Abnormal Psychology in Context

The Australian and New Zealand Handbook

Abnormal Psychology in Context is a practical and contemporary handbook for both students of abnormal psychology and allied mental health practitioners. This text is one of the first of its kind, providing a specific focus on abnormal psychology from Australian and New Zealand – rather than US – perspectives. Nadine Pelling and Lorelle Burton have crafted a highly relevant resource, showcasing the most recent Australasian research in a clear format designed for ease of use.

Written by leading researchers from Australia and New Zealand, each chapter examines a particular psychological disorder, details symptoms and responses, and includes relevant statistics, case studies, further reading, and links to community resources. The chapters give equal weight to Australian and New Zealand experiences in abnormal psychology matters.

Succinctly written yet richly detailed, Abnormal Psychology in Context is an essential resource that students can carry from the classroom into the workplace.

Additional resources for instructors are available online at www.cambridge.edu.au/academic/abnormalpsychanz.

Nadine J Pelling is a Fellow of the Australian Counselling Association and Senior Lecturer in Clinical Psychology and Counselling in the School of Psychology, Social Work and Social Policy at the University of South Australia.

Lorelle J Burton is Professor of Psychology in the School of Psychology and Counselling at the University of Southern Queensland.
ABNORMAL PSYCHOLOGY IN CONTEXT

THE AUSTRALIAN AND NEW ZEALAND HANDBOOK

Edited by

Nadine Pelling and Lorelle Burton
I wish to dedicate this book to those whose deaths affected me during the writing and editing of the manuscript. Specifically, I dedicate this work to my mum Maureen Toth, my stepmother Raquel Pelling, my friend Lance Forster, and mentor Robert Tribe. Additionally, I dedicate this work to DH who also passed away during this time. Your lives had impact and you are, and will continue to be, missed.

Nadine Pelling
## Contents

- **About the editors** ix
- **Acknowledgements** x
- **Contributors** xi

### Section I  Rationale, structure, and overview

1. **Introduction** 2  
   *Nadine Pelling*

2. **Handbook structure** 4  
   *Nadine Pelling*

3. **Abnormal psychology overview** 6  
   *Nadine Pelling*

### Section II  Cultural diversity and resources

4. **Diversity in Australia** 10  
   *Natalie Jackson*

5. **Diversity in New Zealand** 34  
   *Natalie Jackson*

6. **Indigenous and bicultural resources** 54  
   *Nadine Pelling*

7. **Clinical practice with Indigenous Australians** 57  
   *Joseph Randolph Bowers and Dwayne Kennedy*

### Section III  Disorders and psychological practice related items

8. **Neurodevelopmental disorders** 64  
   *Robyn Young and Anna Moffat*

9. **Schizophrenia and related psychotic disorders** 76  
   *Vaughan Carr, Melissa J Green, and Elliot M Bell*

10. **Depressive disorders** 94  
    *Gavin Beccaria*

11. **Bipolar disorders** 106  
    *Tanya Hanstock and Samson Tse*

12. **Anxiety disorders** 116  
    *Amanda Hutchinson*
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Obsessive-compulsive and related disorders</td>
<td>129</td>
</tr>
<tr>
<td></td>
<td>Rebecca Anderson and David Garratt-Reed</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Trauma- and stressor-related disorders</td>
<td>143</td>
</tr>
<tr>
<td></td>
<td>William Hough</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Dissociative disorders and somatic symptoms and related disorders</td>
<td>154</td>
</tr>
<tr>
<td></td>
<td>Martin Dorahy and Indra Mohan</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Feeding and eating disorders</td>
<td>175</td>
</tr>
<tr>
<td></td>
<td>Leah Brennan, Sarah Mitchell, and Jake Linardon</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Elimination disorders</td>
<td>189</td>
</tr>
<tr>
<td></td>
<td>Christine Grove and Chris Hardwick</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Sleep-wake disorders</td>
<td>202</td>
</tr>
<tr>
<td></td>
<td>Kurt Lushington and Silvia Pignata</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Disruptive, impulse-control, and conduct disorders</td>
<td>216</td>
</tr>
<tr>
<td></td>
<td>Vicki McKenzie and Kelly Allen</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Substance-related and addictive disorders</td>
<td>229</td>
</tr>
<tr>
<td></td>
<td>Nicki Dowling, Kate Hall, and Petra K Staiger</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Neurocognitive disorders</td>
<td>243</td>
</tr>
<tr>
<td></td>
<td>Karen A Sullivan and Alice Theadom</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Personality disorders</td>
<td>258</td>
</tr>
<tr>
<td></td>
<td>Phillip S Kavanagh</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Paraphilic disorders</td>
<td>266</td>
</tr>
<tr>
<td></td>
<td>Michael Proeve and Peter Chamberlain</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Other conditions that may be a focus of clinical attention</td>
<td>276</td>
</tr>
<tr>
<td></td>
<td>Susana Gavidia-Payne and Bianca Denny</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Suicide and self-harm</td>
<td>290</td>
</tr>
<tr>
<td></td>
<td>Kenneth Kirkby and Sunny Collings</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Compulsory treatment</td>
<td>301</td>
</tr>
<tr>
<td></td>
<td>Christopher Ryan, Cristina Cavezza, Gregg Shinkfield, and Sascha Callaghan</td>
<td></td>
</tr>
</tbody>
</table>

