardation	Condition with below average intellectual functioning.
mixed-episode disorder	See <i>bipolar disorder</i> .
neurosis (<i>pl., neuroses</i>) [nū-RŌ-sĭs (nū-RŌ-sĕz)]	Behavior condition that usually involves anxiety that a patient can cope with and that does not rise to the level of psychosis.

Term	Definition
obsessive-compulsive disorder (OCD)	Condition with obsessive-compulsive feelings.
paranoia [pär-ă-NÖY-ă]	Extreme unfounded mistrust of others.
phobia [FÖ-bē-ă]	Irrational or obsessive fear of something.
pica [PĪ-kă]	Eating disorder in which the patient compulsively eats nonnutritive substances, such as clay and paint.
post-traumatic stress disorder (PTSD)	Condition of extreme traumatic stress that can occur and last for years after a traumatic time or incident.
psychiatry [sī-KĪ-ă-trē]	Medical specialty concerned with the diagnosis and treatment of mental disorders.
psychology [sī-KÖL-ō-jē]	Profession that studies human behavior and treats mental disorders.
psychosis [sī-KÖ-sis]	Extreme disordered thinking.
psychotherapy [sī-kō-THĀR-ă-pē]	Treatment of mental disorders with verbal and nonverbal communication.
schizophrenia [skiz-ō-FRĒ-nē-ă]	Condition with recurring psychosis, with hallucinations.
social worker	Nonmedical professional who is trained as an advocate for people (such as the elderly or children) and may also be trained in the treatment of mental disorders.
sociopathy [SÖ-sē-ō-păth-ē]	Extreme callous disregard for others.
somatoform disorders [SÖ-mă-tō-förm, sō-MĀT-ō-förm]	Mental disorders including physical symptoms that have a psychological base.
therapist [THĀR-ă-pist]	Nonmedical professional trained in the treatment of mental disorders through talk therapy.

CASE STUDY

Working with Addiction

Alfred Willett has returned to the Drug Treatment Center (DTC) at a local hospital. Alfred, 50 years old, has been an inpatient for alcoholism at the DTC two times in the past. He had been sober for four years, but recently he started using both alcohol and cocaine.

Since returning to his addictions, Alfred's health has declined. The DTC has Alfred see the in-house physician for a check-up and one of the staff psychologists for an evaluation. His health history reveals that he is diabetic and has a smoker's cough. The current checkup finds a slight loss of hearing, but nothing else that is significant since his last inpatient admission four years ago.

Before Alfred can take advantage of the group and individual therapies available at DTC, he must first stay in the detoxification unit where he will be helped to rid his system of alcohol and cocaine. Often this withdrawal period is painful. A total withdrawal from alcohol can cause DT (*delirium tremens*).

Critical Thinking

1. What is the medical term for Alfred's behavior?
2. Why would both a physical and psychological evaluation be necessary?

PSYCHIATRIC DISORDERS EXERCISES

Match the definition on the right with the term on the left.

- | | |
|-------------------------|---|
| 3. ____ defensiveness | a. obsessive fear of something |
| 4. ____ paranoia | b. abnormal restlessness |
| 5. ____ phobia | c. abnormal forcefulness |
| 6. ____ agitation | d. abnormal worry |
| 7. ____ ambivalence | e. psychological process that enables one to deny, displace, or repress something |
| 8. ____ catalepsy | f. abnormal distrust of others |
| 9. ____ delusional | g. feeling of conflicting emotions about a person or issue |
| 10. ____ aggressiveness | h. mental confusion often with hallucinations |
| 11. ____ anxiety | i. trancelike state with holding of one pose for a long time |
| 12. ____ delirious | j. having false beliefs resulting from disordered thinking |

Spell It Correctly

For each of the following words, write C if the spelling is correct. If it is not, write the correct spelling.

- | | |
|------------------------|--------------------------|
| 13. psychiatrist _____ | 17. schitzophrenia _____ |
| 14. paranoia _____ | 18. hypochondria _____ |
| 15. ankxiety _____ | 19. catolepsy _____ |
| 16. boulimia _____ | 20. dementia _____ |

Combining Forms and Abbreviations

The lists below include combining forms, suffixes, and abbreviations that relate specifically to psychiatry. Pronunciations are provided for the examples.

