# CONTENTS

## CHAPTER 1: PSYCHOLOGICAL ASSESSMENT AND PSYCHO DIAGNOSTICS

Tracey-Lee Austin

**SECTION 1: Describing and classifying abnormal behaviour**

- **Introduction**
- **A brief history of mental illness**
  - The pre-scientific era
  - The scientific era
  - Timeline
  - Psychology in South Africa
  - Additional and cross-cultural views
  - The Anti-Psychiatry Movement
- **Classification of mental illness**
  - *The Diagnostic and Statistical Manual of Mental Disorders (4th ed.)* (Text Revision) (DSM-IV-TR)
  - *The International Classification of Diseases* (ICD-10)
- **Conclusion**

**SECTION 2: Psychological Assessment and Psychodiagnostics**

- **Introduction**
- **Basic steps in the diagnostic process**
- **Interviewing and observations**
  - The clinical interview
  - Mental Status Examination (MSE)
  - Behavioural assessment
- **Medical assessments**
  - Physical examination
  - Neuro-imaging
  - Psycho-physiological assessment
- **Psychological testing**
  - Culture and assessment
  - Intelligence tests
  - Personality inventories
  - Projective tests
  - Neuropsychological assessment
  - False positives, false negatives, and malingering
  - Arriving at a diagnosis: The use of diagnostic classification systems
- **Conclusion**
CHAPTER 2: WESTERN AND AFRICAN AETIOLOGICAL MODELS

Karel Botha & Mokgadi Moletsane

Introduction 58
Biomedical perspectives 59
  Genetic predisposition 60
  Abnormal functioning of neurotransmitters 61
  Endocrine dysregulation 62
  Structural abnormalities 62
Psychological perspectives 63
  Psychodynamic approaches 63
  Behavioural/learning perspectives 65
  Cognitive-behavioural perspective 66
  Humanistic and existential perspectives 66
Social perspectives 67
  Community psychology perspective 67
  Importance of the socio-political context 69
Cultural and cross-cultural psychology in South Africa 72
African personality theory 74
Indigenous theories of health and illness 76
  Traditional African healing model 78
Integrated perspectives 79
  The biopsychosocial model 80
  The diathesis-stress model 80
Conclusion 81

CHAPTER 3: ABNORMAL PSYCHOLOGY FROM A MENTAL WELLNESS PERSPECTIVE

Karel Botha & Edwin du Plessis

Introduction 86
A brief history of mental wellness and positive psychology 88
Different perspectives on mental wellness 89
Mental illness from a well-being approach 90
  Mental illness according to Keyes’ Mental Health Continuum 90
  Mental illness as impaired levels of psychological well-being 91
  Mental illness as the absence, opposite, or exaggeration of psychological strengths 92
Strengths that protect against mental illness 94
  Cognitive strengths: Optimism, hope and mindfulness 94
  Positive affect and emotional intelligence 95
  Self-regulation 95
  Coping 97
  Resilience 98
  Post-traumatic growth 99
CHAPTER 4: ANXIETY DISORDERS

Melanie Lake

Introduction 106
Fear 108
Anxiety 109
Stress 110
History of anxiety and panic disorders 111
Clinical picture 112
Generalised Anxiety Disorder (GAD) 113
Panic disorders 116
Phobias 121
Obsessive-Compulsive Disorder 127
Stress disorders 129
Additional diagnoses of anxiety 133
Cross-cultural and African perspectives 135
Aetiology 140
Biological perspectives 141
Psychological perspectives 142
Psychosocial stressors 145
Familial perspectives 145
Sociocultural perspectives 146
Integrated perspectives 147
Conclusion 147

CHAPTER 5: MOOD DISORDERS

Alban Burke

Introduction 152
History of mood disorders 156
Epidemiology 157
Life course 158
Clinical picture 160
Major Depressive Episode 160
Manic Episode 165
Cross-cultural and African perspectives 168
Aetiology of mood disorders 171
Biological factors 172
Stress 174
Psychosocial factors 176
Integrative Model 185
Conclusion 187
CHAPTER 8: DISORDERS WITH DISSOCIATIVE AND SOMATIC SYMPTOMS

