

Abnormal Psychology Study Guide and Notes 2.0

Chapter 1 Abnormal Psychology: Overview and Research Approaches

- Indicators of Abnormalities-
- Subjunctive distress- counter would be distress from taking an exam
- Maledaptiveness- a counter would be antisocial disorder it doesn't interfere with their well being it is normal to them however it is still abnormal because of violation of the standards of society.
- Statistical Deviance- this meaning away from normal but a counter would be Autism. People on the spectrum are not of median standards but that does not make them abnormal.
- Violation of the Standards of Society- this can be difficult to use because social norms differ for each culture an example being cell phone use. To us, people who live in a downtown area, it is normal to be using our cell phones and laptops but to Amish people, it would be abnormal to them.
- Social Discomfort- the scenario of an empty bus and a person sits right next to you when they get on. This could be normal depending on the person.
- Irrationality and Unpredictability- an example of this would be a person next to starts screaming and shouting without any known reason, however, a counter would be if you were to walk by your friend's room to hear them reciting lines for a play. This could be considered abnormal because it's not rational to talk to yourself but this is not abnormal.
- Dangerousness- a counter to this would be people in the military. Yes, they are a danger to others around them but not for the reason of abnormalness. Its to protect their country and fellow soldiers.
- The DSM provides a similar classification system to medicine. However, this can be a problem because some disorders may share symptoms of other disorders, making it hard to classify them.
- The DSM is not completed it is always a work in progress.
- Classifying disorder is good because it can help us have a more organizational framework. This helps with research and treatment.
- A negative aspect of classification is that we lose the specificity, personal information about the person with the disorder. This can also cause stigmas and labels associated with the disorders. This negative demeanor leads many to not seek the treatment they need. → Culture shapes the view of disorders in some cases.
- Certain disorder can be specific to certain cultures
 - Taijin kyoфusho- an anxiety disorder specific to japan. It is when one is scared that a party of their body will offend another person.
 - Ataque de nervios- specific to Caribbean women. Random episodes of hysteria and often ending with them not remembering.
- Epidemiology- the study of the distribution and frequency of disorders.
- Incidence- the number of new cases that occur in a given period of time.
- Prevalence- the total number of cases in a population during any specific period of time.
- Just under 50 percent of people will experience some type of mental disorder in the span of their life.
- Research can be held in any setting it only really depends on the methodology of the researcher.
- Information can be collected in three ways:

Abnormal Psychology Sample Test 2 Study Guide

Catherine E. Seta

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