

# A campus community event

[Psychology](#)



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## **A campus/community event**

Psychological Disorders Psychological Disorder Among many forms of mental illness, psychological disorder is prevalent and one of the tricky problems to deal with, both for professional and for the non-professional. Most people with mental disorders have their own rigid, slanted way of looking at the world and expect everyone else to perceive the world as they do. Individuals with psychological disorders have unfounded or ill-founded belief that people or the members of the organization are harassing and persecuting them, and feeling of animosity or even hatred for their imagined persecutors.

In United States, there are three men with generalized anxiety disorder for every woman affected. The disease is found among people from all walks of life. Individuals with generalized anxiety disorder are paranoid. A typical example of a person with generalized anxiety disorder is the one who has misplaced his watch and insisted that the housekeeper stole it. Another example involves a woman who makes sure that the windows in her bedroom are locked. On the same note, she ensures that the shades are drawn once it gets dark because she is afraid that a man is looking into one of the windows, ready to climb in and assault her.

Mental disorder can seriously affect the way a person thinks, feels, and acts, and sometimes can be very handicapping. The essential features of psychological disorder are a pattern perpetual distrust, fear and suspiciousness of others such that their intentions are met with doubt and resistance. People with mental disorders assume that others will exploit, harm, and deceive them, even if no evidence exists to support this expectation (Beck, 1990). The following case can demonstrate some of the

typical characteristics of a person with multiple mental disorders.

Simon is 53-years old office worker who married late in life and had no children. He is competent but prone to getting into heated disagreements with his superiors, other workers, and his wife. These disagreements are usually over minor matters, occasionally have caused him to change jobs and lose friends, and have made his marriage turbulent.

While Simon is reserved and, for the most part, keeps to himself, he has the reputation of exploding at the slightest provocation and is considered someone with whom to avoid controversial issues. Sometimes he tends “ to make a mountain out of a molehill” by treating unimportant matters as monumental, and occasionally as matters of life and death. More often than not, Simon is sure that he is right, and that the other people are wrong; there is no room to compromise his life. Occasionally, his outbursts are directed at someone in authority. As a consequence of these outbursts, he becomes alienated from that person and avoids meeting or talking with him or her as much as possible.

Simon and his wife live in middle-class suburban neighborhood, where he keeps to himself and seldom associated with his neighbors. His wife, on the other hand, is a very social person who enjoys talking with her friends, both men and women. Her gregariousness is a constant bone of contention between him and his wife. Repeatedly, Simon has accused his wife of having affairs with one of the men in the neighborhood, which his wife vehemently denies. When disagreements ensue, his wife insists that there is nothing wrong with her talking to these men. They are her friends, she says, and she is very right to converse with them. Her insistent denial of having an affair infuriates Simon, occasionally to the point that he has physically assaulted

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her.

In addition, Simon is convinced that his neighbors are meeting in a house down the street and plotting how to torment and kill him. He believes that these neighbors are conspiring to get him out of the neighborhood and take over his wife and property.

#### Reference

Beck A. (1990) Cognitive and Personality Disorder. New York. Guilford press.