

The background of the slide is a solid dark orange color with a faint, stylized pattern of autumn leaves in a lighter shade of orange. The leaves are scattered across the frame, with some showing prominent veins.

IMPULSE CONTROL DISORDERS

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IMPULSE CONTROL DISORDERS

Lecture Outline

- Impulsivity – Description
- Etiology
- Types of Impulse Control Disorders
- Characteristic features and diagnostic criteria
- Culture-Bound Syndromes (Amok, Bilis)
- Treatment & Self-Help Groups

IMPULSIVITY - Description

- *Impulsivity* manifests in behavior as impatience, carelessness, risk-taking, sensation-seeking, and underestimating a sense of danger to oneself or others

ETIOLOGY of IMPULSE CONTROL DISORDERS

- Causes are unknown
- Etiology is assumed to be multifactorial & multidetermined – often sx's appear under increased stress

ETIOLOGY of IMPULSE CONTROL DISORDERS

- Hypothesized factors:
 - *Biological*: Inconsistent findings
 - *Psychodynamic*: Weak ego & superego structures (associated with early trauma & childhood deprivation); 'acting out' to bypass or master painful affect
 - *Psychosocial*: dysfunctional family – violence in the home, ETOH abuse, promiscuity, antisocial behaviors

IMPULSE CONTROL DISORDERS

312.34 Intermittent Explosive Disorder

312.32 Kleptomania

312.33 Pyromania

312.31 Pathological Gambling

312.39 Trychotillomania

312.30 Impulse-Control Disorder NOS

312.34 INTERMITTENT EXPLOSIVE DISORDER

- *Essential feature:* Discrete episodes of *losing control of aggressive impulses*, which result in serious assaultive acts &/V damage of property (episodes are preceded by tension/arousal & are followed by a sense of relief)

Diagnoses w aggression an explicit criterion

- Antisocial personality disorder
- Borderline personality disorder
- Conduct disorder
- Dementia and Alzheimer's w behavioral disturbance
- Intermittent explosive disorder
- Intoxication with alcohol, amphetamines, cocaine, inhalants, and sedatives
- Oppositional defiant disorder
- Personality changed caused by a general medical condition, aggressive type
- Post-traumatic stress disorder

Diagnostic criteria for IED

- Criterion A: Several discrete episodes of failure to resist aggressive impulses that result in serious assaultive acts or destruction of property.
- Criterion B: The degree of aggressiveness expressed during the episodes is grossly out of proportion to any precipitating psychological stressors.
- Criterion C: The aggressive episodes are not better accounted for by another mental disorder and are not due to the direct physiological effects of a substance or a general medical condition.

Differential diagnosis

Rule out:

- Psychotic disorders/delirium
- PDs – antisocial & borderline (impulsivity & aggression are ongoing)
- Personality change due to a medical condition
- Substance intoxication (acute)

AMOK

- *A single episode* of acute, unrestrained violent behavior for which the person claims amnesia (dissociative features)
- Is traditionally seen in SE Asia (Malay)
- Has been reported in US & Canada

BILIS, COLERA (MUINA)

- Intense anger or rage is viewed by many Latino groups as a powerful emotion which disturbs the balance between the material and spiritual aspects of the body – it is manifested in sx's such as: tension, headaches, trembling, screaming, stomach disturbances, loss of consciousness

312.32 KLEPTOMANIA

- *Essential feature:* Recurrent, intrusive, and irresistible urges or impulses to steal unneeded objects
- The individual may hoard them or return them surreptitiously

Differential diagnosis

- Differentiate from ordinary acts of stealing/shoplifting
 - Solitary act, stealing unnecessary objects, inability to resist an impulse to steal
 - Stealing does not occur in association with another mental disorder
 - The impulse to steal is *ego-dystonic*; awareness the act is wrong & senseless

Help for Kleptomania

- *Cleptomaniacs And Shoplifters Anonymous* (CASA) was founded in Detroit, MI in September 1992 by a recovering shoplifter
 - <http://www.shopliftersanonymous.com/casa.htm>

312.33 PYROMANIA

- *Essential feature:* Multiple episodes of deliberate and purposeful fire setting (failure to resist an impulse)
- Fascination with, curiosity about, or attraction to fire and the activities associated with fire fighting – may become fire fighter

Differential diagnosis

- Pyromania must be differentiated from:
 - Incendiary acts of sabotage carried out by paid torches or political extremists
 - Deliberate acts associated with other mental disorders

312.31 PATHOLOGICAL GAMBLING

- *Essential feature:* Persistent and recurrent maladaptive gambling behavior (larger amounts of \$\$; repeated unsuccessful efforts to control, cut back, or stop) jeopardizing personal and vocational relationships

Differential diagnosis

Differentiate from:

- Social gambling
- A Manic Episode
- If Antisocial Personality Disorder is present, both should be diagnosed

Help for pathological gambling

- *Gamblers Anonymous* was founded in Los Angeles in 1957
 - <http://www.gamblersanonymous.org>
- Phoenix Hotline Number: (602) 266-9784
East Valley Hotline Number: (480) 598-1226
Tucson Hotline Number: (520)570-7879

312.39 TRYCHOTILLOMANIA

- *Essential feature:* Recurrent pulling out of hair which can result in noticeable hair loss (*alopecia*) in all parts of the body (most commonly the scalp, eyelashes, and eyebrows)

Differential diagnosis

- Symptom overlap with OCD
- Distinguish from:
 - Factitious disorder with predominantly physical signs
 - Stereotypic movements

Help for trychotillomania

- <http://www.stoppulling.com>

312.30 Impulse-Control Disorder Not Otherwise Specified

- This category is used for other disorders which involve impulse control difficulties and do not meet criteria for Impulse Control Disorders (e.g., skin picking)