

Abnormal Psychology

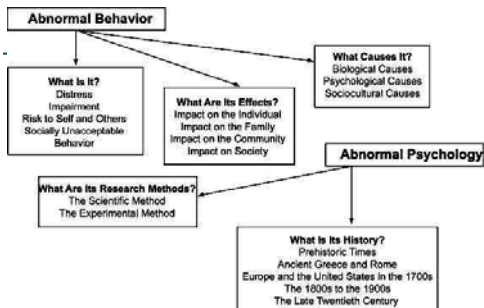
Clinical Perspectives on Psychological Disorders 5e

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Chapter 1

Understanding
Abnormality:
A Look at History
and Research Methods



DO YOU THINK ANY OF THESE BEHAVIORS ARE ABNORMAL?

- Having a “lucky” seat in an exam?
- Being unable to eat, sleep, or study for days after the breakup of a relationship?
- Breaking into a cold sweat at the thought of being trapped in an elevator?
- Refusing to eat solid food for days in order to stay slim?
- Washing your hands thoroughly after riding a bus?
- Believing government agents monitor your phone calls?
- Drinking a six-pack of beer daily to be social after work?

ABNORMAL BEHAVIOR:

- Distress
- Impairment
- Risk to self or other people
- Socially and culturally unacceptable behavior



What Causes Abnormality?

Causes of Abnormality

Biological	genetic inheritance medical conditions brain damage exposure to environmental stimuli
Psychological	traumatic life experiences learned associations distorted perceptions faulty ways of thinking
Sociocultural	disturbances in intimate relationships problems in extended relationships political or social unrest discrimination toward one's social group

Causes of Abnormality

Three dimensions of the causes of abnormality:

- biological
- psychological
- sociocultural

Social scientists use the term

BIOPSYCHOSOCIAL to characterize the interactions among these three dimensions.

Biopsychosocial Perspective

Diathesis-Stress Model:

The proposal that people are born with a predisposition (or "**diathesis**") that places them at risk for developing a psychological disorder if exposed to certain extremely stressful life experiences.

Abnormal Psychology Throughout History

Three prominent themes in explaining psychological disorders recur throughout history:

- The mystical
- The scientific
- The humanitarian



Prehistoric Times: Abnormal Behavior as Demonic Possession

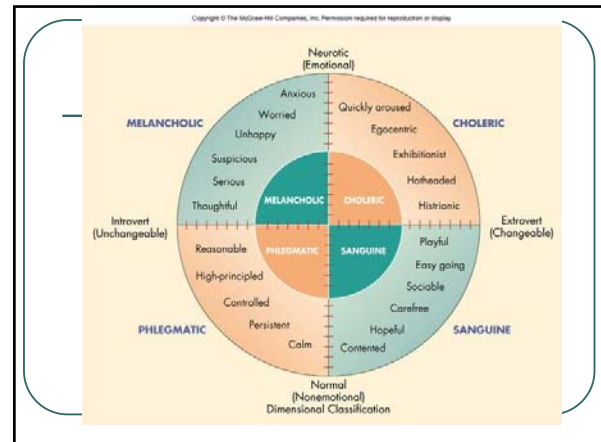
- Trephining
- Exorcism



Ancient Greece and Rome: Emergence of the Scientific Model

- Hippocrates (*circa* 460-377 B.C.)
 - Theory of 4 Humors

- Black bile (“melancholic”)
- Yellow bile (“choleric”)
- Phlegm (“phlegmatic”)
- Blood (“sanguine”)



Ancient Greece and Rome: Emergence of the Scientific Model

- Hippocrates (*circa* 460-377 B.C.)
 - Theory of 4 Humors
 - Treatment
 - Bleeding
 - Purging
 - Inducing Nausea
 - Proper Nutrition



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Ancient Greece and Rome: Emergence of the Scientific Model

- ◆ Hippocrates (*circa* 460-377 B.C.)
- ◆ Aesclepiades (1st Century B.C.)
- ◆ Galen (130-200 A.D.)

