

## Psychology Final Exam Review:

### Ch. 12

1. On what criticism would you judge a behavior to be abnormal?
  - a. Atypical- goes against the norm
  - b. Disturbing- varies with time and culture
  - c. \*unjustifiable- no good reason
  - d. maladaptive- harmful, distressing; interferes with effective functioning
2. can you identify criteria for abnormal behavior from the lecture/book?
  - a. Above is from lecture ^
  - b. Book: definition: behavior that is rare (abnormal)
    - i. Social norm deviance: goes against societal norms
      1. Situational context: the social or environmental setting of a persons behavior
    - ii. Subjective discomfort: emotion distress or emotional pain
    - iii. Maladaptive: anything that does not allow a person to function within or adapt to the stresses of life.
3. Do you have a good sense of the rates of psychological disorders?
  - a. Depressive disorders- 10% 20.9 million people
  - b. Anxiety disorders- 18% 40 million people
  - c. 52% no disorder, 21% one disorder, 13% two disorders, 14% 3 or more disorders.
4. Do you know that the DSM-IV-TR is?
  - a. Diagnostic and statistic manual of psychological disorders and symptoms
5. Do you know how many axes of disorders are specified?
  - a. 5 axes
6. Do you know the 6 categories of disorders in the lecture and book?
  - a. (1) anxiety disorder
  - b. (2) mood disorder
  - c. (3) schizophrenia disorder
  - d. (4) somatoform disorder
  - e. (5) dissociative disorder
  - f. (6) personality disorder
7. Are you familiar with the symptoms and particular deficits with each?
  - a. Anxiety- distressing, persistent anxiety or maladaptive behaviors (general anxiety- unexplainably and continually tense and uneasy lasting 6 months, feeling of dread and impending doom, panic- intense fear of something bad happening, phobias- irrational fear and avoidance of specific objects, obsessive-compulsive intruding thoughts[obsessions])
  - b. Mood- characterized by emotional extremes, major depressive disorder (two or more weeks of depressed mood for no reason, bipolar alternates between hopelessness depression and overly excited)
  - c. Schizophrenia- severe psychotic (loss with reality) delusions, disordered thinking, disturbed perceptions, inappropriate actions or motions
  - d. Somatoform- physical health problems that are psychological (somatization disorder- chronic aches and pains, hypochondriasis- milder form preoccupation with health, somatoform pain- similar to somatization but pain is main symptom, conversion- blindness, deafness[not possible])

- e. Dissociative- conscious awareness becomes separated from previous memories, thoughts and feelings (dissociative amnesia- selective memory brought on by stress, dissociative fatigue- flight from ones home and identity, dissociative identity- two or more distinct personalities)
  - f. Personality- a person adopts a maladaptive pattern of behavior that interferes with social norms (anti-social behaves in impulsive manner without regard for a consequence, borderline- person is moody unstable and lacks a clear sense of identity)
8. Do you have a sense of what factors contribute to each?
- a. Yes
9. For personality disorders do you understand antisocial, borderline and narcissistic disorders?
- a. Antisocial- a person has no morals or conscience and often behaves in an impulsive manner without regard for the consequences
  - b. Borderline- maladaptive personality pattern in which the person is moody, unstable, and lacks sense of identity, clings to others
  - c. Narcissistic-

### Ch. 13

10. what is clinical psychology?
- a. Field of psych focusing on the assessment, diagnosis, and treatment of abnormal behavior
11. What is the boulder model?
- a. The integration of science and practice with the ultimate goal of clinical ability
- Research  $\longleftrightarrow$  Practice
12. what are the differences between psychologist and psychiatrist?
- a. Psychologist- have a Ph. D, do not prescribe drugs, endorse biopsychosocial model
  - b. Psychiatrists- have an MD, prescribe drugs, endorse the medical model
13. What is the medical model?
- a. Perspective that abnormal behavior reflects a type of physical or medical illness/disease
    - i. Can be "cured" through treatment including therapy and medication
14. What is the biopsychosocial model?
- a. Perspective that abnormal behavior can be treated by understanding the biological, psychological, and social factors at work.
    - i. Bio- genetics, brain structure and function
    - ii. Psycho- stress, trauma
    - iii. Social- expectations, social support
15. What is the definition of psychotherapy?
- a. A planned, emotionally charged, confiding interaction between a trained healer and a person seeking help.
16. Do you understand the underlying basis for psychoanalytic, humanistic, behavior, cognitive, and biological therapies?
- a. Psychoanalytic- deals with bringing unconscious conflicts, usually from childhood, into consciousness
  - b. Humanistic- we all have potential to become unique and valuable people
  - c. Behavioral- change behavior through learning new responses

- d. Cognitive- faulty thought processes and beliefs cause problems behaviors and emotions
  - e. Biological- therapies directly affecting the biological functioning of the body and brain.
17. What do proponents of each of the view believe causes psychological disorders?
- a. Psychoanalytic- unconscious conflicts (usually from childhood)
  - b. Humanistic- problems result when persons normal growth potential is blocked
  - c. Behavioral- learning behaviors wrongly
  - d. Cognitive- faulty thought processes and beliefs
  - e. Biological- genetics, the way we were born
18. What do proponents of each view believe clients need to remedy in order to improve?
- a. Biological- medications, anti-psychotic drugs, anti-anxiety drugs, and anti-depressant drugs
19. How do you understand the methods that each employs?
- a. Humanistic- removing problems so the person can become self-accepting.
  - b. Psychoanalytic- patient learns that conditions that caused conflict are no longer around, causes release of tension and anxiety.
  - c. Behavioral- learning created the problems, so new learning corrects them.
  - d. Cognitive- replace distorted thoughts/beliefs with realistic ones
  - e. Biological- medication will help the problem
20. Do you know what action and insight therapies are all about?
- a. Action therapy: the main goal is to change disordered or inappropriate behavior directly.
  - b. Insight therapy: the main goal is helping people gain insight or awareness with respect to their behavior, thoughts, and feelings
21. Can you describe the key elements of gestalt therapy?
- a. Very directive, often confront clients about the statements they have made (deals with problems of hiding important feelings from themselves)
22. Can you describe family therapy and group therapy?
- a. Group therapy: gathering clients with similar problems together and have the group discussing problems with one therapist.
  - b. Family therapy: family members meet together with a counselor or therapist to resolve problems affecting the whole family.
23. What is eclectic approach?
- a. A therapist uses a combination of approaches to find the appropriate treatment
24. Example of eclectic.
- a. A therapist using both cognitive and psychoanalytic in her practices

#### Ch. 10

25. what is the definition of social psychology?
- a. The scientific study of how a persons thoughts, feelings, and behavior are influenced by the real, imagined, or implied presence of others.
26. Are you familiar with the 4 kinds of social influences?
- a. Conformity- changing ones own behavior to match that of others