

Analysis of



Pseudobulbar Affect (PBA)



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What is Pseudobulbar Affect (PBA)?

- Pseudobulbar affect (PBA) describes a disorder that causes a person to experience uncontrollable episodes of crying, laughing, or other emotional displays that are out of context in their social interactions. Typically, pseudobulbar affect occurs secondary to other neurological conditions.
- The impact of pseudobulbar affect is substantial. It can result in embarrassment for people suffering from the disorder, their family, and their caregivers. PBA affect may also restrict social interactions causing a lower quality of life.



Symptoms

- Sudden and frequent episodes of crying or laughing, often without apparent reason.
- Episodes may be exaggerated or out of proportion to a situation.
- Difficulty controlling emotions, even in inappropriate situations.
- May also experience difficulty swallowing, speaking or drooling.



Causes

- Traumatic Brain Injury
- Brain Tumors
- Multiple Sclerosis
- Parkinson's Disease
- Amyotrophic Lateral Sclerosis (ALS)

How is PBA Treated?

Treatments

- Medications, such as antidepressants or anticholinergics
- Behavioral Therapy
- Speech Therapy

Coping Techniques

- Be open about the problem when having an episode (usually give a card explaining your disorder)
- Distracting yourself by counting numbers and objects.
- Take slow deep breaths until you are in control.
- Change your body position. Note your posture when you have an episode

Living with Pseudobulbar Affect (PBA)

- Living with Pseudobulbar Affect (PBA), characterized by uncontrollable outbursts of crying or laughing, can be challenging, but managing it involves open communication, understanding triggers, and practicing coping strategies like deep breathing and relaxation techniques.





Daily Struggles of PBA

- **Uncontrollable** - *"It happens in public. I can't control it."*
- **Frequent** - *"I cry more than I used to. The littlest thing sets me off."*
- **Exaggerated** - *"I overreact to things now. My response is excessive."*
- **Sudden** - *"I cry for no reason. It comes out of the blue."*
- **Disconnected from their actual mood** - *"I don't know why I'm laughing. It's not funny."*



Joker

- The movie portrays the disorder as psychological.
- His disorder is linked to his violent tendencies.
- He is depressed.
- Exact depiction – uncontrolled laughter, crying, and

vs.

Reality

- The disorder is neurological.
- The disorder doesn't directly cause violence. (may be associated with aggression or disruptive behavior at most)
- This disorder is a lot of times diagnosed and/or linked with depression.

How to Support Someone with PBA?

1. **Support.** Be a sounding board for your loved one. Listen to their frustrations, concerns, and needs so you can support them effectively. ...
2. **Reassure.** Remind them that PBA is a neurological condition, resulting from their underlying condition or brain injury. ...
3. **Take Care of Yourself.** Don't forget that you require care too.



Final Thoughts



PBA may be a disturbance/ annoyance to the public. Please take a second to try and understand how difficult it is for a person that has this disorder to live in an environment with a constant bother of uncontrollable outbursts.

In my opinion it would be a great idea for film makers to add a disclaimer at the beginning and end of a film that gives the audience a sense of importance of Mental Health Issues in the world and how to seek help.

The Here2Help Hotline (**410-433-5175**) and the National Suicide Prevention Lifeline (**1-800-273-8255**) are still working — and can also be reached by **calling 988**.

References

Cleveland Clinic - Pseudobulbar Affect (PBA):

<https://my.clevelandclinic.org/health/diseases/17928-pseudobulbar-affect-pba>

Brain Injury of America – Understanding Pseudobulbar Affect:

<https://biausa.org/public-affairs/media/understanding-pseudobulbar-affect>

NIH (National Library of Medicine) - Pseudobulbar Affect Presenting as Aggressive Behavior:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8906197/>

American Stroke Association – PBA:

<https://www.stroke.org/en/about-stroke/effects-of-stroke/emotional-effects/pseudobulbar-affect>

