

Kiara Hill

January 27, 2023

Professor Maret

Psychopathology

Psychopathology Unit 1 Essay

Chapter One

1. Psychological abnormality is generally defined using “the four D's.” First, explain what the four Ds are and what they mean regarding psychological abnormality. Then provide an example of a time when each aspect of abnormality would not be considered abnormal.

The Four D's of Psychological Abnormality are deviance, distress, dysfunction, and danger. Deviance comes from an individual's behavior that is different and unusual from others. One who may show Deviance is set to be different from others showing different thoughts and emotions. Distress comes from an individual who is discomforted or displeased with another person. Someone just can't be titled as abnormal from distress unless that individual has had thoughts or emotions to cause them to have distress. Dysfunction comes from an individual not being able to handle possible tasks correctly. Dysfunctional Behavior can have an effect on individuals and their daily tasks. It can cause someone to be distracted, upset, confused, and unable to work a productive lifestyle. Danger comes from an individual with dysfunctional behavior. This type of behavior can be proven dangerous to other individuals or to themselves.

5. Define and contrast the somatogenic and psychogenic perspectives regarding abnormal psychological functioning, and provide at least one example of evidence supporting each perspective.

The Somatogenic Perspective views that abnormal behavior comes from physical problems and the psychogenic Perspective comes from psychological problems. The Somatogenic Perspective dates back over two thousand years. This perspective was said to originate from Brain disease. The Somatogenic Perspective was deeply researched by Emil Kraepelin a German researcher who established a book about how physical pain attributes to mental dysfunction and how it is considered to be abnormal.

Over the years, there have been biological aspects connected to The Somatogenic Perspective such as organic disease that is similar to paralysis. The psychogenic perspective focused on abnormal dysfunction as a psychological problem. An example of this is associated with Hypnotism which causes someone to be in a trance-like state. Friedrich Anton Mesmer an Austrian physician researched treatment from a psychogenic perspective which included Mesmer's patient sitting in a dark room with music playing and appearing in front of his patients with colored clothes. This resulted in healing the patients from paralysis.

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? Under what conditions should we implement new treatments for psychological disorders?

In the “Early Treatment of Mental Disorders” video therapy treatments for patients included Hydrotherapy patients were sprayed with water to stimulate them. Wet pack-wrapped patients in wet sheets. Continuous bath- 90 degrees Fahrenheit; to sedate patients. Hot boxes and lamps- helped relax patients. Eclectic-compulsive therapy is used on patients with schizophrenia. I was to give patients insulin to make their blood sugar drop and slip them into a coma and would experience a convulsive reaction. This therapy was the least useful.

Wet shock-drooling and sweating would occur. Dry shock which included a patient having a full brain seizure. Methazole therapy was used on patients with schizophrenia. And lobotomy therapy was used on patients with severe mental disorders. Surgeons disconnected the frontal lobes and the lower centers of the brain. This was sought to be the most useful therapy for patients. These early treatments assume that the Psychological disorders patients had were severe and needed to be treated right away. These types of therapy treatments were based in the 20th Century. In a new day and age with new high technology, there are more new kinds of ways to treat psychological disorders with a patient.

18. Watch the video “The Placebo Effect” below and then answer the following questions: Can you share any examples of how your expectations, either positive or negative, have impacted your behavior and/or outcomes? Why is knowledge of the placebo effect important in conducting scientific research? How do investigators control for its effect? How important do you think the placebo effect is in understanding the effects of psychotherapy?

In the video “The Placebo Effect” there are high expectations when it comes to how the Placebo Effect occurs. The Placebo Effect can have both positive and negative effects when in

use. The Placebo Effect is to make a patient feel better, not cure them of their medical problems. Using the Placebo Effect in scientific research is a good way to conduct how patients react to medications and what would work for the patient and others. The Placebo Effect could be seen as a kind of therapy for the patient. This can be seen as a positive outlook to researchers and the patient.

Chapter Three

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.

DSM-5 carries a list of over more than five hundred mental disorders. The DSM-5 describes the basics for diagnosing a disorder and what the disorder features. The DSM-5 includes background information about each diagnosis along with an individual's age, gender, race, etc. DSM-5 is a requirement for clinicians to handle information given about a diagnosis. The clinician must provide three sets of information such as categorial information, dimensional information, and additional information. Categorial information includes information on whether a patient is experiencing any kind of psychological disorder, such as Anxiety or Depressive Disorders. Dimensional Information goes along with categorial information. This allows the clinician to check how severe the diagnosis is on the patient. Additional Information includes a special indication of Psychological disorders in the patients.

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.

MMPI-2 is short for Minnesota Multiphasic Personality Inventory. This is a highly popular inventory described to broaden personality characteristics. There are two versions for adults the first originated in 1945 and would be revised in 1989. The MMPI-2 features over five hundred statements that cover physical problems, mood disorders, sexual behaviors, and social activities. MMPI-2 consists of ten personality scales, **Hypochondriasis** shows the physical problem in one's body, **and Depression** is when an individual shows misery and sorrow. **Hysteria** is when a patient uses physical or mental symptoms to avoid responsibilities. **Psychopathic Deviate** is where the patient shows no remorse for social normality. **Masculinity-femininity** separates both male and female patients. **Paranoia** is when abnormal suspicions enter one's mind. **Psychasthenia** shows an individual's obsessions and misconduct. **Schizophrenia** is when a patient shows unsettling and odd behavior. **Hypomania is** when the patient displays excitement and a sense of Euphoria. **Social Introversion** when the patient shows a shy personality around people.

24. Distinguish between neurological tests and neuropsychological tests, giving examples of each and describing in general how each type of test is used diagnostically.

Neurological Tests are designed to check for a patient's physical abnormalities such as the structure of the brain, biopsy, X-rays, etc. Neurological Tests are usually called electroencephalograms. Electroencephalogram records brain waves and any activity that occurs in the brain. Neurological Tests take images of the brain to check brain activity. This is also called Brain scanning. Neuropsychological Tests are designed to check for knowing and

approachable tasks performed by patients. Just like Neurological Tests, Neuropsychological Tests focus on damages done to the brain such as the effect on impaired vision or memory focus.

36. Watch the video “Community Mental Health” below and then answer the following questions: What are the important elements in Gheel’s approach to the treatment of those suffering from a psychological disorder? Would Gheel’s approach work in your community? Why are why not? What are the advantages and risks of the Gheel program?

The importance of elements in Gheel’s approach to treating psychologically disordered was to let people enter into family and group therapy. Gheel believed this would be the right way to care for the patients. Individuals with psychological disorders would be placed in families. I feel like Gheel’s approach would work, it would just have to depend on who is taking care of the psychologically disordered patient.