
Principal Features

What is Abnormal Psychology?

A Definition

Complete the following:

"Abnormal behavior is behavior characterized as

(1) not …

(2) socially

(3) distressing to the person who

(4)

(5) the result of
A Definition

"… abnormal behavior is *not typical.*"

[Illustration] Abnormal behavior is not typical. (526)

"… abnormal behavior is often *socially unacceptable.*"

[Illustration] Abnormal behavior often socially unacceptable. (527)

"… a person's abnormal behavior often causes *distress* to the person or to those around the person."

[Illustration] Abnormal behavior often causes distress.
A Definition

(Continued)

"… abnormal behavior is usually *maladaptive.*"

[Illustration] Abnormal behavior is usually maladaptive. (527)

"… abnormal behavior is often the result of *distorted cognitions* (thoughts)."

[Illustration] Abnormal behavior is often the result of distorted cognitions (thoughts).

Using the sociocultural approach, researchers such as Thomas Szasz go so far as to say that maladjustment and mental illness are socially constructed and defined—abnormal behaviors are whatever the society fails to accept."

Question: What is the *self-fulfilling prophecy* of abnormal behavior?
"(Mental health) practitioners often turn to theories and models that attempt to explain the causes of abnormality."

THE MEDICAL-BIOLOGICAL MODEL.

"The medical-biological model of abnormal behavior focuses on the physiological conditions that initiate and underlie abnormal behaviors."
THE PSYCHODYNAMIC MODEL.

"The psychodynamic model of abnormal behavior is loosely rooted in Freud's theory of personality."

THE HUMANISTIC MODEL.

"... the humanistic model of abnormal behavior assumes that inner psychic forces are important in establishing and maintaining a fulfilling lifestyle."

THE BEHAVIORAL MODEL.

[Description] Behavioral model.
THE COGNITIVE MODEL.

"The cognitive model of abnormal behavior asserts that human beings engage in both prosocial and maladjusted behaviors because of their thoughts."

[Description] Cognitive model. (529)

THE SOCIOCULTURAL MODEL.

"According to the sociocultural model of abnormal behavior, people develop abnormalities within and because of a context—the context of the family, the community, and the society."

[Description] Sociocultural model. (529-530)
THE EVOLUTIONARY MODEL.

"According the evolutionary model, abnormal behavior may arise from several types of circumstances."

WHICH MODEL IS BEST?

"Each of the models … looks at maladjustment from a different perspective."

BE A CRITICAL THINKER.

"People have developed a whole range of ideas about abnormality, and a veil of misunderstanding still surrounds mental illness in many people's minds."

"Do you have a favorable model?"
Diagnosing Psychopathology: The *DSM*

"The American Psychiatric association has devised a system for diagnosing maladjusted behavior—The Diagnostic and Statistical Manual of Mental Disorders, usually called the DSM."

[Description] The Diagnostic and Statistical Manual of Mental Disorders (DSM).
DIVERSITY AND DIAGNOSIS.

"Research shows that the likelihood of a specific diagnosis is related to ethnicity and culture."

[Illustration] Diagnosis related to ethnicity and culture. (533-534)

Anxiety Disorders

"Everyone experiences anxiety

[Illustrations] Anxiety disorders. (535)
Defining Anxiety

"Karen Horney, a neo-Freudian renowned for her work on anxiety, described it as a central factor in both normal and abnormal behavior."

[Illustrations] Anxiety and neurosis. (535-536)

Generalized Anxiety Disorder

"Generalized anxiety disorder is an anxiety disorder characterized by persistent anxiety occurring on more days than not for at least 6 months … "

[Illustrations] Generalized anxiety disorders. (536)
Phobic Disorders

"... a phobic disorder (is) an anxiety disorder involving excessive irrational fear of, and consequent avoidance of, specific objects of situations."

AGORAPHOBIA.

"Agoraphobia is an anxiety disorder characterized by marked fear and avoidance of being alone in a place from which escape might be difficult or embarrassing."
SOCIAL PHOBIA.

"A social phobia is an anxiety disorder characterized by fear of, and desire to avoid, situations in which one might be exposed to scrutiny … "

SPECIFIC PHOBIA.

"A specific phobia is an anxiety disorder characterized by irrational and persistent fear of a particular object or situation, along with a compelling desire to avoid it."

