

# Abnormal psychology 5th edition

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Abnormal Psychology: Key Concepts and Terminology\*\*

### Three Ds

The 3Ds of abnormal psychology refer to:

- **Deviance:** Behavior that differs significantly from societal norms.
- **Dysfunction:** Behavior that impairs an individual's daily functioning.
- **Distress:** Emotional or psychological discomfort caused by behavior.

### Five Ds

The 5Ds of abnormal psychology include the 3Ds plus:

- **Dangerousness:** Behavior that poses a threat to self or others.
- **Duration:** The length of time that symptoms have persisted.

### Seven Perspectives of Abnormal Psychology

Abnormal psychology can be viewed through seven perspectives:

- **Biological:** Emphasizes genetic, physiological, and neurological factors.
- **Psychodynamic:** Focuses on unconscious conflicts and defense mechanisms.
- **Behavioral:** Examines learned behaviors and their impact on mental health.
- **Cognitive:** Investigates how thoughts, beliefs, and perceptions contribute to abnormal behavior.

- **Humanistic:** Emphasizes personal growth, free will, and the pursuit of self-actualization.
- **Sociocultural:** Explores the influence of social and cultural factors on psychological disorders.
- **Biopsychosocial:** Integrates biological, psychological, and social factors in understanding abnormal behavior.

## **DSM-5 in Abnormal Psychology**

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) is the primary diagnostic tool used in abnormal psychology. It provides criteria for diagnosing mental illnesses and disorders.

## **Abnormal Psychology 10th Edition**

The 10th edition of "Abnormal Psychology" by Barlow, Durand, Hofmann, Lalumière, and Stein was published in 2018.

## **Psychology 5th Edition Publisher**

The 5th edition of "Psychology" by David Myers is published by Worth Publishers.

## **Four Ds of Abnormal Psychology**

Some sources add a fourth D to the 3Ds:

- **Disturbance:** A subjective feeling of psychological discomfort or distress.

## **Three Perspectives of Abnormal Psychology**

In addition to the seven perspectives, three main perspectives in abnormal psychology include:

- **Medical model:** Views mental disorders as medical illnesses with specific causes and treatments.
- **Psychological model:** Emphasizes psychological factors in the development and treatment of mental disorders.

- **Sociocultural model:** Highlights the role of social and cultural factors in mental health and illness.

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