

Abnormal psychology 7th edition rar

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Abnormal Psychology: An Overview**

What is Abnormal Psychology?

Abnormal psychology, as defined by the American Psychological Association (APA), is a field that studies and attempts to understand deviations from mental well-being, including psychological distress and dysfunction.

How to Cite Abnormal Psychology 17th Edition APA

- American Psychological Association. (2018). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: Author.

Definitions of Abnormal Psychology

- **APA:** Abnormality refers to "any thoughts, feelings, or behaviors that are unexpected or significantly different from the average" and cause distress or impairment in functioning.
- **Other Definitions:**
 - Deviation from societal norms
 - Maladaptive behavior
 - Failure to meet expectancy or optimal functioning

The 4 D's of Abnormal Behavior

According to the APA, abnormal behavior can be characterized by the following four traits:

- **Deviant:** Significantly different from the average
- **Distressful:** Causes discomfort or pain
- **Dysfunctional:** Impairs functioning in daily life
- **Dangerous:** Presents a risk to self or others

DSM-5 in Abnormal Psychology

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) is a diagnostic manual developed by the APA that provides criteria for diagnosing mental disorders. It is widely used in clinical and research settings.

Citing Essentials of Abnormal Psychology 7th Edition

- Westen, D. (2019). *Essentials of abnormal psychology* (7th ed.). Belmont, CA: Wadsworth Cengage Learning.

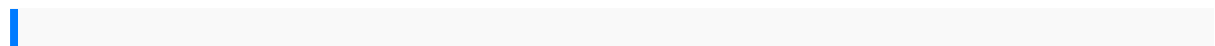
Criteria for Abnormal Behavior

The APA provides several criteria for determining abnormal behavior:

- Deviation from societal norms
- Distress or impairment
- Danger to self or others
- Violation of legal or ethical standards

What is the APA Definition of a Psychological Disorder?

A psychological disorder is defined by the APA as "an abnormality in an individual's cognitive processes, emotional responses, or behavior that causes clinically significant distress or impairment in social, occupational, or other important areas of functioning."



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