

Abnormal psychology third edition

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Abnormal Psychology: An Overview**

Defining Abnormal Psychology

Abnormal psychology is the study of psychological disorders, their causes, symptoms, and treatments. The field incorporates various perspectives to understand the complexities of mental health and abnormal behavior.

3 Ds of Abnormal Psychology

The 3 Ds of abnormal psychology refer to:

- **Deviance:** Behavior that deviates significantly from societal norms.
- **Distress:** Causing significant emotional or functional impairment.
- **Dysfunction:** Impaired ability to perform everyday tasks or relationships.

4 Elements of Abnormal Psychology

Abnormal psychology encompasses four elements:

- **Description:** Identifying and classifying symptoms of psychological disorders.
- **Causes:** Exploring the biological, psychological, and social factors contributing to disorders.
- **Treatment:** Developing and implementing effective interventions to alleviate symptoms.
- **Prevention:** Identifying risk factors and implementing strategies to reduce the onset of disorders.

7 Perspectives of Abnormal Psychology

Different perspectives within abnormal psychology include:

- **Biological:** Focuses on physical, genetic, and biochemical factors.
- **Psychodynamic:** Emphasizes unconscious conflicts and childhood experiences.
- **Behavioral:** Examines observable behaviors and their reinforcement patterns.
- **Cognitive:** Explores thought processes, beliefs, and biases.
- **Humanistic-Existential:** Highlights free will, personal growth, and meaning-making.
- **Sociocultural:** Considers cultural, socioeconomic, and environmental influences.
- **Positive psychology:** Focuses on strengths, well-being, and resilience.

4 D's of Abnormal Psychology

The 4 D's of abnormal psychology refer to:

- **Diagnosis:** Classifying psychological disorders based on specific criteria.
- **Description:** Describing the symptoms and course of disorders.
- **Development:** Understanding the onset, progression, and potential resolution of disorders.
- **Durability:** Examining the persistence and resistance to treatment of disorders.

Key Points of Abnormal Psychology

- **Historical Roots:** Originated in the 18th century with the development of mental hospitals.
- **Prevalence:** Psychological disorders affect a significant proportion of the population.

- **Stigma:** Mental illness can be associated with negative societal attitudes and discrimination.
- **Treatment:** Range of therapeutic interventions exist, including psychotherapy, medication, and lifestyle modifications.
- **Recovery:** Many individuals with psychological disorders can recover and live fulfilling lives.

Additional Information

- **Abnormal Psychology 10th Edition:** Published in 2023 by Cengage Learning.
- **Real World Psychology 3rd Edition:** Published in 2021 by Taylor & Francis.
- **New Name for Abnormal Psychology Journal:** Journal of Abnormal Psychology: Clinical and Translational Science
- **Duration of Abnormal Psychology:** Existed for over two centuries.

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