The Middle Ages and Renaissance: Re-emergence of Spiritual Explanations

- Explanations: Superstition, astrology, alchemy
- Treatments: Magical rituals, exorcism, folk medicines
- Witch hunts
- Asylums

Europe and the United States in the 1700s: The Reform Movement

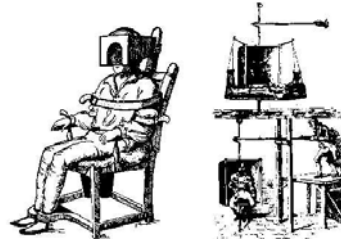
- Vincenzo Chiarugi
- Philippe Pinel
- Jean-Baptiste Pussin



More Reformers

- William Tuke, Moral Treatment
- Benjamin Rush
- Dorothea Dix, State Hospital Movement

Benjamin Rush's Methods



Rush and his contemporaries thought that fright induced by their methods would counteract their patients' mental illnesses.

1800s to 1900s: Alternative Models

- Medical Model
- Mesmerism, Hypnotism
- Psychoanalytic Model
 - Psychoanalysis
 - Psychotherapy



Source of illustration: Corbis/Bettmann.

The Late Twentieth Century: The Challenge of Providing Humane and Effective Treatment



- Medications
- Deinstitutionalization Movement
- Managed Health Care

Research Methods in Abnormal Psychology

The Scientific Method

- Objectivity
- Observation
- Hypothesis Formation
- Ruling Out Competing Explanations With Proper Controls



The Experimental Method

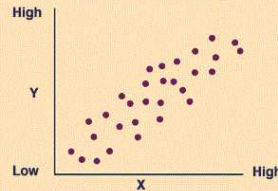
independent variable
(the possible cause)



dependent variable
(the outcome measured)

The Correlational Method

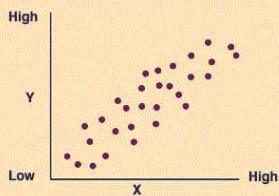
Positive correlation
(As the value of X increases,
the value of Y increases.)



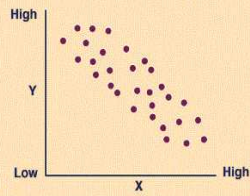
correlation:
an association
(or co-relation)
between two
variables.

The Correlational Method

Positive correlation
(As the value of X increases,
the value of Y increases.)

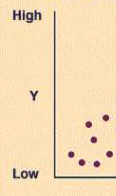


Negative correlation
(As the value of X increases,
the value of Y decreases.)

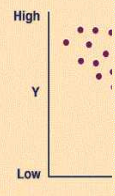


The Correlational Method

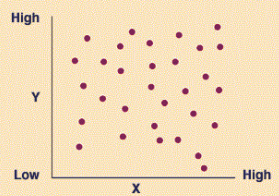
Positive correlation
(As the value of X increases,
the value of Y increases.)



Negative correlation
(As the value of X increases,
the value of Y decreases.)



Zero correlation
(No relationship between X and Y.)



The Survey Method

Researchers use the survey method to gather information from a sample considered representative of a particular population.

Incidence:

The frequency of new cases within a given time period.



Prevalence:

The number of people who ever had a disorder or the total number of cases at a given time.

The Case Study Method

Single-Subject Design

Studies of Genetic Influence

The Human Experience of Psychological Disorders

MYTHS OF MENTAL ILLNESS

- o Creative people are a little “crazy.”
- o People with mental disorders are dangerous.
- o Most older people are senile.
- o Freud was only concerned with sex.
- o Criminals are born “bad.”
- o Asthma is caused by emotional problems.
- o Suicidal individuals rarely talk about suicide.
- o People with schizophrenia have multiple personalities.

Impact on the Individual

- Stigma
- Distress



Impact on the Family



- Affected by loved ones' distress.
- Also share a sense of stigma.

Impact on the Community and Society



- homelessness
- health attention
- communities divided

Internet Resource

For more information on material covered in this chapter, visit our Web site:



<http://www.mhhe.com/halgin5>