

PSY 395 Exam 1 Study Guide

Chapter 1: Abnormal Behavior in Historical Context

Understanding Psychopathology

- What is a psychological disorder?
 - A psychological disorder is –
 1. Psychological dysfunction within an individual that is
 2. Associated with distress or impairment in function and
 3. A response that is not typical or culturally expected
 - All three basic criteria must be met; no one criterion alone has yet been identified that defines the essence of abnormality
- What's not?
- How do we describe people with mental illness?
 - Lazy, crazy, dumb?
 - Weak in character?
 - Dangerous?
 - Hopeless?
- No single definition
- Mental health workers view psychological disorders as persistently harmful thoughts, feelings and actions

What is a Psychological Disorder?

- Psychological dysfunction
 - Breakdown in function
 - Cognitive
 - Behavioral
 - Emotional
- Personal distress or impairment
 - Individual vs. others
 - Appropriateness to situation
 - Degree of impairment
 - Personal distress/causes others distress
 - Difficulty performing appropriate & expected roles
 - Impairment is set in the context of a person's background
- Response is atypical or culturally expected
 - Deviations from "average"
 - Violation of social norms
 - Reaction is outside of cultural norms
- "Harmful dysfunction"

Diagnostic and Statistical Manual

- An accepted definition: DSM-5 describes behavioral, psychological, or biological dysfunctions that are unexpected in their cultural context and associated with present

distress or impairment in functioning or increased risk of suffering, death, pain or impairment

- DSM-5 contains diagnostic criteria
- Prototypes/typical profiles = diagnostic criteria for psychological disorders
- Dimensional estimates of the severity of specific disorders
- Outlines criteria for specific disorders

** Criteria defining psychological disorder

- Psychological dysfunction
- Distress or impairment
- Atypical response

Psychological Disorder

- * Deviant, distressful & dysfunctional patterns of thoughts, feelings and actions
 - Can be defined by culture & context
 - Can change over time

Abnormal Behavior

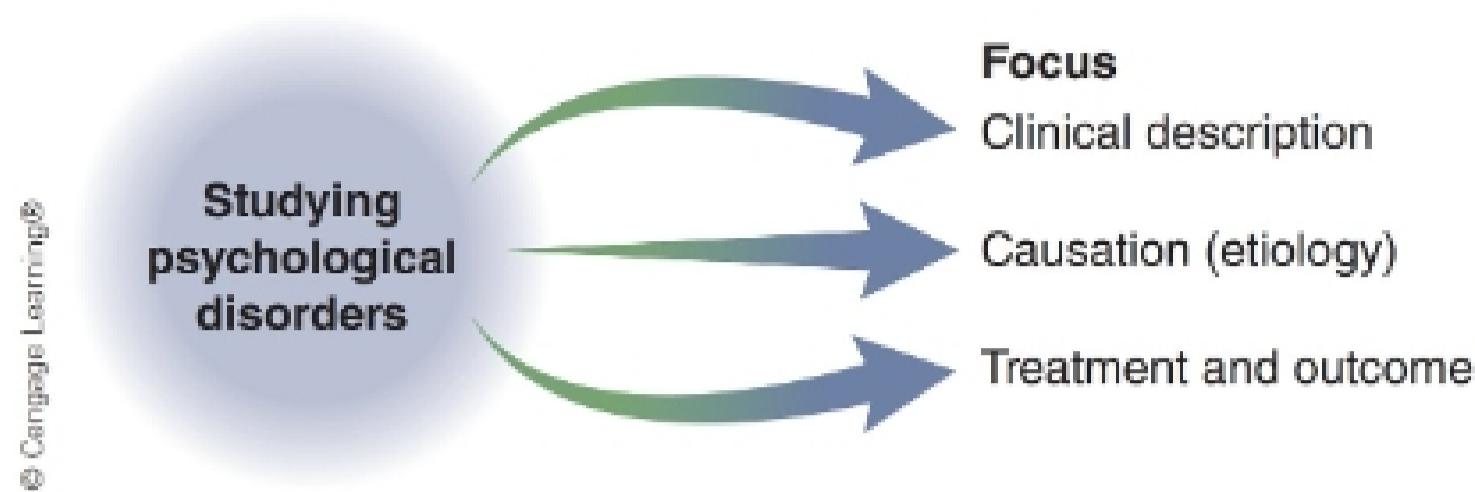
- A psychological dysfunction associated with distress or impairment in functioning that is not typical or culturally expected

The Science of Psychopathology

- Psychopathology is the scientific study of psychological disorders
 - Origins, symptoms & development of psychological disorders
- Conducted by
 - Clinical and counseling psychologists
 - Psychiatrists
 - Psychiatric social workers
 - Psychiatric social workers
 - Psychiatric nurses
 - Marriage and family therapists
 - Mental health counselors
- Research about psychological disorders falls into three basic categories: description, causation, and treatment and outcomes

The Scientist-Practitioner

- Interactions of clinical work and science – mental health professional:
 - Consumer of science
 - Informs practice
 - Enhancing the practice
 - Evaluator of science
 - Utilizes science
 - Determining the effectiveness of practice
 - Creator of science
 - Synthesizes both
 - Conducting research that leads to new procedures useful in practice



Clinical Description

- Course
 - Chronic (ie. Mental retardation)
 - Episodic (ie. Panic disorder)
 - Time-limited (ie. Delirium)
- Onset
 - Acute vs. insidious
 - Acute: begins suddenly
 - Insidious: develops gradually over an extended period of time
- Prognosis
 - Good vs. guarded
 - How the disorder will progress over time
- * It begins with the presenting problem (that is what first brings client into therapy (may or may not be main problem))
 - Clinical description aims to determine:
 - Dysfunction vs. common experience
 - The unique combination of behaviors, thoughts & feelings that make up specific disorder
- Age of onset may shape presentation
 - Developmental psychology
 - Developmental psychopathology
 - Life-span developmental psychopathology
- **Prevalence:** how many people in a certain population have disorder
- **Incidence:** the number of new cases over time

** Causation, Treatment and Etiology Outcomes

- Etiology
 - Cause or development of psychopathology
- Treatment
 - Drugs and/or psychosocial
- Treatment outcome research
 - How do we know that it helped?

Historical Conceptions of Abnormal Behavior

- Major psychological disorders have existed across time and cultures
- Causes and treatment of abnormal behavior varied widely, depending on context