# STUDY GUIDE

## CHAPTER 14

1. Name and define sleep-related disorders contained in the *DSM-5*, *ICD-10*, and *ICD-11*.
2. Distinguish primary from secondary insomnia and discuss how this distinction is relevant when considering comorbidity and sleep disorders.
3. How have ideas about sleep changed throughout history?
4. What are the stages of the sleep cycle?
5. Explain the hyperarousal theory of insomnia.
6. What is orexin and why do biological researchers believe it is important in understanding narcolepsy?
7. How do biological researchers explain NREM sleep disruption and parasomnias? What medication do they sometimes suspect increases the likelihood of sleepwalking?
8. What drugs are prescribed for those who sleep too much? What drugs are prescribed for lack of sleep? What research evidence is there for these drugs?
9. How do psychodynamic theorists explain and treat nightmares?
10. What techniques are used in cognitive-behavioral therapy for insomnia (CBT-I)? What is the research status of CBT-I?
11. According to a sociocultural perspective, how might organizational injustice and other forms of social oppression influence sleep?
12. How do the *DSM-5*, *ICD-10*, and *ICD-11* define enuresis and encopresis? How have these definitions been criticized? What problems tend to be comorbid with elimination issues and what question does high comorbidity raise?
13. Outline historical understandings of enuresis.
14. What role is attributed to genetics when it comes to enuresis?
15. What drugs are prescribed to children experiencing enuresis and why? What does research suggest about the effectiveness of these drugs? What are the risks of using them?
16. Explain the logic of using behavior therapy to treat enuresis, making sure to discuss the enuresis alarm and dry-bed training. What research evidence is offered for behavior therapy for enuresis and what are its drawbacks?
17. How is CBT used to treat encopresis with constipation? What is the research status of this approach?
18. How do psychodynamic therapists conceptualize enuresis and how do they explain primary versus secondary enuresis? What research evidence is there for psychodynamic interventions for enuresis?
19. How can client-centered play therapy be used to treat enuresis? Is there research evidence for it?
20. What roles do culture, stigma, and socioeconomic status play when it comes to elimination issues?
21. How is structural family therapy used to address elimination issues? What is its research status?
22. Describe how acupuncture and hypnosis are used as alternative therapies for elimination issues, giving any evidence of their effectiveness.
23. How do the *DSM-5*, *ICD-10*, and *ICD-11* differentiate intellectual disability from learning disorder? Outline the various *DSM* and *ICD* diagnostic categories.
24. How have ideas about intellectual disability changed over the last century?
25. Describe various genetic diseases believed to cause intellectual disabilities. What other biological factors can produce such disabilities?
26. What genetic and brain structure explanations have been offered for dyslexia? What drugs are used to treat it? What is the research status for using these drugs as treatments?
27. How is applied behavior analysis (ABA) used to help those with intellectual disabilities?
28. What kinds of psychological interventions are used to address learning disorders? How much research support is there for these interventions?
29. What is the relationship between socioeconomic inequality and intellectual disabilities? In what ways might this relationship be explained?
30. What are group homes and how are they used for people with intellectual disabilities?
31. Explain the social constructionist critique of learning disorders.
32. Name and define *DSM-5*, *ICD-10*, and *ICD-11* motor disorder diagnoses.
33. What are the four different kinds of tics?
34. What other disorders tend to be comorbid with Tourette’s and other tic disorders?
35. Outline the history of Tourette’s syndrome, including its discovery, past psychodynamic therapies for it, and the occasional use of psychosurgery to treat it.
36. Discuss the suspected heritability of tic disorders, as well as the dopamine hypothesis of Tourette’s disorder.
37. In what way is the immune system suspected of playing a role in Tourette’s syndrome?
38. What kinds of drugs are prescribed to people with Tourette’s? Why are so many different types of drugs considered when treating Tourette’s? When and why is deep brain stimulation used?
39. What is habit reversal training (HRT) and how is it used to treat Tourette’s syndrome? What other behavior therapies and cognitive therapies are used for Tourette’s?
40. Discuss the role of stigma in Tourette’s syndrome.
41. Define communication and language difficulties identified in the *DSM-5*, *ICD-10*, and *ICD-11*.
42. Outline the suspected roles of genes and dopamine in stuttering. What drugs are used to treat stuttering and how well do they generally work?
43. What is the Lidcombe Program? What is the evidence base to support using it?
44. Discuss how CBT techniques are also used to address the role of anxiety in stuttering and how constructivist techniques are used to reduce stuttering relapse. What evidence is there for CBT and constructivist approaches to stuttering?
45. How does stuttering lead to stigma and in what ways can stigma impact quality of life for people who stutter?
46. How do the *DSM-5*, *ICD-10*, and *ICD-11* distinguish delirium from dementia? What terms does the *DSM-5* (and to some extent, the *ICD-11*) now use instead of dementia?
47. Describe historical perspectives on dementia and the discovery of Alzheimer’s disease.
48. What is the amyloid hypothesis of Alzheimer’s disease? What questions about amyloid plaques and neurofibrillary tangles remain unanswered?
49. What role are genes suspected of playing in early-onset and late-onset Alzheimer’s? What is the cognitive reserve hypothesis and how is it relevant in thinking about genetic vulnerability to Alzheimer’s?
50. What drugs are prescribed to treat Alzheimer’s disease? How is the use of many of these drugs tied to the cholinergic hypothesis of Alzheimer’s? What risks are there for prescribing antipsychotics?
51. What drugs are hypothesized to prevent Alzheimer’s dementia? What is the evidence for using these drugs?
52. What are cognitive enhancement therapies and how are they used in treating Alzheimer’s dementia? What does research imply about such therapies?
53. Describe the use of physical activity and pre-therapy as interventions to help patients with Alzheimer’s disease.
54. What are day care and long-term care? How are such programs used with patients experiencing dementia and other cognitive difficulties? What are the advantages and drawbacks of these programs?
55. What roles can culture and context play in understandings of cognitive decline among older people?