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Chapter 1

The four D'S are deviance, distress, dysfunction and danger. The four D'S are considered as a pattern of abnormality, these are criteria that help to identify when someone suffering from psychological disorder.

Deviance means different, some abnormal things for a society depend on their culture, there are some countries where some things are normal and others considered abnormal.

Distress when the individual have an upset or angry behavior. It can lead to a personal distress such as anxiety, insomnia, and so on.

Dysfunction means cognitive behavioral, inability to perform daily functioning or everyday activities.

Danger means whenever an individual poses a risk to himself like a suicide.

Example when each aspect of abnormality would not considered

Deviance example some countries normalize the homosexuality marriage; however some countries find it abnormal.

Distress example , a person who decides to live in the jungle, this person was raised surrounded by animals , we may think it is abnormal , but as long as it does not give distress to the individual and others it's just eccentric not abnormal.

Dysfunction example, when a person isolate himself from other, have a poor communication does not means that person faces depression or it is abnormal. Sometimes this person just needs some pace it will be abnormal if he has a negative thought.

Danger example, climb a mountain is dangerous but it does not mean that it is mental ill.

5- **Somatogenic perspective**, the view that abnormal psychological functioning has physical causes. (p11). Which means the somatogenic perspective identify whether there is something abnormal in the person's brain. Physical causes .

Example: Procedure such as lobotomies and syphilis lead to delusions and paralysis.

Psychogenic perspective , the view what the chief causes of abnormal functioning are psychological. The perspective came into full bloom during the twentieth century.(p11) which means the psychogenic perspective causes it is not physical but psychological in nature ,such as the unconscious process. As a result , it became the primary form of , out patient treatment for individual who did not require hospitalization.

Example : Depression and anxiety , they are not a physical cause, and can be treated through psychoanalysis.

10- **A case study** is an information or detail about person's life or it's a research that seeks to identify the psychological problems ,it may help to treat and to generate some hypotheses through the history case of this person for future research.

Single subject experiment: This is an investigation that includes an independent variable and things that are being tested.

Advantage of case studies they give a lot of information that can make the case interesting

Disadvantage of case studies is that it's hard to generalize from case studies , because the case is individual it can be apply for others.

Advantage subject experimental , lack of consensus within the wider social science literature on the principle and purpose of case study research.

Disadvantage the absence of systematic procedure for a case study due to the relative absence methodological guidelines.

12- **Positive correlation** is a relation between two variables ,which means two variables move in the same direction. Example . Thin people are healthier than fat people .

Negative correlation is a relationship between two variables in which increase in one variable is associated with a decrease in the other. Example , Climb in the mountain (height) , but it's hot (temperature)

Unrelate correlation is a mathematical relationship between two variables that statically relate to each other, but do not relate casually without a common variable, this type of correlation is dangerous, because it can make people believe that one variable causes another one, however it exist only by chance. Example, when a person decides to collect data for the school number of high school graduates and total donut consumption in the U.S each year ,he would find that the two variables are highly correlated.

Chapter 3

20 -The weakness assessment are each criteria represent a diagnostic or describe the criteria for diagnosing the disorder. This means behind each research we have a lot of little research to fix or complete to make it more reliable and valid.

24- **Neurological test** main to check your brain spinal cord and nerve function . The test checks also your mental status , coordination , ability to walk and the way your muscles ,sensory systems and deep tendon reflexes work. Example sign of weakness , problem with balance and coordination.

Neuropsychological test an effective to identify the disorders that can cause such impairment such as brain damage , cognitive and motor capacity to live independently or perform activities of daily living. Tumors , Alzheimer , head injury , all these test can impact your behavior . These tests are intended to assess a person cognitive ability . Example, anxiety, depression .

33- The evidence that provide psychotherapy is effective is because the patient prefers psychotherapy than medications . The collaboration , the motivation , the involvement, the trust by the clients with the therapist and the training experience of the therapist are all elements that help effectiveness.

34- Cognitive and behavioral therapy video

Some therapist helping the patients to know themselves better, psychoanalysis is one of the therapies. Cognitive and behavioral therapy focus on actions. The goal of cognitive therapy is to modify the way we think . After watching the video I think negative thinking problem we learned can be unlearned . Exposure therapy is a psychological treatment .It help people to overcome their fears and so on. For instance when a person has a fear problem or this person fears something he's tend to avoid the feared objects . At this stage psychologist recommend a program of exposure therapy to help the patients to break the pattern of avoidance and fear.

CBT differs from others , because it teaches people to stop thinking negatively ,in order the CBT focus on the theory that how one perceives as problems or situation causes negative or dysfunctional emotions. CBT focused on what the patient experiencing at the present and help the patient to correct them.