

EMC 340 - psych. terms

An anxiety-syndrome caused by ineffectual coping mechanisms.	Neurosis
State of diffuse, nameless apprehension occasionally manifest as panic	Anxiety reaction
A minimal and often self-defeating attempt to manage external stressors or internal fears and anxiety often habitual rather than conscious	Defense mechanism
A mature means of mastering stress and anxiety often consciously learned.	Coping mechanism
A healthy suspension of external stimuli and distractions, allowing for harmony between bodily, mental and emotional functions	Relaxation response
The subjective sensation of seeing or hearing perceptions not based in reality:	Hallucination
A misperception based on misinterpretation of reality:	Illusion
A fixed belief system held in spite of reality or evidence to the contrary:	Delusion
Mental illness characterized simply by an inability to function .	Simple schizophrenia
Almost always has a combination of delusions, hallucinations, and motor disturbances	Catatonic Schizophrenia
Bizarre, disjointed unconvincing delusional thought	Paranoid schizophrenia
Two persons sharing the same delusional belief	Folie a deux
Dejection, quiet; organized delusions of self-depreciation dominate a person's thinking and may lead to suicide Almost always biochemically mediated :	Psychotic depression
Masklike faces, slow moving, slow speaking, retardation " vegetative symptoms"	Psychomotor
Mood disorders with exaggerated elation or self-assertion. Often delusional.	Manic reaction
Stimulant induced manic reaction:	Intoxication
Stubborn, uncooperative, inefficiency or demoralizing Behavior or sabotaging behavior masking of anxieties and insecurities	Passive-Aggressive
Character disorder in which the individual has no moral development and lacks emotional bonding	Sociopath
Disease caused by tension released through the automatic nervous system	Psychosomatic

Discovered advantages in <u>being neurotic</u> quite apart from tension reduction .	Secondary gain
The most primitive defense mechanism. To deliberately ignore the intolerable feeling or thought	Denial
The habitual, forgetting "burying" into the unconscious of confusing or uncomfortable thoughts or feelings.	Repression
Constant uncertainty and insecurity over what one will or will not do, or have or have not done. May be biochemically mediated :	Obsessive doubting
A stubborn preoccupation , often a reflection of unresolved anger or ambivalence	Fixation
Anxieties or fears are lessened by distortion or change of perspective	Rationalization
Anxiety is lessened by means of prescribed , repetitive, sequenced behaviors that provide enjoyment or a sense of control May be biochemically mediated :	Ritual
Transformation, or in some cases neutralization, of impulses into healthy and practical drives	Sublimation
The drive or impulse remains the same (often sadomasochistic) but the object of the impulse is shifted	Displacement
Shifting of impulses toward oneself and away from an ambivalently loved and hated person.	Self destructive displacement
The defense mechanism in which one forms a cognitive link or emotional bond with a loved or lost person, or with an aggressor, as an attempt to lessen anxiety	Identification
An expression, often behavioral, or inability to function maturely. Behavior "child-like", "baby-like"; inappropriate for the situation.	Regression
The basic for " <u>scape goating</u> " in which one's own anxieties or impulses are transferred onto or perceived as belonging to someone else	Projection
Behavior or adaptation which is diametrically opposed to original impulse.	Reaction formation