

- **Criteria for defining abnormal behavior:**
 - Statistical deviation from the norm is not a determining criteria
 - Morality is culturally determined
- 3 points:
 - no clear line exists
 - what we view as normal or abnormal depends on cultural beliefs at the time
 - many criteria exist and need to be applied
- Gelso's Four D's:
 - Deviance: departure from some norm
 - Distress: personal discomfort (ex. Happy rapist is not overtly distressed but psychological tests would reveal distress)
 - Dysfunction: how well is the person doing (career and love)
 - Danger: is there danger to oneself or to others
- Vantage Point:
 - Society: danger and dysfunction- want well adjusted people who can function in society
 - Individual person: how do I feel? (comfort/discomfort) How distressed do I feel?
 - Mental health professional:
- Study for recommended feeding schedules for mothers over decades:
- -strict (specific time everyday), loose (whenever) or self demand (when baby demands) schedules: beliefs for what type of feeding schedule changed dramatically over time. Changed from 100% believing strict and then 100% loose and then 100% demand from 1890-1950.
- -John Watson: advised parents to never hug, kiss, or have children sit on lap because believed it would make them spoiled.
- -culture at the time guides child rearing

- -Spock: wrote the “bible” on how to rear children. Book told parents to hug and love their kid and show them affection (that is why trend in 1950 changed to 100% people believing in self demand)
- Correlation and Causation:
- If two variables have a .92 correlation then we can say that they have a very strong positive relationship (correlation does not determine causation)
- Two traditions:
 - Correlational Research
 - o Study how two or more variables relate to one another
 - Experimental Research
 - o Manipulate independent variables
 - o Control extraneous variables
- Witches wizards and the wandering uterus
- Malleus Maleficarum-Sprenger and Kraemer
- Illness=religious heresy=witchery=(certain) women
- Hysteria, globus hystericus and lumps in the throat
- The pleasures if horse back riding

- Abnormal Psychology: understanding the nature, causes, and treatment of disorders
- Family aggregation: whether a disorder runs in a family
- The more that someone has difficulty in the following areas the more likely they are to have some form of a mental disorder:
 - Suffering: psychological pain, depressed
 - Maladaptiveness: ex. anorexia
 - Statistical deviancy: deviation from the normal, statistically rare
 - Violation of the standards of society: failing to follow the conventional social and moral rules of their cultural group (also depends on the magnitude ex, illegal parking vs. murder)
 - Social discomfort: make others uncomfortable by violating social rules
 - Irrationality and unpredictability: unpredictable and uncontrollable behavior
 - Dangerousness: in danger to themselves or society
- Mental Health Professionals:
 - Patients in inpatient treatment may be treated by multiple professionals
 - o Psychiatrist
 - o Clinical psychologist
 - o Clinical social worker