

# Abnormal Psychology

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## What is abnormality in psychology

- It is a psychological or physical **behavior** state that will **lead** a person to an **impaired or damageable** situation towards **interpersonal functions**.

## What can be called “*Abnormal*”

- People are allowed to have emotions, people that have been through negative events will have the negative emotions, and this is **normal**.
- But if this effect the person for too long time it will slowly become a lead to disorder and the symptoms will slowly develop to a disorder level gradually through time, further can be presented as a total **disfunction**.

# The five perspectives of measuring abnormal psychology

- **Abnormality as a deviation from social norms**
  - **Derivation:** a unhealthy individual will slowly cut-off the connection themselves to the outside world.
- **Abnormality as inadequate(lack) functioning — need to consider the duration**
  - **Inadequate:** is how the abnormal psychological status effected the individual, that interpreted his or her life?
- **Abnormality as a deviation from ideal mental health**
  - **Deviation from ideal mental health:** is how the individual's abnormal behavior is different; to what extent of differentiation is toward a normal psychological status.
- **Abnormality as statistical infrequency**
  - **Statistical infrequency:** the status of their behavior is neither stable or sustainable, their emotions will switch in a higher frequency. Further this situation can be understood as unstable mental condition and performance.
- **The medical model of abnormality**
  - **Medical model for abnormality:** the reverse of abnormal psychology, every symptom has it's responsible way of treatment, could either be physical: pills intake to cure endocrine system problems, or psychological ways: psychiatrist: to have changes in cognitive perspectives.

## The difference between Inadequate and disorder

- **Inadequate:** individuals will be influenced by a traumatic event for a period of time, due to the normal emotion responding. This affection can last from 1 day

to 2 weeks, sometimes even 1 month, causing the individual has less desire to sleep, get enough nutrients, but he or she will eventually to solve the problem and overcome the problems.

- **Disorder:** when an individual's inadequate influence is being extended to a long time such as months, unable to sleep, eat and move around; that further starts to fall into a total **life-disfunction status** that sticks in the individual's cognition, that will further **develop as an disorder**. Mental diseases are **not the final result** of disfunction, it **is the lead** of the final disfunction.

## How are mental illness being identified

There are three indicators of abnormal & pathological psychology

- DSM-5: Diagnoses & Statistic Manual on Mental Disorders.
- ICD-11: International statistical classification of diseases and related health problems
- CCMD-3: Chinese classification and diagnostic Criteria for mental Disorders.

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