Introduction 267
Dissociation, somatising, and stress 268
What is dissociation? 268
What causes dissociation? 268
Compartmentalisation 270
Detachment 271
Early adversity and future pathology 273
Dissociative disorders and their comparative nosology 274
Somatoform disorders and their comparative nosology 276
Disorders characterised by dissociative and somatic symptoms 278
Dissociative Amnesia 278
Dissociative Fugue 283
Dissociative Identity Disorder 284
Dissociative Trance Disorder 287
Depersonalisation Disorder 289
Related conditions across different cultures 293
Epidemic Hysteria 296
Ganser’s Syndrome 298
Acute Stress Disorder and Posttraumatic Stress Disorder 299
Conversion Disorder 300
Somatisation Disorder 308
Hypochondriasis 314
Body Dysmorphic Disorder 318
Pain Disorder 321
Undifferentiated Somatoform Disorder 326
Miscellaneous disorders 327
Irritable Bowel Syndrome 331
Psychological Factor affecting General Medical Condition 334
Factitious disorders and Malingering 334
Factitious Disorders 335
Malingering 338
Conclusion 343
CHAPTER 9: SEXUAL AND GENDER IDENTITY DISORDERS 348
Juan Nel & Melanie Lake

Introduction 350
History of sexual and gender identity disorders 355
Sexual dysfunctions 358
  Male and female sexual dysfunctions 360
  Sexual desire disorders 360
  Sexual arousal disorders 365
  Orgasmic disorders 367
  Sexual pain disorders 370
Paraphilias 372
Gender Identity Disorder 377
  Issues with gender identity 379
Cross-cultural and African perspectives 381
Aetiology 386
  Biological factors 387
  Psychological factors 388
  Social and interpersonal factors 389
Conclusion 390

CHAPTER 10: ADDICTION AND SUBSTANCE USE DISORDERS 392
Gale Ure

Introduction 394
Historical perspective 395
Theories of addiction 398
  Moral theory 398
  Psychoanalytical theories 398
  Behavioural theories 399
  The disease model 399
Types of addiction 399
  Substance addiction 399
  Gambling addiction 400
  Sex addiction 401
  Food addiction 401
  Internet addiction 402
Diagnostic categories of substance use 402
  Substance Dependence 403
  Substance Abuse 405
  Substance Intoxication 406
  Substance Withdrawal 407
  Substance-Induced Psychotic Disorder 408
Cross-cultural and South African perspectives 410
  Alcohol 410
Introduction
Biomedical perspectives
Genetic predisposition
Abnormal functioning of neurotransmitters
Endocrine dysregulation
Structural abnormalities
Psychological perspectives
Psychodynamic approaches
Behavioural/learning perspectives
Cognitive-behavioural perspective
Humanistic and existential perspectives
Biomedical perspectives
Psychological perspectives
Social perspectives
Cultural and cross-cultural perspectives
Indigenous theories
Integrated perspectives
The biopsychosocial model
The diathesis-stress model
Conclusion
generations. Since the traditional healers are easily available and represent the same cultural group as the clients, they are trusted and perceived as well trained. Also, for the unemployed and poor, modern medicine is unaffordable and not easily accessible. In addition, some of the older people in African communities, who are not traditional healers, acquired knowledge of indigenous healing from the past generations and are therefore familiar with traditional prevention, diagnosis, prognosis, and medicine. They are usually wise older women and men who give advice to the community members. They can be regarded as indigenous community counsellors. Out of these traditional beliefs and practices has come an African understanding of aetiology. The study conducted by Moletsane (2011) highlights these African aetiological explanations (see Table 2.6). When assisting clients from an African cultural background, it is crucial to have an understanding of these aetiological explanations.