**Index**
About the editors

Nadine Pelling is a Fellow of the Australian Counselling Association, clinical psychologist, and member of the Australian Psychological Society. She is employed full-time as a senior lecturer in Clinical Psychology and Counselling at the University of South Australia and maintains a small private practice in the southern suburbs of Adelaide.

Lorelle Burton is a member of the Australian Psychological Society and Professor of Psychology at the University of Southern Queensland. Lorelle has been an invited assessor for national teaching excellence awards and grants and has led numerous national collaborative research projects on student transition. She is an internationally recognised psychology educator and her current research focus involves leading cross-community collaborations to promote community capacity building and wellbeing.
Acknowledgements

We wish to acknowledge Natalie Jackson for her work on the Suicide and Self-harm chapter included in Section IV of this handbook. Specifically, Natalie assisted with the statistical referencing presented in the chapter.

Nadine Pelling and Lorelle Burton
Contributors

Dr Kelly Allen is a sessional academic, an educational and development psychologist in private practice, and a school psychologist. Kelly is an honorary fellow at the Melbourne Graduate School of Education and a full member of the Australian Psychological Society (APS), where she works with the national executive of the APS College of Educational and Developmental Psychologists in the position of Treasurer. She also represents Australia and New Zealand on the committee on the Status of International Affairs with the American Psychological Society’s Division 15 (Educational Psychology).

Dr Rebecca A Anderson is a lecturer and Deputy Director of the Clinical Psychology Program at Curtin University. Dr Anderson has published book chapters and international peer-reviewed journal articles in the area of anxiety disorders, and has authored self-help treatments for obsessive compulsive disorder (OCD), generalised anxiety disorder, body dysmorphic disorder, and health anxiety. Dr Anderson is a chief co-investigator on a large federally funded grant examining online treatments for adolescents with OCD. Dr Anderson is also currently on the board of directors for the Australian Association for Cognitive and Behaviour Therapy.

Associate Professor Gavin Beccaria is the Program Coordinator of the Clinical Psychology program at the University of Southern Queensland (USQ). Gavin has worked at USQ since 2007. Prior to joining academia, Gavin worked at Queensland Health for 13 years. His most recent position was Director of Psychology Toowoomba Health Service District. Gavin also has a small part-time private practice. When not working, Gavin enjoys spending time with his wife, Lisa and children, Alicia and Benjamin.

Elliot M Bell is a lecturer and clinical psychologist in the Rehabilitation Teaching and Research Unit of the Department of Psychological Medicine and Rehabilitation at the University of Otago. He conducts research in social cognition and neurocognition in schizophrenia and other severe mental disorders. His clinical expertise is in rehabilitation and cognitive behavioural therapy for major mental illness.

Dr Joseph Randolph Bowers is a counselling psychotherapist, clinical supervisor, mental health and disability specialist, teacher, mentor, trainer, scholar, and community advocate. He maintains a private practice with www.abilitytherapyspecialists.org. Dr Bowers is an honorary member of the Australian Counselling Association; founding editor of the international research journal Counselling, Psychotherapy, and Health; founding member of the Psychotherapy and Counselling Federation of Australia; associate scholar with the Centre for World Indigenous Studies (US); invited scholar of the Dr Bowers Perpetual Special Collection at the Mi'kmaq Resource Centre at Cape Breton University in Canada; and honorary recipient of the Eagle Feather from Elders in Sacred Council of the Mi'kmaq First Nation.
Contributors

Leah Brennan is an associate professor of clinical psychology at Australian Catholic University where she leads the Body Image, Eating, and Weight Clinical Research Team and the Clinic for Healthy Eating and Weight. She is an endorsed clinical, health, and educational and developmental psychologist. Her research focuses on the role of psychology in understanding and treating feeding, eating, weight, and body image disorders and their biopsychosocial comorbidities. She has worked as a clinical and health psychologist in a range of community and hospital settings, providing assessment and treatment for individuals with these conditions.

