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Abnormal Psychology 342

Unit 1 Chapter 1 and 3 Questions

Chapter 1 Question #1 The four “D’s”

There are four psychological abnormalities described in the letter “D”. Deviance, distress, dysfunction and danger. Deviance is described as a reaction to an unexpected situation in someone’s life. They are not able to react to the issue in a healthy manner because of the sudden normalcy brought from society. To judge an act of abnormal deviance is to know what specific circumstances are made to be normal. Some people can be unhappy and experience depression caused by the lack of value one has in their life. It takes about two to four years to graduate from college. Some of friends and family have their degrees by the age of twenty-one. As people examine themselves, they compare how far they have come in life whether they too have a degree by a certain age or not. Once that goal is not reached, a crisis or a lack of happiness builds up inside from less confidence not knowing when this event will take place.

Distress is sometimes cause by emotions and ideas that are placed in situations whereas something has to be done at a certain time and place. The feeling of being overwhelmed can take a toll of the ideas and behaviors that some people are not able to control. An example is finals week at the end of the semester. When someone is not prepared to take and exam and the lack of time that they are not able to study can take a tool of feeling likely to fail an exam. The feeling of the unknown can cause stress.

Dysfunction is the act of not being able to perform activities in daily living. For example, people are not able to continue brushing their teeth in the morning or taking a bath before bed at night due to being distracted by an event that took place that they are not familiar with.

Danger is the act of performing physical harm to themselves or other people around them. An example, would taking a knife to slice of a body part to relieve stress that someone might be facing. The acting of jumping off a tall build to end life can be a dangerous cause of psychological abnormality.

Chapter 1 Question #5 Define and contrast Somatogenic / Psychogenic Perspectives

Somatogenic perspectives is the cause of harm to physical aspects to someone or someone else. An example can be the act of beating a spouse with a hammer while they are sleeping in bed. This is not a normal act when dealing with physical bodies that belongs to an individual. Psychogenic perspectives are the cause thinking and how people view things out from ordinary. The sky is usually blue with white clouds in the sky. For some people, the abnormality about it would be that they believe the sky is purple and pink clouds forming in the sky. In contrast, this state puts a person at harm when they think it is a normal act. Most of the time they way that they think is the way it normal is and it is right in their eyes. There is no different from what another might say or do.

Chapter 1 Question # 12 Three Hypothetical Correlations

The correlation methods are used to study a variety of people in the same setting to determine how a character or and event vary between them. A positive correlation can be in the same direction as people or events vary amongst each other. An example would be as people have an anxiety about not having enough money to pay another group of people will feel the

same when they have a lot of money to pay bills and be happy about it. Negative correlation can be the act of having something go up or rise as the other goes down or decreases. An example would be the more someone is not the mood to eat the less food that would be purchased at the store. Unrelated would not be able to determine amongst people or event because there is not relationship between them. The act of depression can't relate to determine how smart a person is. An intelligent person may have all the highest degrees in the world but still feel like ending their life.

Chapter 1 Question # 8 Advantage/ Disadvantage Managed Care Programs

The way that managed care programs are changing how psychological services are provided is the insurance companies determine the cost of each private interaction with a therapist or doctor. Some people are not able to pay for or have coverage for a need that has to be treated for a specific amount of time. Some needs to be right away while other take time to function which is a disadvantage. The advantage that is taking place with this program is the it being offered with specialist in the field of mental health personals.

Chapter 3 # The four keys to DSM-5

The four key changes to DSM-5 from its previous edition is Autism, Bipolar disorder, Dementia, and Post-traumatic Stress Disorder.

Chapter 3 # The purpose and features of DSM-5

This purpose it to have a proper diagnosis for people with the five categories of mental illness. The first is anxiety disorder and mood disorders. This example will show what triggers a

person to feel a certain way and makes them react to a situation. The second is mental retardation and personality disorder. At the time of birth, there might be a chromosol missing or added to their DNA and does not have the ability to act or do normal things. The third is social environmental problems. People may not be familiar to an environment or an area the are not use to. It may take a bit more time to adjust to various normal things that seem abnormal to them. The fourth is diabetes. The fifth is GAF which is Global Assessment of Functioning that equals to currently 55.

Chapter 3 # How is Psychotherapy Effective

The evidence that psychotherapy is effective because it gives clients the opportunity to speak up to someone they can trust when something traumatic had happened to them. They are able to talk it out or draw how they feel on a piece of paper. The elements needed to be present foe effectiveness is good therapeutic questions and answers made by the therapist and medications that are able to tame the imbalance of hormones in someone's system.

Chapter 3 # Drawing test

The drawing test is a drawing made by the client in which the character or things portraits its person or place to be. This drawing will show what exactly happened in the time of the event situations took place with people or characters in the seen. This test is usually performed by young children in early primary school. This would also determine how the person felt at the time and how it made them react to the scenario. The most popular one is DAP TEST- (draw-a-person), this test would begin with a drawing of a person that mistreated them, afterwards they would draw a person of the opposite sex. This would hoping show the difference between the two one how it made the client feel or react to a situation.