

# Abnormal psychology 15th edition by butcher james n mineka susan m hooley jil

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Abnormal Psychology: A Comprehensive Overview\*\*

### **What is Abnormal Psychology?**

Abnormal psychology, also known as psychopathology, is a branch of psychology that focuses on abnormal behavior, its causes, and treatment. The field seeks to understand the psychological and behavioral factors that differentiate individuals with mental health conditions from those without.

### **History and Evolution of the Field:**

- **Abnormal psychology began as an interdisciplinary study**, influenced by medicine, philosophy, and sociology.
- **In 1949, the American Psychological Association (APA) established the Division of Abnormal Psychology (Division 12).**
- **The field has undergone significant advancements over the years**, including the development of the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the emergence of new therapeutic approaches.

### **Key Points of Abnormal Psychology:**

- **Definition of Abnormal Behavior:** Abnormal behavior is characterized by its deviance, distress, and dysfunction.
- **Causes of Abnormal Behavior:** Abnormal psychology explores various factors that can contribute to mental health issues, such as genetics,

environment, and psychological stressors.

- **Diagnosis and Classification:** The DSM is used to diagnose and classify mental health conditions based on specific criteria.
- **Treatment:** Abnormal psychology aims to provide evidence-based treatments for mental health conditions, including psychotherapy, medication, and other interventions.

### **Perspectives on Abnormal Psychology:**

There are numerous perspectives on abnormal psychology, including:

- **Biological Perspective:** Focuses on the role of genetics, brain chemistry, and neural pathways in mental disorders.
- **Psychodynamic Perspective:** Explores unconscious motivations and conflicts as the root of abnormal behavior.
- **Behavioral Perspective:** Emphasizes the role of learning and conditioning in shaping behavior, including abnormal behavior.
- **Cognitive Perspective:** Investigates the role of faulty cognitions and thought patterns in mental health issues.
- **Humanistic Perspective:** Focuses on the importance of personal growth, free will, and the search for meaning in life.
- **Sociocultural Perspective:** Examines the influence of societal factors, such as culture, ethnicity, and socioeconomic status, on mental health.
- **Biopsychosocial Perspective:** Integrates aspects of the biological, psychological, and social perspectives to provide a comprehensive understanding of abnormal behavior.

### **Diagnostic and Statistical Manual of Mental Disorders (DSM 5):**

The DSM 5 is a comprehensive diagnostic manual used by mental health professionals to diagnose mental health conditions. It contains specific criteria and guidelines for classifying different disorders.

### **Duration and Extent of Study:**

Abnormal psychology is typically offered as a one-semester course at the undergraduate level. The number of pages in textbooks for abnormal psychology varies, but it is typically around 500-700 pages. The DSM 5 is approximately 1,270 pages. The number of pages in the DSM 2 was significantly smaller, around 134 pages.

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