Sascha Callaghan is a lawyer and lecturer in health law and ethics at the University of Sydney. Her research focus is in mental health law, capacity, and consent to medical treatment. She is currently a lead researcher in the Sydney Neuroscience Network on intersections between neuroscience, law, and ethics.

Vaughan Carr is Professor of Psychiatry and Chair of Schizophrenia Epidemiology at the University of New South Wales, Adjunct Professor of Psychiatry at Monash University, and a senior consultant psychiatrist in Monash Health. His research includes genetic, neurobiological, cognitive, clinical, and psychosocial investigations of schizophrenia and other disorders.

Cristina Cavezza is a clinical and forensic psychologist at the Victorian Institute of Forensic Mental Health (Forensicare) in Melbourne. She holds honorary appointments as clinical lecturer at the University of Melbourne and as clinical associate at Swinburne University of Technology. Originally from Canada, she has lived and worked in Melbourne for the past 10 years. While she holds a predominantly clinical position assessing and treating remand prisoners and offenders with mental illnesses, she is engaged in scholarly writing, teaching, and academic research.

Dr Peter Chamberlain is an assistant professor in the Centre for Applied Psychology at the University of Canberra and a visiting research fellow at the University of Adelaide. He has forensic experience as a clinical psychologist in the South Australian Health Department, working within the Forensic Mental Health Network providing assessment and treatment services for sexual offenders. Peter has also assisted in the training of child protection officers within a variety of services such as police, family services, and corrections.

Sunny Collings is Professor of Psychiatry and Director of the Social Psychiatry and Population Mental Health Research Unit at the University of Otago, Wellington. She works with people at high risk of suicide and the clinicians caring for them. She also focuses on suicide in her research, policy, and coronial advisory work. She has a particular interest in the social context of suicides.

Dr Bianca Denny is a clinical psychologist, lecturer, and researcher affiliated with the Division of Psychology at RMIT University. Her clinical and research interests broadly encompass health and clinical psychology, training of health professionals, student wellbeing, and resilience of children and families.
Martin Dorahy is a clinical psychologist and professor in the Department of Psychology, University of Canterbury, Christchurch. He has published over 80 peer-reviewed journal articles and co-edited three books in the area of psychotraumatology. He is on the board of directors of the International Society for the Study of Trauma and Dissociation (ISSTD). He maintains a clinical practice focused primarily on the adult sequelae of childhood relational trauma.

Associate Professor Nicki Dowling is currently an associate professor of psychology in the School of Psychology at Deakin University, with honorary positions at the University of Melbourne and the Australian National University. She is a registered clinical psychologist, has significant experience as a problem gambling counsellor, and is currently the Victorian State Representative for the National Association of Gambling Studies. She is a clinical researcher with expertise in investigating the prevalence and aetiology of problem gambling and the development and evaluation of prevention and intervention programs for problem gambling.

Dr David Garratt-Reed is a lecturer in undergraduate psychology at Curtin University, specialising in teaching theory and practice relating to psychological disorders. He is also a clinical psychologist registrar in private practice. His research interests are in the area of risk avoidance in OCD and anxiety.

Associate Professor Susana Gavidia-Payne works at RMIT University, where she has forged extensive clinical and research expertise. Susana’s current focus is on researching resilience processes and outcomes in children and families who experience socio-economic disadvantage and disability.

Melissa J Green is Associate Professor and National Health and Medical Research Council RD Wright Biomedical Research Fellow in the School of Psychiatry at the University of New South Wales. She conducts research in the cognitive neuroscience and genetics of schizophrenia and bipolar disorder, as well as in the epidemiology of childhood risk factors for psychosis.

Christine Grove is currently a practising child and adolescent psychologist and lecturer at Monash University. Christine is passionate about topics of equality, young people’s experiences, and mental health. Her experience includes working with young people and their families in various supporting roles, in particular supporting families with children who may be experiencing developmental concerns such as encopresis or enuresis. View Christine’s research and practice interests at http://monash.academia.edu/ChristineGrove.

Dr Kate Hall is a senior lecturer in addiction and mental health at Deakin University, holds a joint appointment between Deakin University and Victoria’s Youth Support and Advocacy Service, and is a visiting lecturer in the postgraduate programs at Monash and Swinburne universities. Her research in the area of translation science has focused on disseminating evidence-based treatments in real world settings.
Contributors

Dr Tanya L Hanstock is a senior clinical psychologist and convenor of the clinical psychology program at the University of Newcastle. She specialises in the area of bipolar disorder. Dr Hanstock helped establish the first specific child and adolescent bipolar disorder clinic in Newcastle and is passionate about ensuring the best assessment and treatment for people with mental illness and the best training for mental health practitioners. She is currently completing a PhD in the area of life logging, healthy lifestyles and predictors, and prevention of relapse in people with bipolar disorder. Dr Hanstock has completed a Doctorate of Clinical and Health Psychology.

