Abnormal psychology 3rd edition beidel

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Abnormal Psychology: An Overview**

What is Abnormal Psychology?

Abnormal psychology is the study of mental, emotional, and behavioral disorders that deviate significantly from societal norms and cause significant distress or impairment.

New Names for Abnormal Psychology

In recent years, the field of abnormal psychology has adopted alternative names, such as:

- Psychological Disorders
- Clinical Psychology
- Psychopathology

The 3 Ds and 4 Ds of Abnormal Psychology

• The 3 Ds:

Deviation: Behavior that deviates from societal norms.

Distress: Subjective feelings of discomfort or unhappiness.

 Dysfunction: Impairment in social, occupational, or other important areas of functioning.

• The 4 Ds:

- The 3 Ds (as above)
- Danger: Behavior that poses a risk to self or others.

Elements of Abnormal Psychology

Abnormal psychology encompasses four key elements:

- Classification: Identifying and describing different mental disorders.
- Etiology: Exploring the causes and risk factors for psychological disorders.
- Assessment: Evaluating individuals to diagnose and understand their psychological distress.
- Treatment: Developing and implementing interventions to address psychological disorders.

Perspectives of Abnormal Psychology

The field of abnormal psychology is informed by various perspectives, including:

- Biological perspective: Emphasizes the role of genetics, neurochemistry, and brain structure in psychological disorders.
- **Psychological perspective:** Focuses on cognitive, emotional, and behavioral factors that contribute to abnormal behavior.
- **Sociocultural perspective:** Considers the influence of social and cultural factors on the development and experience of psychological disorders.

Differences between Social Psychology and Abnormal Psychology

Social psychology and abnormal psychology are distinct fields that study different aspects of human behavior:

- **Social psychology:** Focuses on the influence of social factors on normal behavior and interpersonal relationships.
- Abnormal psychology: Focuses on mental, emotional, and behavioral disorders that significantly deviate from societal norms and cause significant distress or impairment.

Father of Abnormal Psychology

Wilhelm Wundt is widely considered the father of abnormal psychology, as he established the first laboratory dedicated to the scientific study of mental disorders in 1879.

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