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## **Questions on Psychopathology**

### **Chapter one**

**1. Psychological abnormality may include deviance, distress, dysfunction, and danger.**

**First, explain what these terms mean regarding psychological abnormality. Second, provide an example of a time when each aspect of abnormality would not be considered abnormal.**

**Answer.**

One might use a classification scale to assess whether or not an exception exists within the spectrum of psychological issues. One of these is referred to as one of the "four Ds," and the common understanding of the term "deviation" is that it refers to a departure from anything considered a societal norm. On the other hand, there are situations where deviation cannot be detected in a definite manner since it depends on the connotation it has within society. For example, it used to be considered abnormal for women to drive, but this behavior is acceptable in today's culture. Then there is the state of being distressed, which the individual could describe as an unpleasant emotion. Distress can manifest differently in different people for various reasons; for instance, some people may find that chilly weather triggers negative sensations, while others may find that the weather pleases them. Next, we have dysfunction, which may be defined as a state in which a person is confronted with obstacles in performing their typical everyday

functions. Because of the importance placed on connotation, dysfunction can take several forms. For instance, the decision of an individual to leave their place of employment can appear dysfunctional; nevertheless, the individual may have been having a negative experience while in that particular place of work.

Last but not least, there is danger, which can have a wider scope, which indicates that it might have a frightening effect on the individual and others around them. When all potential risks are considered, some situations in which engaging in such activity could be acceptable. For example, skydiving is a sport that may be dangerous at times, but it is also a sport that a lot of people want to be able to undertake at some point in their lives.

**6. Assume that Benjamin Rush and Dorothea Dix suddenly appeared in the twenty-first century, about 50 years after the U.S. policy of deinstitutionalization began. What would they think about our treatment of the "mentally ill"? What suggestions might they make for changes in our policy of deinstitutionalization?**

**Answer.**

I believe that "the father of American psychiatry" (Comer, p. 13) would be emotionally filled with tremendous self-worth and overwhelmed by the transformations that have taken place in the 50 years since the US strategy of deinstitutionalization started. This is because I believe that he would be aware of the progress that has been made in the field of psychiatry in the United States. After all, he is credited with being "The person most responsible for the early dissemination of moral therapy in the United States..." (Comer, p. 13). Dorothea Dix would be overcome with passion and self-worth since she witnessed so much in asylums and fought for their improvement. Over the previous half-century, we have witnessed a proliferation of new drugs and improvements to the care provided by state-funded hospitals, both of which aim to

rehabilitate the patient. People who suffer from depression and anxiety no longer have to be locked up and labeled as "weird" since we now have outpatient therapy options. I do not doubt that both Bush and Dix would be astonished to see how much research, drugs, and general medical care have progressed since their time. They would have been delighted with the job they had done and the efforts of others who came after them. I believe the only suggestion they could make to improve our policy of deinstitutionalization is to keep in mind that its ultimate goal is to make it possible for patients to recover in an atmosphere in which they are not made to feel like a burden to others and can have open and honest conversations with their psychologists and psychiatrists. Patients should not be made to feel as though they are deviating from society's idealized concept of perfection in any way. They would also benefit from reading case studies and studies of our research on private treatment facilities and our unique preventative measures.

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

**Answer.**

A case study is a type of research that is "a comprehensive and frequently interpretative account of a single individual. It explains the patient's history, current conditions, and symptoms...the administration and effects of a particular treatment, and it may make conjectures regarding how the patient's symptoms initially manifested themselves" (Hide). The recipient of these kinds of letters will undoubtedly derive the greatest value from them, but it's important to remember that others may also reap advantages from reading them. Case studies can involve a type of disorder or abnormality that is relatively uncommon; as a result, they can be utilized to educate students, medical professionals, and even the general public about the symptoms,

treatments, and other interventions that are effective and ineffective in treating this category of illness. Case studies provide several benefits, one of the most important being enabling individuals to receive a more general education.

Additionally, they make it feasible for us to investigate the potential reasons for the strange actions. It is difficult to know how to treat anything if the underlying cause is unknown. Thus this is a crucial point. Case studies also make it possible for us to evaluate the efficacy of a treatment that has already been developed; if the treatment in question is successful, we might not need to investigate the matter any further; on the other hand, if it is unsuccessful, we can explore the possible reasons for its failure and look into developing additional therapies. Patients in the future who are diagnosed with the same anomalies will have the opportunity to benefit from these newly developed medicines. Case studies are of critical importance in the process of developing new treatment methods that will continue to be of assistance to individuals for decades to come. As we gain a deeper understanding of the workings of the human brain and the patterns of behavior it underlies, science and psychology will undoubtedly continue to grow.

