

Abnormal psychology 12th edition kring

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Abnormal Psychology: A Comprehensive Overview**

Definition and Course Description

Abnormal psychology, also known as psychopathology, is a branch of psychology that focuses on the study, assessment, and treatment of psychological disorders. It examines the causes, symptoms, and methods of diagnosing and managing mental health conditions.

Elements of Abnormal Psychology

The four elements that define abnormal psychology are:

- **Psychological Distress:** Experiencing significant emotional or mental discomfort due to the condition.
- **Impairment:** Difficulties in daily functioning, such as work, relationships, or self-care.
- **Atypicality:** Deviating from expected norms or behavior patterns.
- **Violation of Social Norms:** Engaging in actions that are considered socially unacceptable.

Study of Abnormal Psychology

The study of abnormal psychology involves:

- **Assessment:** Using diagnostic criteria to identify and classify psychological disorders.

- **Causes:** Exploring the biological, psychological, and social factors that contribute to mental illness.
- **Treatment:** Developing and evaluating interventions to manage or cure psychological disorders.

Biological Model

The biological model in abnormal psychology attributes mental disorders to biological factors, such as:

- **Genetics:** Inherited characteristics that increase susceptibility to disorders.
- **Neurochemistry:** Imbalances in brain chemicals, such as serotonin and dopamine.
- **Brain Structure and Function:** Abnormalities in brain regions involved in cognition, emotion, and behavior.

4 D's of Abnormal Psychology

The 4 D's of abnormal psychology refer to four key dimensions of psychological disorders:

- **Deviance:** Departure from expected norms.
- **Distress:** Subjective experience of emotional or mental distress.
- **Disability:** Impairment in daily functioning.
- **Danger:** Potential harm to oneself or others.

12 Major Psychological Disorders

The American Psychological Association (APA) recognizes 12 major psychological disorders, grouped into six categories:

- **Anxiety Disorders:** Generalized Anxiety Disorder, Panic Disorder, Phobias
- **Mood Disorders:** Depression, Bipolar Disorder
- **Psychotic Disorders:** Schizophrenia
- **Personality Disorders:** Borderline Personality Disorder, Narcissistic Personality Disorder

- **Eating Disorders:** Anorexia Nervosa, Bulimia Nervosa
- **Substance-Related Disorders:** Alcoholism, Drug Addiction

7 Perspectives of Abnormal Psychology

Different perspectives offer varying explanations for psychological disorders:

- **Biological:** Focuses on the role of genetics and brain functioning.
- **Psychodynamic:** Explores unconscious conflicts and childhood experiences.
- **Behavioral:** Attributes disorders to learned behaviors and conditioning.
- **Cognitive:** Emphasizes distorted thought patterns and beliefs.
- **Humanistic:** Stresses personal growth and self-actualization.
- **Sociocultural:** Examines the influence of social and cultural factors.
- **Integrative:** Combines elements from multiple perspectives.

7 Types of Mental Disorders

Mental disorders can be classified into seven general types:

- **Anxiety Disorders**
- **Mood Disorders**
- **Psychotic Disorders**
- **Personality Disorders**
- **Eating Disorders**
- **Impulse Control and Conduct Disorders**
- **Neurodevelopmental Disorders**

Abnormal Psychology Terminology

- **Abnormality:** A condition that deviates significantly from expected norms and causes distress or impairment.
- **Psychological Disorder (DSM-5):** A mental illness recognized by the American Psychiatric Association.

- **Course Definition:** A description of the onset, duration, and progression of a psychological disorder.

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