

Chapter One

1. The four D's of abnormal psychology are deviance, distress, dysfunction and danger. Examples of how each is viewed as abnormal are:

- Deviance-In some cultures homosexuality is viewed as deviant because it is contrary to cultural norms.
- Distress-after a divorce a spouse may grieve the loss of the relationship which is normal but in this case they seem to endlessly cry and never get over the other person. They feel emotional pain that never seems to heal.
- Dysfunction-An individual whose depression becomes so severe they stop eating, bathing or have no desire to leave the bed and get dressed.
- Danger-young girls who harm or cut themselves exhibit this abnormal behavior. Or people who try to commit suicide show subnormal dangerous behavior.

2. If a friend came to me complaining of feeling lousy and not knowing why, as a psychology student I think that some of the skills I would use to help them would be by using a humanistic approach where we are faced to face and connecting with direct eye contact and engaging in open dialogue. I would let them just talk about their feelings and whatever they feel like discussing through this way we may come to understand the source of the problem. Then we can discuss ways to deal with it and possible solutions.

7. Deinstitutionalization was a movement that supports the transfer of mentally disabled from institutions back to their families or common based homes. The goal was to involve families in the care and treatment of loved ones struggling with mental illness. However, the result was massive homelessness and drug issues. Some of the reasons for this unintended failure were loss of support for the families due to budgetary cuts for social programs. Without social workers and other care providers in place to monitor and help families with the challenges of home care for these patients they can become noncompliant. As a result, they leave home and end up on the streets. Some of them self-medicate using street drugs which exacerbate their conditions. Also, some end up in the prison system because they act out and are taken in. I believe the system was started with the best of intentions however, it isn't sustainable in its current state. Too many people are falling through the cracks and the system is broken.

9. Clinical psychologists, psychiatrists, and clinical researchers are mental health professionals that work in the area of psychological abnormality. Describe what each does and how they differ from each other.

- Clinical psychologist-assess and treat mental, emotional and behavioral disorders. They promote resilience and help people find their strengths.
- Psychiatrist-Are medical doctors with a psychology degree. Their approach is more from the medicinal or pharmacologic treatment.
- Clinical researcher-scientist who perform clinical trials and experiments on human participants.

10. What are important differences between case studies and single-subject experiments? Be sure to mention advantages and disadvantages of each.

A single-subject experiment is basically one where the subject serves as their own control group. Case studies, on the other hand, the researcher simply observes the behavior. The main difference between the two is the number of participants and variables and who controls the behavior. The

advantage of the first is the researcher has the control over the behavior and variables the downside is the participant is one individual and others might react differently under the circumstances. In the latter you can have a bigger sample of individual and you can study the various reactions; however, there is much more data to sort through and finding correlations etc may prove challenging.

11. Case studies can be used to help more than just the one being studied. Briefly describe three ways one could use information gathered from a case study besides helping the one being studied.

- Provides qualitative rich information about the one being studied
- Provides insight for further research
- Permits investigation of impractical or unusual situations that might otherwise not be used.

17. Watch the video “Early Treatment of Mental Disorders” below and then answer the following questions:

- What did these early treatments assume about the causes of psychological disorders? The assumption seemed to be that if you manipulated certain exterior conditions to cause a physical response you could alter and potentially improve the patients’ mental conditions such as insulin and hydrotherapy. Also, by altering the physical state through methods such as lobotomy patients could be cured from severe and violent behaviors. However, these treatments were brutal and cruel often causing worse conditions as a result. Worse, some patients were put into comas, or suffered seizures and even death as result.
- Under what conditions should we implement new treatments for psychological disorders? Treating patients as feeling and thinking human beings who are in need of help for their mental conditions which may even have a physical cause that can be successfully treated through cognitive behavioral or humanistic therapies, or perhaps medication therapy. Possibly a combination of both can be used to successfully treat patients.

18. Watch the video “The Placebo Effect.”

- Can you share any examples of how your expectations, either positive or negative, have impacted your behavior and/or outcomes? After watching the film, Proverbs came to mind for me. In the first part of Proverbs 23:7 it talks about “as a man thinks, so he is.” Our minds are extremely powerful. For example, after my organ transplants last year, everyone thought it would take me months to get back on my feet. However, I would say out loud after prayer, “everyday in every way, I am getting better.” After saying this affirmation for 4 days, I got up out of bed and was walking around the ward. Everyone was so surprised given my age etc.
- Why is knowledge of the placebo effect important in conducting scientific research? It shows researchers that the mind can mimic the same outcomes as prescription medication so it is important to repeat experiments and use placebos to help gather data with greater accuracy. Furthermore, it's important to be sure that the results are accurately quantifiable using placebos to help determine whether medications are as effective as they thought.
- How do investigators control for its effect? Investigators can include a no-treatment-control in which a group of participants receives neither placebo nor active treatment. Or, they can do a blind administration of the placebo where the administrator doesn't know who received the placebo until after the study then analyze the data.
- How important do you think the placebo effect is in understanding the effects of psychotherapy? It's very important because it eliminates the expectations of the outcome of an experiment and allows researchers to focus on the data in the end.