**14. Assume that a researcher wishes to do research designed to pinpoint early-childhood events related to later development of eating disorders such as anorexia nervosa. What type of investigation might the researcher use? What would be potential strengths and weaknesses of that type of investigation? Finally, are there any ethical concerns the researcher ought to address?**

**Answer.**

Researchers interested in the onset of eating disorders in young people would do well to observe the eating habits of several people who have been diagnosed with anorexia nervosa and then learn as much as they can about the patients' backgrounds, including any histories of abuse,

sexual misconduct, bullying, or other traumatic experiences. Researchers can't pinpoint the origins of an eating issue without observing a large number of people. In this scenario, a researcher would benefit from doing many case studies of people with anorexia nervosa, while other studies may also be effective. For a survey to be considered internally accurate or legitimate, the researchers must be able to "rule out all probable causes but one" (Jackson, 2012). (Comer, p. 34). Multiple patients would strengthen this type of examination since it increases the likelihood that the root of the eating issue would be discovered. One limitation is that not all patients will exhibit the same patterns or triggers that lead to their eating disorders. The validity of a case study rests on the researcher's utilization of several patients, as case studies are not repeatable and rely heavily on the researcher's perspective. Either way, the study's findings will help researchers decide if the patient's impairment results from ingrained mental habits that can be corrected with hypnosis or whether the patient would require long-term outpatient care. There are always ethical factors that a researcher has to keep in mind, such as ensuring that a patient is aware of the potential adverse effects of a medicine and that they have the choice to stop treatment if they don't like the products that the therapy produces. If hypnosis were to be used as a treatment, the one administering it would need to be familiar with it. Patients undergoing psychological tests or therapies have the right to receive humane care by criteria authorized by the IRB.

### Chapter Three

**20. What are the weaknesses in assessment? What can be done to address these weaknesses? Be sure to address reliability, validity, and bias issues.**

**Answer.**

Clinicians' use of non-standardized psychological exams weakens evaluation. If a psychologist's test can't be repeated, it's not standardized and shouldn't be used. It might be problematic if another psychologist administers a personally devised test and gets the same result. The Thematic Apperception Test is psychologist-unclear. Psychologists still employ the Thematic Apperception exam, even if its interpretation is disputed. A non-standardized test worries patients because they desire accurate results. Reliability, validity, and bias are further assessment flaws.

Psychological tests should always yield the same results. How trustworthy should a psychological exam be? Hogan (2007) states that psychological test reliability relies on its purpose. Clinical usage requires dependability. 90. Assessing test reliability could be improved for psychologists. Clinicians may utilize unreliable tests. Psychologists must examine the test's history, other psychologists' results, and thorough replications to ensure its reliability. It's preferable to dispute a test result than accept it as reality. A patient would rather have the right conclusions than a rapid fix. Psychologists must ensure the test's reliability across demographics. A test's reliability is not universal. Psychological evaluations also require validity. A reliable test that doesn't measure what it's supposed to be defective. Psychologists may mistake a dependable test for a valid one. This usually happens when a test is trustworthy and valid for one ethnicity rather than another.

Researchers must examine psychological exams to ensure their reliability and validity for all test takers. A psychologist may influence a test's interpretation even if it is trustworthy and legitimate. Psychologists may interpret comparable scores differently for different persons. Despite appearing uncomfortable to psychologists, an anxiety test may indicate normal levels. After the psychological visit, the patient may be anxious about something crucial. A biased psychologist may infer that the patient is nervous due to anxiety, which the test did not detect. Psychologists' prejudice tainted this assessment. Psychologists who are skeptical of test results should retest them to eliminate bias. Reassessing is preferable to drawing biased and incorrect judgments.

**22. A clinician has to do a clinical assessment, and the only tests he has available are the Rorschach, the Thematic Apperception Test, and the Minnesota Multiphasic Personality Inventory. Which two should she use, and why? What would be the strengths and weaknesses of the two tests she should use?**

**Answer.**

There are various convincing reasons why she must take the Thematic Apperception Test and Minnesota Multiphasic Personality Inventory. The Rorschach test is less effective than the Thematic Apperception Test (TAT) in revealing suppressed areas of a client's personality, goals and drives for success, power and intimacy, and problem-solving capacities. This is because the TAT taps into the unconscious of the client. The fact that the TAT has poor reliability and validity factor are also some of its drawbacks.