COMBINING FORM	MEANING	EXAMPLE
hypn(o)	sleep	<i>hypnosis</i> [hĭp-NŌ-sĭs], artificially induced trancelike state
neur(o), neuri	nerve, nervous system	<i>neurosis</i> [nū-RŌ-sĭs], psychological condition with abnormal anxiety
psych(o), psyche	mind, mental	<i>psychosocial</i> [sĭ-kō-SŌ-shŭl], pertaining to both the psychological and social aspects
schiz(o)	split, schizophrenia	<i>schizophasia</i> [skĭz-ō-FĀ-zhē-ă], disordered speech of some schizophrenics
SUFFIX	MEANING	EXAMPLE
-mania	abnormal impulse toward	<i>hypermania</i> [HĪ-pĕr-MĀ-nē-ă], extreme impulsivity toward someone or something
-philia	craving for, affinity for	<i>necrophilia</i> [nĕk-rō-FĬL-ē-ă], abnormal affinity for the dead

SUFFIX	MEANING	EXAMPLE
-phobia	abnormal fear of	<i>claustrophobia</i> [klăw-strō-FŌ-bē-ă], abnormal fear of confined spaces
-phoria	feeling	<i>euphoria</i> [yū-FŌR-ē-ă], feeling of well-being

ABBREVIATION	MEANING	ABBREVIATION	MEANING
AA	Alcoholics Anonymous	IQ	intelligence quotient
AAMR	American Association on Mental Retardation	MHA	Mental Health Association
ADD	Attention Deficit Disorder	NAMH	National Association of Mental Health
APA	American Psychiatric Association	NARC	National Association for Retarded Children
DSM	Diagnostic and Statistical Manual of Mental Disorders	NIMH	National Institute of Mental Health
DT	delirium tremens	OCD	obsessive-compulsive disorder
ECT	electroconvulsive therapy	PTSD	post-traumatic stress disorder
EQ	emotional “intelligence” quotient	TDM	therapeutic drug monitoring
EST	electroshock therapy		

CASE STUDY

Moving on in Treatment

DTC's patients come from all age and social groups. Once Alfred is released from the detoxification unit, he starts at Level 1, the level with the least personal freedom and with the most intensive scrutiny. All of Alfred's visitors and any packages he receives are examined for drugs. Alfred is given daily urine tests. He is encouraged to participate in a self-help organization such as AA, which holds meetings once a week at DTC.

Critical Thinking

- Many people drink alcohol in moderation. Do you think Alfred can learn to be a moderate drinker?
- How is drug monitoring being applied in Alfred's case?

COMBINING FORMS AND ABBREVIATIONS EXERCISES

Build Your Medical Vocabulary

Add one of the following suffixes to complete the term: -mania, -philia, -phobia.

- Unnatural attraction to dead people: necro _____
- Disorder with intense desire to steal: klepto _____

25. Unnatural fear of public places: agora _____
26. Unnatural attraction to children: pedo _____

Write the abbreviation(s) that best fits the description for each item below.

27. Self-help organization: _____
28. Test of intelligence: _____
29. Type of therapy: _____
30. Type of mental disorder: _____
31. Official diagnostic manual: _____

Psychiatric Treatment Terms

Usually before treatment starts, either a clear diagnosis is made or the patient is put through a series of psychological tests designed to reveal intellectual ability and social functioning, along with an analysis of personality traits. Tests such as the *Stanford-Binet IQ Test* (testing intellectual ability) and the *Thematic Apperception Test* (testing personality traits) are widely used. The *Rorschach Test* asks patients to interpret an ink blot thereby revealing certain personality traits. The *Minnesota Multiphasic Personality Inventory* is a test of personality traits used at many stages of diagnosis and treatment.

Treatment of mental disorders is often based on a combination of psychopharmacology, the science that deals with medications to treat mental disorders, and psychotherapy. Psychotherapists have developed a number of techniques for changing patterns of thought and behavior. For children, **play therapy**, having a child reveal feelings through play, can provide a guide to treatment. Some therapists use **biofeedback**, a method of measuring physical responses (blood pressure or brain waves, for example) to emotional issues, and then use these responses to retrain the client to better recognize and deal with these stressors. Others use **hypnosis**, a state of semiconsciousness in which the patient may be able to reveal hidden thoughts and may be open to suggestions from the person performing the hypnosis. **Psychoanalysis** attempts to have the patient bring unconscious emotions to the surface to deal with them. **Behavior therapy** is the changing of a destructive pattern of behavior by substitution of a beneficial pattern of behavior. **Group therapy** involves a small group of people led by a trained psychotherapist who guides discussions among the participants in an attempt to get them to be open and to change personality problems in long discussions with others.

Various treatment centers around the country treat drug and alcohol addiction as well as eating disorders and many other mental disorders. Most use medications, behavior therapy or **behavior modification**, and individual talk as well as group therapy.

