
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
- **Maladaptiveness-** 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 abnormality. 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 kyofusho-** 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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