

EXAM 1 STUDY GUIDE: (remember just a guide)

1. Introduction to Abnormal Behavior: Contemporary and Historical Perspectives

- Trephining
 - o Earliest attempts at treating mental disorders
 - o Ancient practice of cutting holes in the skull
 - o Idea of possession dominated thinking about abnormal behavior throughout much of history
- Who was Hippocrates- father of early medicine
 - o Emergence of clinical observation – more scientific
 - o Biological explanations
- Four Humors
 - o Black bile
 - o Yellow bile
 - o Phlegm
 - o Blood
- What was the approach towards abnormal behavior during the middle ages?
 - o Very unscientific
 - o Supernatural explanations
 - o Management of mental illness left to clergy
 - o Witchcraft
- Mental Asylums- primarily storage places for the mentally ill
 - o Conditions were deplorable
 - o Grew rapidly in number in 16th century
 - o Began to emerge in US in mid 18th century
- What was the Humanitarian reform?- Europe began to take notice of the deplorable conditions of mental health institutions
 - o Philippe Pinel, William Tuke
 - Moral management- focused on social, individual, and occupational needs of patient
 - Mental Hygiene Movement- focused almost exclusively on physical wellbeing of patients
 - o Dorothea Dix- extremely influential in reforming mental institutions
- What is the contemporary view of Abnormal Behavior?
 - o Scientific or experimentally oriented
 - o Viewed as having both biological and psychological influences
- Four Major developments
 - o Biological developments
 - o Development of a classification system
 - o Development of the psychological basis of mental disorder
 - o Experimental psychology
- Identify major biological discoveries influencing how we view abnormal behavior today

- o Connection between general paresis and syphilis- major breakthrough for establishment of biological cause of mental disorder
 - Krafft-Ebing experiment
- o Phineas Gage incident- Gage lost part of brain related to rational decision making and emotional processing
 - Personality changes
 - From dependable, conscientious, respected leader to irresponsible, embarrassment
- Emil Kraepelin
 - o Emphasized brain pathology in mental disorders
 - o Created a system for classifying mental disorders
 - o Each type of disorder was considered distinct from others
- Franz Anton Mesmer
 - o Mesmerism
 - Idea that magnetism was responsible for mental disorders
 - Other people's magnetic force affected yours and could unbalance it
 - Treatment rituals connected to hypnosis
- The Nancy School
 - o Refers to followers who believed that hysteria was a sort of self-hypnosis
 - o Seen as the first recognition of psychologically caused mental disorder
 - o Lead to debates over whether or not mental disorders were biological or psychological based
- Wilhelm Wundt
 - o Established first psychology lab in Germany
 - o Considered the father of modern day psychology
 - o Studied memory and sensation
 - o Many of his students brought his experimental methods to the US
- Elements of abnormality
 - o Deviant Behavior
 - Deviancy
 - Violation of societal standards
 - o Psychological distress
 - Suffering
 - Social discomfort
 - o Impairing
 - Maladaptiveness
 - Irrationality or unpredictability

2. Causal Factors and Viewpoints Part 1

- Define etiology – factors that are related to the development (or cause) of a particular disorder
 - o Main goal of etiological research?

- Identify factors that can help improve treatment or prevention
- Types of Causal Factors
 - o Necessary cause
 - o Sufficient cause
 - o Contributory cause
 - o Distal
 - o Proximal
- Protective factors and resilience
 - o Protective factors – influences that modify a person’s response to environmental stressors, making it less likely that the person will experience the adverse consequences of the stressors
 - o Resilience – the ability to adapt successfully to even very difficult circumstances
 - Ex.) a child who perseveres and does well in school despite his or her parents’ drug addiction or physical abuse
- Diathesis-Stress Model
 - o Diathesis – predisposition or vulnerability to developing a given disorder
 - o Diathesis-stress model – view of abnormal behavior as the result of stress operating on an individual who has a biological, psychological, or sociocultural predisposition to developing a specific disorder
- Bio-psycho-social Model – complex interaction of biological, psychological, and social/cultural factors

Biological Perspectives:

- Biological viewpoints of abnormal behavior
 - o Disorders are diseases of the nervous and endocrine systems that are inherited or caused by some pathological process
 - o Biological factors interact with both psychological and sociocultural factors
 - o Disorders are not the result of neurological damage per se, but rather abnormalities
- Types of biological causes
 - o Neurotransmitter abnormalities
 - o Hormonal abnormalities
 - o Genetic vulnerabilities
 - o Temperament
 - o Brain dysfunction and neural plasticity
- Abnormalities in communication between neurons – 3 possible
 - o Typically occurs at the synapse
- Genetic abnormalities – polygenic, gene-environment relationships
 - o Almost always polygenic- multiple genes
 - o Can be additive or interactive
 - o Genes can passively influence one’s environment
 - o Gene-environment interactions
- Neural Plasticity- flexibility of the brain in making changes in organization and/or function in response to pre and post natal experiences (stress, diet, drugs, etc.)