Electroshock therapy (EST) or **electroconvulsive therapy (ECT)** is the use of electric current to a specific area of the brain that changes the brain's electrical activity or "scrambles" the communication from that area to the thought processes. This is only used for very severe cases that have failed to respond to medication and/or therapy. This treatment has made some drastic changes over the years. In the past, patients receiving this treatment were literally strapped to a table and electrodes were placed on their head. Patients would often have grand mal seizures as the current flowed through the brain. A piece of rubber was

MORE ABOUT . . .

EQ

In recent years, a number of experiments have been done to prove that emotional “intelligence” (EQ) may be more valuable than the traditional intelligence quotient (IQ). One such experiment followed a class of an Ivy League college for ten years. At first, the class was given a personality test that revealed what the researchers thought would be the most important factors for success in life. Over the ten years, it was found that the people with the highest IQ and the lowest EQ were the most unsuccessful, while the people with the lowest IQ and the highest EQ did very well in their lives and in their interpersonal relationships. The statistical results indicate that the bottom third of the class led the most successful lives in terms of careers and personal relationships.

usually placed in the mouth to prevent them from biting their tongue. Today, EST patients receive a general anesthetic. They also have milder or fewer seizures since the current is now controlled by more sophisticated equipment.

VOCABULARY REVIEW

In the previous section, you learned terms relating to psychiatric treatment. Before going on to the exercises, review the terms below and refer to the previous section if you have any questions. Pronunciations are provided for certain terms. Sometimes information about where the word came from is included after the term. The etymologies (word histories) are for your information only. You do not need to memorize them.

Term	Definition
behavior modification	Substitution of a beneficial behavior pattern for a destructive behavior pattern.
behavior therapy	Therapy that includes the use of behavior modification.
biofeedback [bī-ō-FĒD-băk]	Method of measuring physical responses to emotional issues.
electroconvulsive [ē-LĚK-trō-kŏn-VŬL-sĭv] therapy (ECT)	See <i>electroshock therapy</i> .
electroshock [ē-LĚK-trō-shŏk] therapy (EST) electro-, electrical + shock	Passing of electric current through a specific area of the brain to change or “scramble” communication from that area to the thought processes.
group therapy	Talk therapy under the leadership of a psychotherapist in which the members of the group discuss their feelings and try to help each other improve.
hypnosis [hĭp-NŌ-sĭs] Greek <i>hypnos</i> , sleep + -osis, condition	State of semiconsciousness.
play therapy	Revealing of feelings through play with a trained therapist.
psychoanalysis [sĭ-kŏ-ă-NĂL-ĭ-sĭs] psycho-, psychological + analysis	Therapy that attempts to have patients bring unconscious emotions to the surface to deal with them.

CASE STUDY

Dealing with Life Changes

Alfred's psychological evaluation reveals that he started abusing alcohol and drugs again about three months after his wife left him. He is the superintendent of a large apartment building and relations with the tenants have worsened. The psychologist observes that Alfred is having trouble dealing with the recent changes in his life. She also feels that counseling to help him deal with these changes would benefit him. At the moment, she suspects that he is depressed, but she does not speak

to the staff psychiatrist about prescribing medication until he has been reevaluated after detoxification.

Critical Thinking

32. Why might it be easier to determine if Alfred suffers from depression after the process of detoxification?
33. Why is counseling used in combination with medications?

PSYCHIATRIC TREATMENT TERMS EXERCISES

Explain the type of therapy and when and/or with whom it would be useful.

- | | |
|------------------------|--------------------------------|
| 34. play therapy _____ | 37. behavior therapy _____ |
| 35. biofeedback _____ | 38. group therapy _____ |
| 36. hypnosis _____ | 39. electroshock therapy _____ |

Pharmacological Terms

Psychopharmacology is the science that deals with medications that affect the emotions. *Pharmacokinetics* is the study of the action of drugs on the body. Many beneficial drugs have been developed that stop or slow the progress of neurotic and psychotic behavior. **Antianxiety agents** generally calm anyone with moderate anxiety. **Antipsychotic agents** relieve the agitation and, sometimes, the disordered thinking of psychotics. **Antidepressants** control the effects of clinical depression on a patient. **Ataractics** and **tranquilizers** relieve anxiety. Many of these psychopharmaceuticals have possible harmful side effects, such as impaired liver or kidney function. For that reason, many patients on such drugs need to have **therapeutic drug monitoring (TDM)**, the regular measurement of blood for levels and effectiveness of prescribed medicines. Drug monitoring is also used to detect illegal substances in the blood or urine of addicts in treatment. Table 20-1 lists common psychopharmaceuticals used in treatment.

