

Abnormal psychology 12th edition dsm 5 update ann m

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The Diagnostic and Statistical Manual of Mental Disorders (DSM)**

What is the DSM in Psychology?

The DSM is a widely used manual for diagnosing mental disorders, published by the American Psychiatric Association (APA). It provides criteria for diagnosing over 150 mental disorders, including anxiety disorders, mood disorders, and personality disorders.

What is Abnormal Behavior in Psychology?

Abnormal behavior is behavior that deviates significantly from social norms and expectations, causing distress or impairment in functioning. It can manifest in various ways, such as psychological distress, social deviance, and physical harm.

How to Diagnose Abnormal Psychology

The DSM is used to diagnose abnormal psychology by comparing an individual's symptoms to the diagnostic criteria for specific mental disorders. Symptoms are assessed through clinical interviews, observation, and psychological testing.

Four Ways to Define Abnormal Behavior

According to the APA, abnormal behavior can be defined based on:

1. **Statistical Deviance:** Behavior that falls outside the normal range of distribution.

2. **Social Norms:** Behavior that violates societal expectations and values.
3. **Maladaptive Outcomes:** Behavior that causes harm or distress to the individual or others.
4. **Subjective Distress:** Behavior that causes significant psychological discomfort.

Can I View DSM-5 Online?

Yes, the DSM-5 can be viewed online through the APA website or purchased as a hard copy.

Most Recent DSM Update

The most recent update to the DSM is DSM-5, released in 2013.

DSM-5 in Psychology

DSM-5 provides a standardized and evidence-based approach to diagnosing mental disorders. It is widely used by clinicians, researchers, and other mental health professionals.

Abnormal Psychology According to the APA

The APA defines abnormal psychology as "an area of study concerned with the understanding, assessment, and treatment of individuals who experience psychological distress or dysfunction and who may behave in ways that are considered deviant or maladaptive."

Theories of Abnormal Psychology

Various theories attempt to explain the causes of abnormal psychology, including:

- Biological theories (e.g., genetic predispositions or brain imbalances)
- Psychological theories (e.g., learning theories or cognitive biases)
- Social theories (e.g., stressful life events or societal pressures)
- Integrative theories (e.g., combining biological, psychological, and social factors)

DSM-5 for Psychological Disorders

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The DSM-5 is the standard manual for diagnosing psychological disorders. It classifies disorders into various categories, such as anxiety disorders, mood disorders, and personality disorders.

DSM-5 vs. ICD-10 in Psychology

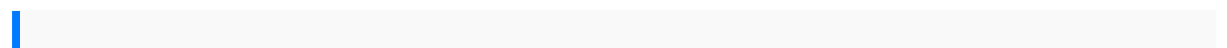
DSM-5 and the International Classification of Diseases, 10th Revision (ICD-10), are two widely used diagnostic manuals. While both classify mental disorders, DSM-5 is more detailed and used primarily in the United States, while ICD-10 is used internationally.

DSM-4 in Psychology

DSM-4 was the previous version of the DSM, released in 1994. It has been replaced by DSM-5.

Do Psychologists Use DSM or ICD?

Psychologists may use either DSM or ICD, depending on their location and specialty. Many psychologists in the United States use DSM, while psychologists in other countries may use ICD.



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