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Psy342: Psychopathology: OA

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Chapter 1

1. The four Ds are deviance, dysfunction, distress, and danger. Deviance refers to emotions that upset the person. Someone who deviates from society's "cultural norm" is an illustration of deviance. Dysfunction occurs when a person's conduct interferes with their capacity to carry out everyday tasks, such as skipping work or abandoning their family because they don't want to get out of bed or deal with life in general. An example, a person with agoraphobia may spend years not leaving their house. Distress is characterized by behaviors and emotions that upset the person. This includes a wide range of aches and pains as well as pain sensations, anxiety, depression, and agitation. Dangers are actions or attitudes that endanger the individual or others close to them. Possibilities for danger include threatening behavior and violent outbursts.

2. Psychotherapy is centered on routine one-on-one contact to assist people in resolving issues in their life. I would state I did not conduct psychological treatment if a friend came to me and stated they were feeling bad, and they felt better after only one chat. Therapy is a type of medical care used to address disorders. It's possible that my friend was simply having a bad day, which is very normal and frequent. Unless he/she displayed evidence of it, I wouldn't presume that his/her low mood was the result of a mental disease.

3. B. F. Skinner was born in Susquehanna, Pennsylvania (1904-1990). He became a dominant figure in psychology and therapeutic approaches that are still in use today thanks to his use of

behavior strategies. Skinner is most known for his theories on operant conditioning and reinforcement schedules.

In Freiberg, Moravia, Sigmund Freud was born in 1856 and died in 1939. The idea that not all mental diseases have psychological origins and behaviors was backed by Freud's work. His research and comprehension advanced knowledge of psychology and personality.

David H. Barlow a contemporary person and a resident of Boston, Massachusetts, was born in 1942. He is renowned for his studies on the causes, characteristics, and therapies of anxiety disorders. His concepts and therapeutic strategies are frequently applied in clinical settings. Now, he is 76 years old and living in Boston.

9. Clinical psychologists concentrate on identifying and treating emotional, behavioral, and mental illnesses. Learning challenges, substance abuse, depression, anxiety, and eating disorders are a few frequent disorders they concentrate on. They employ treatment to narrowly focus on the cures they offer. Doctors with training in psychiatry can prescribe drugs and spend most of their time working with patients on medication management. Clinical researchers examine patients as possible study participants or gather data for studies while collaborating with and supporting medical experts.

Chapter 3

20. There could be weaknesses in the evaluation process, such using inconsistent judgements to make conclusions. Consistency is crucial in evaluation since it influences the evaluation's trustworthiness. Validity is an additional evaluation technique that assesses an evaluation's correctness, including its predictive value and contemporaneous value. Explanatory assessments for other issues may be influenced by biases. A great psychological evaluation has both reliability and validity, as we've previously shown. But it should also be free of bias. When

distinct groups of people repeatedly score differently on a test, assessment bias emerges.

Numerous forms of evaluations have been found to have biases related to race, gender, and other factors. Many examinations, including psychological testing and intelligence tests, are subject to bias.

21. The psychodynamic interview would be the information to be obtained if a therapist only had 15 minutes to perform a preliminary clinical interview. The interviewer must obtain details about her experiences, inquire as to whether they are currently interacting, and ask about earlier occasions using this learning strategy. The diagnostic approach is started with a technical tool called the psychodynamic interview. The framework is essential since it is comprehensive but not challenging and would be more useful for brief interviews. Getting improved patient information is the main objective.

25. Low motivation is the first aspect that isn't considered, and it might have an impact on exam outcomes if a person lacks drive to accomplish a task because of an ongoing or past event. The second is having a lot of anxiety: if someone has a lot of anxiety when taking the exam, it might affect their performance since they find it difficult to focus. This element does not significantly affect the testing procedure either. Finally, cultural bias: Some test items may be more sensitive to members of majority ethnic groups than to those of minority ethnic groups.

32. It is crucial to think about the potential impacts of psychological labels while employing them. For instance, when someone is labeled as mentally confused, they could act in accordance with what they think the disease indicates. Being mislabeled for the client may lower your chances of getting hired for or promoted to a better position. There is always a chance that the person may receive a misdiagnosis when they are diagnosed, which is another reason for the clinician to make sure they do as many tests as they can before making a diagnosis (labeling).

34. Yes, all learned behaviors can be unlearned but it requires effort, just like any effort to modify a habit. We must always be aware of the habit we are attempting to modify, or it will sneak up on us and continue to be just as ingrained. Changing a behavior or "unlearning" it takes around a year. Many people can't keep their attention on the target for long enough to succeed. Any therapy that promotes confronting feared stimuli on a regular basis, whether they are external (feared items, activities, or circumstances) or internal, is known as exposure therapy (feared thoughts, physical sensations). A person with social anxiety, for instance, would avoid coming to events or busy places. The goal of exposure therapy is to make the patient feel at ease in these kinds of social situations by exposing them to them. Because CBT lays a strong focus on the idea that how one views a problem or circumstance influences how they feel, it differentiates from other therapies.