Chris Hardwick is a clinical psychologist who has worked for 7 years with the specialist multidisciplinary team at the Enuresis Clinic at the Children's Hospital at Westmead, Sydney. He uses mainstream psychological rationales to inform a pragmatic approach when helping Australian families maximise the potential of paediatric treatment of incontinence. He has worked extensively with other specialist paediatric medical teams and also has a strong interest in training allied health and nursing professionals working in the field of paediatric continence in Australia.

William Hough is currently a clinical psychologist in private practice who specialises in the treatment of mental disorders, in particular posttraumatic stress disorder (PTSD). He has had a long history of employment in acute hospital settings thus bringing a great deal of clinical experience to his practice. William has published in the field, worked as an adjunct lecturer and his PhD thesis was concerned with the aetiology of PTSD and the bidirectional relationship between trauma and sensitisation.

Dr Amanda Hutchinson is a clinical psychologist and senior lecturer at the University of South Australia. She also works in private practice in Adelaide with a particular emphasis on the treatment of anxiety, depression, and stress-related issues in adults. Her research interests include health psychology, cancer prevention, cognition and cancer, and mindfulness.

Dr Natalie Jackson is an adjunct professor (demography) in the School of People, Planning and Environment at Massey University (Albany, New Zealand). She is also Director of Natalie Jackson Demographics Ltd. Her primary expertise is on the subnational ending of population growth, the underlying demographic drivers of these trends and their consequences for all levels of government, labour market, welfare state, education and healthcare policy, and business in general. She leads a Royal NZ Society Marsden project “The subnational mechanisms of the ending of population growth – towards a theory of depopulation” (Maori translation: “Tai Timu Tangata. Taihoa e? – The ebbing of the human tide. What does it mean for the people?”).

Dr Phillip S Kavanagh lectures in both clinical and personality psychology at the University of South Australia. His research interests intersect the areas of social, personality, evolutionary, and clinical psychology. Dr Kavanagh also works privately as a clinical psychologist and is registered as a clinical psychologist in both Australia and New Zealand.
### Contributors

**Dr Dwayne Kennedy** is a counsellor, mental health worker, consultant, life coach, and teacher. Dr Kennedy has been working with people and studying minority issues for the last 31 years.

**Kenneth Kirkby** is Professor of Psychiatry at the University of Tasmania. His research interests included internet-delivered cognitive behaviour theory (CBT), epidemiology, psychoimmunology, history of psychiatry, and drug-induced amnesia. Professor Kirkby is a past director of beyondblue and a past president of the Royal Australian and New Zealand College of Psychiatrists (RANZCP). He has worked with some patients with long-term suicidal preoccupations for a quarter of a century and is respectful of both their anguish and their fortitude.

**Jake Linardon** is a PhD candidate in the Body Image, Eating, and Weight Clinical Research Team in the School of Psychology at Australian Catholic University, Melbourne. His research interests lie in understanding, preventing, and treating eating disorders. His research aims at identifying the mechanisms of action for psychological interventions for disordered eating as well as identifying theoretically based variables associated with treatment outcome.

**Professor Kurt Lushington** is Head of the School of Psychology, Social Work, and Social Policy at the University of South Australia. He is a member of the Sleep Research Society, Australian Psychological Society, and Australasian Sleep Association. Kurt is a clinical psychologist and has written extensively on all aspects to do with sleep and its disorders. He is the current chair of the Australasian Sleep Association subcommittee for Behavioural Management of Sleep Disorders. His other research interests include work and stress, as well as the impact of digital technologies on teaching, with publications in both areas.

**Dr Vicki McKenzie** is a senior lecturer in educational psychology at the University of Melbourne. Dr McKenzie has presented at national and international conferences on building coping skills and resilience in young people. Training psychologists for professional practice in schools has been a central component of Dr McKenzie’s professional career, and she has also supervised many psychologists in gaining endorsed status. She is currently Deputy Chair of the APS College of Educational and Developmental Psychologists, and is a fellow of the Australian Psychological Society.

