

Abnormal psychology 4th edition by nolen hoeksema

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Understanding Abnormal Psychology**

Abnormal psychology is the study of mental health disorders, focusing on their causes, symptoms, and treatment. It encompasses several key elements:

4 Elements of Abnormal Psychology

- **Deviation:** Behavior that significantly differs from societal norms or expectations.
- **Distress:** Subjective feelings of discomfort or unhappiness associated with the behavior.
- **Dysfunction:** Impaired functioning in various areas of life, such as work, relationships, or daily activities.
- **Danger:** Behavior that poses a threat to oneself or others.

4 Ds of Abnormality in Psychology

- **Deviance:** Departing from cultural norms.
- **Distress:** Causing significant psychological discomfort.
- **Dysfunction:** Impairing daily functioning.
- **Dangerousness:** Posing a risk to self or others.

New Name for Abnormal Psychology Journal

The journal previously known as "Abnormal Psychology" has been renamed "Psychological Science in the Public Interest" (PSPI).

Classification of Abnormal Behavior in Psychology

Mental health disorders are classified into various categories, including:

- Anxiety disorders
- Mood disorders
- Psychotic disorders
- Personality disorders
- Substance use disorders

4 Major Indicators of Abnormality

- **Deviation:** Extreme behavior that deviates significantly from the norm.
- **Distress:** Subjective distress or unhappiness caused by the behavior.
- **Dysfunction:** Impaired social, occupational, or other important areas of functioning.
- **Danger:** Behavior that poses a serious risk to self or others.

4 Elements of Psychology

- **Bionarrative:** Emphasizes biological and genetic factors.
- **Psychodynamic:** Focuses on unconscious conflicts and early childhood experiences.
- **Behavioral:** Examines learned behaviors and environmental influences.
- **Cognitive:** Investigates mental processes, such as thoughts, beliefs, and perceptions.

4 Definitions of Abnormality Psychology A Level

- **Statistical:** Behavior that falls outside of a specific range in terms of frequency or statistical distribution.
- **Cultural:** Behavior that violates societal norms or expectations.

- **Adjustment:** Behavior that impairs one's ability to adapt to their environment.
- **Value:** Behavior that conflicts with the values or beliefs of the observer.

4 Ds in Therapy

- **Disclose:** Encouraging clients to share their thoughts and feelings.
- **Discover:** Helping clients identify patterns and underlying issues.
- **Develop:** Setting goals and developing coping mechanisms.
- **Do:** Applying learned strategies in real-life situations.

7 Perspectives of Abnormal Psychology

- Biological
- Psychodynamic
- Behavioral
- Cognitive
- Humanistic-existential
- Sociocultural
- Evolutionary

4 Ways to Define Abnormal Behavior

- **Statistical:** Deviating from the norm.
- **Cultural:** Violating cultural expectations.
- **Adjustment:** Impairing adaptation.
- **Value:** Conflicting with societal values.

4 Criteria for Determining Abnormality

- **Deviation:** Extreme behavior.
- **Distress:** Significant psychological discomfort.
- **Dysfunction:** Impaired daily functioning.
- **Danger:** Risk to self or others.

4 Facets of Psychological Disorders

- **Symptoms:** Observable signs or experiences of a disorder.
- **Diagnosis:** Formal classification of a disorder based on specific criteria.
- **Treatment:** Interventions aimed at reducing symptoms and improving functioning.
- **Prognosis:** Prediction of the likely course and outcome of a disorder.

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