

ABNORMAL PSYCH NOTES

Chapter 1

- Abnormal Behavior: conduct that is inconsistent with the individual's developmental, cultural, and societal norms, and creates emotional distress or interferes with daily functioning
- animal magnetism: a force Mesmer believed flowed within the body and, when impeded, resulted in disease
- behavioral genetics: the field of study that explores the role of genes and the environment in the transmission of behavioral traits
- behaviorism: the theory that the only appropriate objects of scientific study are behaviors that can be observed and measured directly
- biological scarring: the process by which years of living with a disorder cause change in the brain
- biopsychological perspective: the idea that biological, psychological and social factors probably contribute to the development of abnormal behavior and that different factors are important for different individuals
- classical conditioning: a form of learning in which a conditioned stimulus (CS) is paired with an unconditioned stimulus (UCS) to produce a conditioned response (CR)
- dementia praecox: Kraepelin's name for a psychological disorder characterized by deterioration of mental faculties (now called schizophrenia)
- developmental trajectory: the idea that common symptoms of disorder may vary depending on a person's age
- diathesis-stress model of abnormal behavior: idea that psychological disorders may have a biological or psychological predisposition (diathesis) that lies dormant until environment stress occurs and the combination produces abnormal
- dimensional approach: an approach to understanding behavior that considers it from quantitative perspective (a little shy, moderately shy, a lot shy), not a qualitative perspective (shy or not shy).
- ego psychology: a form of psychodynamic theory that focuses on conscious motivations and healthy forms of human functioning

- emotional contagion: the automatic mimicry and synchronization of expressions, vocalizations, postures and movements of one person by another
- goodness of fit: idea that behavior is problematic or not depending on the environment in which it occurs
- mass hysteria: a situation in which a group of people share and sometimes even act upon a belief that is not based in fact (e.g. tarantism, lycanthropy)
- operant conditioning: a form of learning in which behavior is acquired or changed by the events that happen afterward
- phenomenology: a school of thought that holds that one's subjective perception of the world is more important than the world in actuality
- psychoanalysis: theory of abnormal behavior originated by Sigmund Freud that was based on the belief that many aspects of behavior were controlled by unconscious innate biological urges that existed from infancy
- schizophrenia: a severe psychological disorder characterized by disorganization in thought, perception, and behavior.
- scientist-practitioner model: an approach to psychological disorders based on the concept that when providing treatment to people with psych disorders, the psychologist relies in the findings of research and in turn, when conducting research, the psychologist investigates topics that help to guide and improve psychological care
- talking cure: therapy in the form of discussion of psychological distress with a trained professional, leading to the elimination of distressing symptoms
- trephination: the process in which a circular instrument was used to cut away sections of the skull, possibly in an attempt to release demons from the brain
- vicarious conditioning: a distinct type of learning in which the person need not actually do the behavior in order to acquire it
- viral infection theory: the theory that during the prenatal period or shortly after birth, viral infections could cause some psychological disorders

Chapter 2

- beneficence: the core ethical principle ensuring that researchers do no harm and maximize possible benefits and minimize possible harms

- brain stem: a part of the brain located at its base that control fundamental biological functions such as breathing
- candidate gene association study: the study that compares one or a few genes in a large group of individuals who have a specific trait or disorder with a well-matched group of individuals who do not have the trait or disorder
- case study: the comprehensive description of an individual that focuses on the assessment or description of abnormal behavior or its treatment
- central nervous system: one part of the human system that includes the brain and spinal cord
- cerebral cortex: the largest part of the forebrain; contains structures that contribute to higher cognitive functioning including reasoning, abstract thought, perception of time, and creativity
- cohort studies: the study of a group of people who share a common characteristic and move forward in time as a unit
- comorbidity: the presence of more than one disorder
- control: the comparison group for an experimental study in which the variable to be studied is absent
- correlation coefficient: a statistical figure that describes the direction and strength of a correlation
- cross sectional design: a research design in which participants are assessed once for the specific variable under investigation
- dependent variable: the variable in a controlled experiment that is assessed to determine the effect of the independent variable
- endocrine system: system in the body that regulates bodily functions but uses hormones rather than nerve impulses to do so
- epidemiology: a research approach that focuses on the prevalence and incidence of disorders and the factors that influence those patterns
- epigenetics: heritable changes in gene expression
- experimental epidemiology: a research method in which the scientist manipulates exposure to either causal or preventive factors
- experimental variable: variable being tested in an experimental study