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Obsessive-Compulsive Disorder

"Obsessive-compulsive disorder is an anxiety disorder characterized by persistent and uncontrollable thoughts and irrational beliefs that cause the performance of compulsive rituals that interfere with daily life."

Mood Disorders

"Depressive disorders are mood disorders in which people show extreme and persistent sadness, despair, and loss of interest in life's usual activities on a day-to-day basis."

Question: What is major depressive disorder?
■ SYMPTOMS.

[Description] Symptoms of depression.

■ ONSET AND DURATION.

[Description] Onset and duration of depression

■ PREVALENCE.

[Description] Prevalence of depression.
"How does a practitioner know if a person is suffering from major depressive disorder?"

CAUSES OF MAJOR DEPRESSIVE DISORDER

"Although major depression is "the common cold of mental disorders," its cause is not understood."

■ BIOLOGICAL THEORIES.

[Description] Biological theories of major depressive disorder. (543-544)
LEARNING AND COGNITIVE THEORIES.

Learning and cognitive theories of major depressive disorder. (544-545)

LEARNED HELPLESSNESS.

"... learned helplessness (is) the behavior of giving up or not responding, exhibited by people and animals exposed to negative consequences or punishment over which they feel they have no control."

Learned helplessness. (545)
THE BIOPSYCHOSOCIAL MODEL.

"(The) … vulnerability-stress hypothesis (is) sometimes called the diathesis-stress model."

Bipolar Disorder

"Bipolar disorder, which was originally known as manic-depressive disorder, gets its name from the fact that people with this disorder experience behavior that varies between two extremes: mania and depression."
Dissociative Disorders

"Dissociative disorders are psychological disorders characterized by a sudden but temporary alteration in consciousness, identity, sensorimotor behavior, or memory."

Dissociative Amnesia

"Dissociative amnesia is a dissociative disorder characterized by the sudden and extensive inability to recall important personal information, usually information of a stressful or traumatic nature."

Dissociative Identity Disorder: Multiple Personality

"Dissociative identity disorder … is characterized by the existence within an individual of two or more distinct personalities, each of which is dominant at different times and directs the individual's behavior at those times."
"Schizophrenic disorders are a group of disorders characterized by a lack of reality testing and by deterioration of social and intellectual functioning."

**Essential Characteristics of Schizophrenic Disorders**

"People with schizophrenia disorders display sudden significant changes in thought, perception, mood, and overall behavior."

"How they think about themselves, social situations, and other people— their social cognition—become seriously distorted."

**Question:** What is the difference between *positive symptoms* and *negative symptoms* of schizophrenia
THOUGHT DISORDERS.

[Illustrations] Schizophrenia thought disorders.

PERCEPTUAL DISORDERS.

[Illustrations] Schizophrenia perceptual disorders.

EMOTIONAL DISORDERS.

[Illustrations] Schizophrenia emotional disorders.
Types of Schizophrenia

"People with schizophrenia display a variety of symptoms … "

■ THE PARANOID TYPE.

[Illustrations] Paranoid type of schizophrenia. (551)

■ THE CATATONIC TYPE.

[Illustrations] Catatonic type of schizophrenia. (551-552)
THE DISORGANIZED TYPE.

[Illustrations] Disorganized type of schizophrenia.

THE RESIDUAL AND UNDIFFERENTIATED TYPES.

[Illustrations] Residual and undifferentiated types of schizophrenia.

Causes of Schizophrenia

"What causes people with schizophrenia to lose their grasp on reality with such devastating results?"

"Researchers take markedly different positions on these questions."

[Illustrations] Theoretical positions on schizophrenia.
BIOLOGICAL FACTORS.

"Substantial evidence suggests that biological factors play some role in schizophrenia, producing a predisposition to develop the disorder."

ENVIRONMENTAL FACTORS.

"Some psychologists believe that, in addition to genetic factors, environmental interactions determine the onset and development of schizophrenia."
"The development of schizophrenia does not occur through any simple mechanism—both biology and environment are involved."

Personality disorders ... apply to people who exhibit inflexible and long-standing maladaptive behaviors that typically cause stress and social or occupational difficulties."
"Perhaps the most widely recognized personality disorder (is) antisocial personality disorder … "

Diagnosis Associated with Violence

"Several diagnoses are associated with increased risk for violence."
Violence as a Risk for Developing Mental Disorders

"… being the target of violence increases the risk for many disorders."

[Rape is also a form of violence … ]

END