In addition, it is not considered scientific because its validity (that it truly measures what it purports to measure) or reliability cannot be established by scientific investigation (that it gives constant results over time due to the challenge). Some people who have looked at the TAT cards

have expressed the opinion that the characters and settings are outmoded and even "old-fashioned," which they believe creates a "cultural divide" between the cards and the patients. Despite these limitations, the TAT is nevertheless often utilized as a research instrument across various psychological subfields. Sometimes it is used in a psychiatric or psychological environment to examine personality problems or thinking disorders. It is also used in forensic exams to evaluate suspects in crimes and to screen candidates for jobs that involve high levels of stress.

Second, she needs to take the Minnesota Multiphasic Personality Inventory because it is standardized, meaning that the results of one person can be compared with the results of many other people, and it has a higher level of reliability and validity (although it does not have a high level of reality) than projective tests. The results of this exam are used to identify personality structure as well as psychopathology. Suppose the individual taking the exam does so in a way that is not honest or forthright. In that case, this test is not a highly valid assessment of a person's psychopathology or behavior, and it also has cultural limits. These are also weaknesses of this test. Responses that are considered typical in certain cultures may not be regarded as typical at all in others.

**19. A classification system such as the DSM-5 is judged by its reliability and validity.**

**Define and discuss both reliability and validity and why they are important criteria for DSM-5.**

**Answer.**

When we discuss the dependability of a classification system like the DSM-5, we refer to its consistency and capacity to remain unchanged through time. It examines whether or not other evaluators, given an identical set of criteria, would arrive at the same diagnosis for the specific

topic being investigated. For instance, if two psychiatrists were to independently examine the same patient by the criteria stated in the DSM-5, and both arrived at the same diagnosis. The reliability of the evaluation would be excellent.

On the other hand, the validity of a categorization system is determined by the extent to which it provides accurate and useful information. It examines the diagnosis to see whether or not it depicts the individual's mental health state appropriately. For instance, for a patient to be granted a diagnosis of major depressive disorder, they need to display all of the specific symptoms described in the diagnostic criteria that the DSM-5 for this illness supplies.

Because they determine the overall utility of the classification system, reliability and validity are key requirements for the DSM-5. Because of this, both of these variables are considered major criteria. A classification system that is reliable but not valid would not accurately represent an individual's mental health condition; on the other hand, a classification system that is valid but not reliable would not be useful because different evaluators would arrive at different diagnoses using such a system; this would render the system ineffective. As a result, to serve as an efficient instrument for diagnosing and treating mental health issues, a categorization system needs to be both dependable and valid.

In addition, having a categorization system that is trustworthy and valid, such as the DSM-5, is vital for doing research and comparing studies, developing treatment programs, obtaining insurance payments, and dealing with legal issues.

**23. Choose either the MMPI-2 or the TAT. Describe the test in detail, being sure to categorize it and describe its strengths, weaknesses, and applications.**

**Answer.**

One such psychological exam that evaluates both personality and psychopathology is the Minnesota Multiphasic Personality Inventory (MMPI). People suspected of having mental health or clinical disorders are the primary target of this exam. Although it was not created with non-clinical populations, it has been controversially used to evaluate the mental health of those in "high-risk" occupations, such as airline pilots, police officers, and nuclear power plant employees. A self-reporting instrument known as the Minnesota Multiphasic Personality Inventory-2 can assess a person's personality and level of psychopathology (MMPI-2). This sort of test is known as a definitive test, and its purpose is to identify certain diagnostic categories or types of disorders.

The MMPI-2 consists of a total of 567 true-false questions. In addition to gauging common mental health issues like sadness and anxiety, this exam can detect more serious conditions like schizoaffective disorder and even schizophrenic symptoms. It has widespread application in clinical settings, including evaluations of mental health patients and those seeking disability benefits. The exam is one of the most popular and extensively studied psychological instruments available today.

**Strengths:** The MMPI-2's strengths include it's being widely used and accepted in the psychological community, offering thorough information on an individual's personality and pathology, and having good predictive validity for several mental health problems.

**Weaknesses:** The fact that it is a self-report inventory, which can lead to response biases, and that it is mostly utilized for adults rather than children or adolescents are regarded as disadvantages of the MMPI-2. Self-report inventories can lead to response biases. The dependability of the results is also affected by how the test is administered and the replies are given.

**Applications:** It is usual practice to administer the MMPI-2 in therapeutic settings to assist in diagnosing and treating mental illnesses such as anxiety, depression, and personality disorders. It is also used in research studies to start investigating the psychological characteristics of different groups of people. It is utilized in forensic settings to evaluate the psychological functioning of defendants and plaintiffs in legal cases. Both of these applications can be found in the previous sentence.

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