

# Abnormal psychology 2nd edition beidel

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Understanding Abnormal Psychology: Concepts, Models, and Theories\*\*

Abnormal psychology is the study of mental and behavioral disorders that significantly impair an individual's functioning. It involves the exploration of the underlying causes, symptoms, diagnosis, and treatment of these disorders.

### 3Ds of Abnormal Psychology

The 3Ds of abnormal psychology refer to the criteria used to define a condition as pathological:

- **Disturbance:** A significant deviation from typical patterns of thought, emotion, or behavior.
- **Dysfunction:** Impairment in an individual's ability to function normally in daily life.
- **Distress:** Subjective discomfort and suffering experienced by the individual or those around them.

### Different Models of Abnormal Psychology

Several models have been proposed to explain the development of abnormal psychology:

- **Medical Model:** Views disorders as diseases with biological causes, similar to physical illnesses.
- **Psychodynamic Model:** Focuses on unconscious conflicts and early life experiences that shape personality and contribute to psychological problems.

- **Behavioral Model:** Emphasizes the role of learned behavior patterns in the development and maintenance of disorders.
- **Cognitive Model:** Explores how distorted thoughts and beliefs can lead to psychological distress.
- **Biopsychosocial Model:** Considers the interplay of biological, psychological, and social factors in the etiology of disorders.

## **New Names for Abnormal Psychology**

In recent years, the field of abnormal psychology has adopted new names to reflect a broader and more inclusive approach:

- **Clinical Psychology**
- **Psychopathology**
- **Behavioral Health**

## **Theories of Abnormal Psychology**

Numerous theories seek to explain the causes and mechanisms of abnormal psychology:

- **Biological Theories:** Explore genetic, neurological, and biochemical factors that may contribute to disorders.
- **Psychological Theories:** Focus on personality traits, coping mechanisms, and cognitive processes that may lead to psychological distress.
- **Social Theories:** Examine the role of environmental factors, social stressors, and cultural influences in the development of disorders.

## **Seven Perspectives of Abnormal Psychology**

The field of abnormal psychology encompasses seven main perspectives:

- **Biological**
- **Psychodynamic**
- **Behavioral**
- **Cognitive**

- **Humanistic-Existential**
- **Sociocultural**
- **Diathesis-Stress Model**

### Three Concepts of Abnormal Psychology

The core concepts of abnormal psychology include:

- **Mental Illness:** A severe disorder that significantly impairs an individual's functioning.
- **Personality Disorder:** A pattern of enduring, inflexible personality traits that cause distress or impairment.
- **Psychological Adjustment:** The ability to cope with life stresses and adapt to changing circumstances.

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