

Psychology Notes
Course 11762

Ready-Made Flashcards

Chapter 12

Abnormality	Any pattern of behavior that causes people significant distress, causes them to harm themselves or others, or interferes with their ability to function in daily life.
Four Characteristics of Abnormality	Statistically Rare, Deviance from Social Norms, Personal Distress, Interference with Normal Functioning
Percent of adults that suffer from a mental disorder per year?	40%
How many people in the US suffer from a mental disorder?	44 million
How many 10 causes of disability in the U.S. is from Psychological Disorders?	Four out of top ten
What is the most prevalent of Psychological disorders?	Depression
Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR)	Contains each known disorder, a description, symptoms, checklist of criteria, and other relevant facts. Divided into five parts (Axes).
DSM-IV-TR Axes	Axis I: Clinical disorders Axis II: Personality disorders and Mental Retardation Axis III: General Medical conditions

	<p>Axis IV: Psychosocial and environmental problems</p> <p>Axis V: Global Assessment of Functioning</p>
Rosenhan Study	Pseudo-patients could not be distinguished from regular patients. Behaviors were viewed as abnormal because of contextual bias.
Models of Abnormality	Approach to studying abnormal behavior
Biological Models	Psychological disorders have a biological cause. Also known as the medical model.
Psychoanalysis	Behavioral abnormality is the result of repressing undesirable thoughts, memories, and concerns.
Behaviorism	Abnormal behaviors are learned through a series of rewards and punishments.
Cognitive perspective	Abnormal behavior results from illogical thinking patterns.
Anxiety Disorders	Unrealistic or excessive anxiety. Sometimes can be tied to something specific (fear), but other time it cannot (free-floating anxiety).
Phobias	Irrational fear that causes undue personal distress and/or interferes with normal functioning
Social Phobias	Fear of interacting with others or being in a social situation
Specific Phobias	Fear of something in particular
Obsessive-Compulsive	An anxiety disorder characterized by

Disorder (OCD)	unwanted repetitive thoughts (obsessions) and/or actions (compulsions).
Obsessions	Intruding thoughts that occur again and again.
Compulsions	Ritualistic behavior that reduces anxiety.
Panic Disorder	Sudden onset of extreme panic; impending sense of doom
Generalized Anxiety Disorder (GAD)	Excessive anxiety and worry occur more days than not for at least six months that interferes with normal functioning and causes personal distress *Can often lead to depression and other disorders.
Post-traumatic Stress Disorder (PTSD)	Anxiety disorder that develops after exposure to a traumatic event, oppressive situation, abuse, or disaster.
Characteristics of PTSD	Flashbacks Emotionally avoidant Desensitization Exaggerated startle response Difficulty concentrating Apprehensive and nervous Impulsive outbursts (sometimes aggressive)
Not everyone develops PTSD after a traumatic event. Why is that?	Some people may have a biological predisposition to develop PTSD after trauma.
Psychoanalytic Approach	Anxiety disorders are the result of repressed feelings and thoughts
Behavioral Approach	Anxiety disorders are learned over