Illegal drugs can have a negative effect on emotions. *Mind-altering substances*, *psychedelics*, or *hallucinogens* are illegal substances that produce disturbed thoughts and illusions in a normal person. Most illegal substances are mind-altering to a greater or lesser degree. Because illegal drugs are not monitored, many addicts die each year after an **overdose**, a toxic dose of a substance. People also use legal drugs in illegal doses to get “high,” having a feeling of temporary euphoria. The well-publicized “war on drugs” is an attempt to limit access to such drugs while dissuading addicts from using drugs. A relatively recent development in the illegal use of drugs is

TABLE 20-1 Some Agents Used in Psychopharmacology

Drug Class	Purpose	Generic	Trade Name
antianxiety agent, ataractic, tranquilizer, sedative	to relieve anxiety	alprazolam diazepam lorazepam temazepam	Xanax Valium Ativan Restoril
antidepressant	to relieve clinical depression	fluoxetine sertraline paroxetine	Prozac Zoloft Paxil
antipsychotic	to relieve agitation and some psychoses	aripiprazole clozapine risperidone olanzapine ziprasidone haloperidol	Abilify Clozaril Risperdal Zyprexa Geodon Haldol

the explosion of sales of prescription drugs over the Internet. Many drugs can be obtained without legal prescriptions. This had led to addictions and overdoses.

VOCABULARY REVIEW

In the previous section, you learned terms about pharmacology. Before going on to the exercises, review the terms below and refer to the previous section if you have any questions. Pronunciations are provided for certain terms. Sometimes information about where the word came from is included after the term. The etymologies (word histories) are for your information only. You do not need to memorize them.

Term	Definition
antianxiety agent	Tranquilizer.
antidepressant [ÄN-tē-dē-PRĒS-änt]	Agent that controls the effects of clinical depression.
antipsychotic [ÄN-tē-sī-KÖT-ĭk] agent	Agent that relieves agitation and some psychoses.
ataractic [ä-tä-RÄK-tĭk]	Tranquilizer.
overdose [Ō-vēr-dōs]	Toxic dose of a substance.
psychopharmacology [sī-kō-FÄR-mă-KÖL-ō-jē]	Science that deals with medications that affect the emotions.
therapeutic drug monitoring (TDM)	Taking of regular blood or urine tests to track drug use and effectiveness of medication.
tranquilizer [TRÄNG-kwĭ-lĭ-zēr]	Medication used to relieve anxiety.

CASE STUDY

Talking to a Therapist

After three weeks, Alfred seems quite depressed. He is having trouble relating to the other patients. Alfred's psychologist prescribes therapy sessions three times a week, but does not ask the psychiatrist for antidepressant medications at this time. The psychologist encourages Alfred to express his feelings about his children and his ex-wife, while also encouraging him to understand why his marriage broke up.

Critical Thinking

40. Medication for mental disorders is often regarded as a quick fix. What does it NOT accomplish?
41. The circumstances in Alfred's life could certainly depress someone, but Alfred is not being diagnosed with the mental disorder depression. Why did the psychologist prescribe psychotherapy?

PHARMACOLOGICAL TERMS EXERCISES

Fill in the blanks.

42. An ataractic is a type of _____.
43. A medication used to relieve agitation and some psychoses is a(n) _____.
44. A mind-altering substance is a(n) _____.
45. The science that studies the actions of drugs on the body is _____.

USING THE INTERNET

Go to the American Psychological Association's Web site (www.apa.org). Find information about three mental disorders and describe each in a paragraph.

CHAPTER REVIEW

The material that follows is to help you review this chapter.

DEFINITIONS

Define the following terms, combining forms, and suffixes. Review the chapter before starting. Make sure you know how to pronounce each term as you define it.

