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 sxs 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 with aggression as an explicit criterion

- Antisocial personality disorder
- Borderline personality disorder
- Conduct disorder
- Dementia and Alzheimer’s with 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.
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 symptoms 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](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](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 trichotillomania

- [http://www.stoppulling.com](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)