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Abnormal Psychology

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1. Discuss Principle #9 that says that psychiatric diseases are not a single or simple disorder.

Psychiatric disease is not a one size fits all. A diagnosis is a general idea of an issue, the root cause remains unknown and as long as that's the case the treatment will be difficult.

Amen writes, " Depression is a cluster of symptoms, not a disease". There isn't just one cause ergo there isn't just one solution and to believe there is does not help or solve it.

2. Discuss Principle #10 that says that brain aging is optional.

"Brain reserve", defined by Amen as "...the extra cushion of brain function you have to help you deal with whatever stresses come your way" wears down over time based on our unhealthy choices. Smoking weed, brain injury, not eating well, playing football are ways we decrease our "brain reserve".

3. From Principle #10, what is one thing you will consider changing to decelerate your brain aging. Why?

I will try to eat healthier and limit alcohol in my diet. If unhealthy habits lower "brain reserve" then overindulgence will do the same thing. I want to be healthy in mind and body.