

Abnormal Psychology

Notes

Jan. 26th

- **Abnormal Psychology**
 - o The scientific study of abnormal behavior in an effort to describe, predict, explain and change abnormal patterns of functioning
 - o Many definitions have been proposed but there is no consensus definition

- **The Five Ds**
 - o Deviance- different, extreme, unusual perhaps even bizarre
 - o Distress- unpleasant and upsetting to the person
 - o Dysfunction- interfering with the person's ability to conduct daily activities in a constructive way
 - o Disability- poor functioning
 - o Danger- posing risk of harm

- **The Elements of Abnormality**
 - o Suffering
 - o Maladaptiveness
 - o Deviancy
 - o Violation of the Standards of Society
 - o Social discomfort
 - o Irrationality and unpredictability
 - o Dangerousness

- **What Is Treatment?**
 - o All forms of therapy have three essential features:
 - A sufferer who seeks relief from the healer
 - A trained, socially accepted healer, whose expertise is accepted by the sufferer and his or her social group
 - A series of contacts between the healer and the sufferer, through which the healer... tries to produce certain changes in the sufferer's emotional state, attitudes, and behavior

Behavioral medicine: study of factors affecting medical illness

Health psychology: promotion of health

Take Note To Accompany Abnormal Psychology

Yan Bai



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