Table 2.6: Indigenous African aetiological explanations

<table>
<thead>
<tr>
<th>Cause of illness</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boloi (Sesotho) or ubuthakathi (isiZulu): to be bewitched</td>
<td>It can be described as sorcery/witchcraft or use of superpower to harm or even kill someone, usually an enemy.</td>
</tr>
<tr>
<td>Go roula (Sesotho)</td>
<td>A widow has to wear black clothes for 12 months to show that she is mourning for her husband. This only applies to wives, not husbands. If this practice is not properly followed, it can cause illness.</td>
</tr>
<tr>
<td>Sefifi/senyama (Sesotho) or isinyama in isiZulu</td>
<td>A widow is regarded as contagious as she has ‘senyama’ or ‘sefifi’ which means bad luck due to her husband’s death. The bad luck can be cured if the widow and the youngest child in the family are cleansed by bathing with a herb concoction as recommended by the traditional healer or a traditional community counsellor after the death of her husband. A person who is menstruating or who had sex that day is also regarded as having ‘sefifi’. Such people are not allowed to enter the same room as a new-born baby or a sick person because they might pass their bad luck or illness to the baby or aggravate the condition of the sick person.</td>
</tr>
<tr>
<td>Makgome (Sesotho)</td>
<td>After the death of the husband, a widow is prohibited from having a sexual relationship with anyone. Widows are supposed to abstain from sexual activities for a period of one year. If this practice is ignored, they can cause serious illness to themselves and to anyone who has sexual contact with them.</td>
</tr>
<tr>
<td>Go tlola (Sesotho) or Ukudlula in isiZulu</td>
<td>When a widow fails to abstain from sex during the mourning period, this can cause compulsion neurosis (the uncontrollable impulse to perform stereotyped irrational acts).</td>
</tr>
<tr>
<td>Go lahla maseko/setso (Sesotho) or ukulahla amasiko in isiZulu</td>
<td>This is the failure to perform the traditional practices. For example, due to Western cultural influence, people might not believe in African rituals. This might anger the ancestors which will cause ill-health or other types of problems in a person’s life.</td>
</tr>
</tbody>
</table>
Whereas DSM-IV-TR listed Psychological Factor affecting General Medical Condition separately from somatoform disorders, this diagnosis is to be subsumed under the somatic symptom disorder category. This realignment emphasizes that the primary presentation is somatic and recognizes the interplay of psychological factors and physical symptoms.

Body Dysmorphic Disorder is removed from the category altogether.

**Table 8.4:** Comparative nosology of somatoform disorders

<table>
<thead>
<tr>
<th>DSM-IV-TR</th>
<th>DSM-5 (proposed)</th>
<th>ICD-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Somatisation Disorder</td>
<td>Complex Somatic Symptom Disorder</td>
<td>Somatisation Disorder</td>
</tr>
<tr>
<td>Undifferentiated Somatoform Disorder</td>
<td></td>
<td>Undifferentiated Somatoform Disorder</td>
</tr>
<tr>
<td>Pain Disorder</td>
<td>Specifier: with pain as predominant symptom</td>
<td>Persistent Somatoform Pain Disorder</td>
</tr>
<tr>
<td>Hypochondriasis</td>
<td>Specifier: with illness concerns</td>
<td>Hypochondriacal Disorder</td>
</tr>
<tr>
<td>Illness Anxiety Disorder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conversion Disorder*</td>
<td>Functional Neurological Disorder</td>
<td></td>
</tr>
<tr>
<td>Somatoform Disorder NOS</td>
<td>Simple Somatic Symptom Disorder***</td>
<td>Somatoform Autonomic Dysfunction</td>
</tr>
<tr>
<td>Other Specified Somatic Symptom Disorder***</td>
<td>Unspecified Somatic Symptom Disorder***</td>
<td>Other Somatoform Disorders</td>
</tr>
<tr>
<td>Somatoform Disorder, Unspecified</td>
<td>Psychological Factors affecting Medical Condition</td>
<td>Somatoform Disorder, Unspecified</td>
</tr>
<tr>
<td>Body Dysmorphic Disorder**</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Conversion Disorder conforms to ICD-10 Dissociative Motor Disorders, Dissociative Convulsions, Dissociative Anaesthesia, etc.

** Body Dysmorphic Disorder is incorporated into ICD-10 Hypochondriacal Disorder and will likely be relocated to the Anxiety Disorders in DSM-5.

*** No proposed criteria yet

Table 8.4 lists disorders of the different nosologies. Dotted rectangles group together homologous symptoms or symptoms of a like nature; central lighter-coloured rectangles indicate DSM-5 equivalents. The central darker rectangle illustrates how DSM-5 Complex Somatic Symptom Disorder incorporates discrete DSM-IV-TR and ICD-10 conditions, including Pain Disorder and Hypochondriasis. Note how DSM-5 treats Hypochondriasis as two separate disorders.