**Dr Sarah Mitchell** is a clinical research fellow at the Australian Catholic University and a member of the Body Image, Eating, and Weight Clinical Research Team. Her research interests centre on the assessment and treatment of feeding and eating disorders. She is particularly interested in psychosocial predictors of the emergence of feeding and eating disorders and predictors of treatment outcomes. Sarah has also worked as a clinical psychologist at several Victoria-based eating disorders specialty services.

**Anna Moffat** completed her PhD at Flinders University in South Australia. To date, her research has focused on imitation ability in children with autism and the associated
oscillatory activity in the brain. She is currently the manager of the Flinders Early Intervention Research Program, which provides early intensive behavioural intervention to young children with autism. In addition, she is working on a nationwide project investigating child wellbeing in the middle years.

**Dr Indra Mohan** is a consultation liaison psychiatrist for Northern Area Mental Health Services based at the Northern Hospital, Epping, Victoria. He has an interest in mood disorders, somatic symptom disorder, anxiety disorders, and electroconvulsive therapy (ECT). He has published peer-reviewed journal articles and been involved in training and teaching of medical students and registrars.

**Dr Silvia Pignata** is a lecturer within the School of Engineering at the University of South Australia. She is a work and organisational psychology researcher and has expertise in organisational stress interventions with a focus on strategies that incorporate wellbeing and morale building activities, particularly their potential to reduce psychological strain. Her other research interests include sleep research in children and adolescents; the psychosocial aspects of occupational health and safety; and the interaction of people and socio-technical systems within the work environment.

**Dr Michael Proeve** is a senior lecturer in the School of Psychology at the University of Adelaide. He has published journal articles in national and international journals, and book chapters regarding assessment and treatment of sexual offenders. He has also conducted nationally competitive research concerning risk assessment of sexual offenders. For over 20 years, Michael has worked as a clinical and forensic psychologist in correctional, mental health, and private practice settings. He has been a member of government and non-government committees and has consulted nationally concerning child sexual abuse issues.

**Christopher Ryan** is a clinical associate professor in psychiatry at Sydney's Westmead Hospital and the Centre for Values, Ethics, and the Law in Medicine at the University of Sydney. He is regularly invited to speak both in Australia and internationally, and in over a hundred publications he has investigated areas such as delirium, body integrity identity disorder, deliberate self-harm, risk categorisation, patient–therapist sexual contact, mental health legislation, advance directives, physician-assisted dying, and euthanasia.

**Gregg Shinkfield** is a senior clinical psychologist at the Victorian Institute of Forensic Mental Health (Forensicare) in Melbourne. He holds an honorary appointment of clinical associate at Swinburne University of Technology. Having completed his postgraduate clinical training at Massey University (New Zealand), he has lived and worked in Melbourne since 2007. His specialist areas of practice include the assessment and treatment of forensic mental health clients, with a predominant focus on provision of services to women presenting with severe mental illness and complex personality dysfunction.
Contributors

Associate Professor Petra K Staiger is a senior academic and a clinical psychologist within the School of Psychology at Deakin University. Her research primarily targeting treatment of addiction is cross-discipline and cross-institutional and has a translational focus. Her research expertise is in investigating the aetiology and treatment of individuals with addictive behaviour problems, with a particular focus on those with complex needs (i.e., polydrug users and those with comorbid mental health problems).

Karen A Sullivan is Professor in the School of Psychology and Counselling at the Queensland University of Technology, Brisbane. Professor Sullivan is a clinical neuropsychologist. Her clinical and research work deals with neurocognitive disorders.

Alice Theadom is a senior research fellow and registered psychologist at the Auckland University of Technology. Dr Theadom specialises in the epidemiology and psychological adjustment of neurological conditions.

Professor Samson Tse is the Associate Dean at the Faculty of Social Sciences and Director of the Master of Social Science in Counselling Programme at the Department of Social Work and Social Administration, the University of Hong Kong. Prior to his relocation to Hong Kong, Samson worked in New Zealand for more than 20 years. Between 1998 and 2002, Samson was appointed by the Mental Health Commission of New Zealand as member of the Practitioners Reference Group. Samson is a founding member of the Collaborative Research Team for the Study of Bipolar Disorder (CREST.BD) consortium at the University of British Columbia, Canada.

Robyn Young first developed an interest in autism while studying savants as part of her PhD in savant syndrome. This work became the subject of an ABC documentary titled Uncommon Genius. She went on to develop a screening tool for autistic disorder, known as the Autism Detection in Early Childhood (ADEC). Together with colleagues at Flinders University, she has developed an intervention program called SPECTRA. Her work has now turned to older persons with autism spectrum disorder. She has published more than 30 papers on autism spectrum disorder and has presented at national and international conferences.