TERM

- | | | |
|--|---|--|
| 46. addict [ÄD-ikt] | 67. dissociative [dī-SŌ-sē-ä-tiv] disorder | 88. pica [Pī-kä] |
| 47. aggressiveness [ä-GRĒS-iv-nēs] | 68. electroconvulsive [ē-LĒK-trō-kōn-VŮL-siv] therapy (ECT) | 89. play therapy |
| 48. agitation [ä-jī-TÄ-shŭn] | 69. electroshock [ē-LĒK-trō-shök] therapy (EST) | 90. post-traumatic stress disorder (PTSD) |
| 49. ambivalence [äm-BĪV-ä-lēns] | 70. group therapy | 91. psych(o), psyche |
| 50. anorexia nervosa [än-ō-RĒK-sē-ä nēr-VŌ-sä] | 71. hypn(o) | 92. psychiatry [sī-KĪ-ä-trē] |
| 51. antianxiety agent | 72. hypnosis [hĭp-NŌ-sis] | 93. psychoanalysis [sī-kō-ä-NÄL-ĭ-sis] |
| 52. antidepressant [ÄN-tē-dē-PRĒS-änt] | 73. hypochondria [hĭ-pō-KŌN-drē-ä] | 94. psychology [sī-KŌL-ō-jē] |
| 53. antipsychotic [ÄN-tē-sī-KŌT-ik] agent | 74. -mania | 95. psychopharmacology [sī-kō-FÄR-mä-KŌL-ō-jē] |
| 54. anxiety [äng-ZĪ-ē-tē] | 75. manic [MÄN-ik] | 96. psychosis [sī-KŌ-sis] |
| 55. ataractic [ä-tä-RÄK-tik] | 76. manic-depressive [MÄN-ik dē-PRĒ-siv] disorder | 97. psychotherapy [sī-kō-THÄR-ä-pē] |
| 56. autism [ÄW-tiz-m] | 77. mental retardation | 98. schiz(o) |
| 57. behavior modification | 78. mixed-episode disorder | 99. schizophrenia [skiz-ō-FRĒ-nē-ä] |
| 58. behavior therapy | 79. neur(o), neuro | 100. social worker |
| 59. biofeedback [bī-ō-FĒD-bäk] | 80. neurosis (pl., neuroses) [nū-RŌ-sis, nū-RŌ-sēz] | 101. sociopathy [SŌ-sē-ō-päth-ē] |
| 60. bipolar [bī-PŌ-lär] disorder | 81. obsessive-compulsive disorder (OCD) | 102. somatoform [SŌ-mä-tō-fŏrm, sŏ-MÄT-ō-fŏrm] disorders |
| 61. bulimia nervosa [bū-LĒM-ē-ä, byū-LĒM-ē-ä, bū-LĪM-ē-ä, byū-LĪM-ē-ä nēr-VŌ-sä] | 82. overdose [Ō-vēr-dŏs] | 103. therapeutic drug monitoring (TDM) |
| 62. catalepsy [KÄT-ä-lēp-sē] | 83. paranoia [pä-rä-NŌY-ä] | 104. therapist [THÄR-ä-pĭst] |
| 63. deliriousness [dē-LĒR-ē-üs-nēs] | 84. -philia | 105. tranquilizer [TRÄNG-kwi-lī-zēr] |
| 64. delusional [dē-LŪ-zhŭn-äl] | 85. phobia [FŌ-bē-ä] | |
| 65. dementia [dē-MĒN-shē-ä] | 86. -phobia | |
| 66. depression [dē-PRĒSH-ŭn] | 87. -phoria | |

Abbreviations

Write the full meaning of each abbreviation.

ABBREVIATION		
106. AA	112. ECT	118. NARC
107. AAMR	113. EQ	119. NIMH
108. ADD	114. EST	120. OCD
109. APA	115. IQ	121. PTSD
110. DSM	116. MHA	122. TDM
111. DT	117. NAMH	

Name _____ Date _____

Chapter 20: Word- Building Test (20 questions—1 pts. each)

Using the following combining forms and suffixes, complete the word that best fits the definition of each word relating to terms in psychiatry listed below. Combining forms may be used more than once.

hypn(o)	-phobia
-mania	-phoria
neur(o)	psych(o)
-philia	schiz(o)

1. Destruction of neurons: _____ cytolysis
2. Characteristic of schizophrenia: _____ oid
3. Embryonic nerve cell: _____ blast
4. Study of relationship of biology and psychology: _____ biology
5. Obsessed with sexual thoughts or behavior: eroto _____
6. Extreme attraction for the dead: necro _____
7. Induction of sleep: _____ genesis
8. Feeling of well-being: eu _____
9. Relationship to the mental perception of sound: _____ auditory
10. Functional nervous condition: _____ osis
11. General ill feeling: dys _____
12. Fear of bees: api _____
13. Fear of heights: acro _____
14. Treating with trancelike sleep: _____ therapy
15. Abnormal attraction to children: pedo _____
16. Mild mental behavioral disorder: _____ neurosis
17. Fear of public places: agora _____
18. Fear of night: nycto _____
19. Study of the brain and behavior: _____ psychology
20. Using hypnosis during dental procedures: _____ odontology