

Jade Budhai

Psych 342 Unit 1

Due: 1/31/2023

### **Chapter 1** Question #1

Features that are common to abnormal psychological functioning are, deviance, distress, dysfunction, danger, and the elusive nature of abnormality. The first feature is deviance. Deviance is when someone's behavior disobeys society's norms. People who break social norms are called abnormal psychological functioning. Culture, values, habits, skill, tech, institutions all help structure social norms. As time evolves values change and adjust what is considered abnormal. The second feature is distress. Ideas, behavior, or emotions can cause distress, but it doesn't mean it's automatically labeled abnormal. Some people who function abnormally maintain a positive mindset. Just because your emotions are shifted causing you to be stressed out, doesn't mean you are automatically abnormal. Life can be stressful. You can still have a positive frame of mind and can still behave within social norms.

Third feature is dysfunction, also known as abnormal behavior. People who are dysfunctional, their emotions are all over the place. It distracts/confuses people and they are unable to participate in normal activities. Fourth feature is danger, abnormal behavior can potentially become dangerous to oneself and others. Aggressive and hostile behavior can put people at risk. For example, people who are battling anxiety, depression, or something traumatic

can be dangerous to themselves or people. The last feature is the Elusive nature of abnormality. Defining psychological abnormality can be debatable. Anything that doesn't align with social norms and their criteria defines abnormality. As time goes on social criteria changes and shifts, which also alters what defines abnormality. Society can sometimes have trouble separating an abnormality based on certain situations. For example, college students excessively drinking alcohol which can affect their overall health and others. In this situation this is not considered an abnormality because, one of the social norms of a college student is to drink alcohol because it's accepted by society and considered "cool and popular". Eccentricity, an intervention which doesn't interfere and doesn't consider this an abnormality. Many behaviors that are deviant, distressful, and dysfunctional, professionals don't consider it abnormal, they think of it as eccentric.

### **Question #8**

Techniques researchers include in experiments to guard against the influence of confounds are control group, random assignment, and marked design. The control group are participants who were not exposed to the independent variable, but can have similar experiences to the experimental group. Comparing both groups can determine the effect of the independent variable. To guard against confounds, the person who is in control of the experiment, provides all participants with similar both control and experimental experiences. Except for the independent variable. Random assignment helps prevent confounds of study's results. Participants are randomly assigned in

groups or researchers can have participants flip a coin and pick names out of hat to be assigned to a group. Masked design, confound problem is bias. Participants can have biased results by trying to help the researcher. To avoid this, experimenters can avoid telling the participants what group they are in. This can get honest results from the experiment. This is also called masked designs, participants are not aware of what group they are in.

### **Question #9**

Six alternative research designs are mixed designs, matched designs, natural experiments, analogue experiments, single subject experimental designs, longitudinal study, & epidemiological studies. Mixed designs are when certain designs fail to include “the real” experiments. Matched designs are when researchers don’t randomly assign participants to the control and experiment groups. Instead, they make use of groups that exist in the world today. Natural experiments, nature manipulates the independent variable, while the experimenter observes and collects data. Natural experiments use unpredictable events such as earthquakes, floods, fires etc. Analogue experiments researchers often use, conduct induce laboratory participants to behave in ways that resemble abnormal behavior. Then conduct experiments on participants in the hope of shedding light on real life abnormalities. Single subject experimental designs, scientists mostly use, do not have the luxury of experimenting on many participants. Mostly single participants are observed before and after manipulation of an independent variable. Longitudinal study, researchers observe the same participants over a long period of time. Researchers would observe their progress over years and collect data.

Epidemiological studies reveal how often a problem occurs and determine the incidence and prevalence of the problem.

### **Question #10**

Institutional Review Boards is an ethics committee formed in a research facility that is empowered to protect the rights and safety of human research participants. It reviews and requires changes in each proposed study at the facility before approving or disapproving the study. The committee consists of five or more members who review and monitor every study at that institution. Examples of institutions are medical school/hospital, private research facility etc. Once research is being conducted, they have an IRB. Their responsibility and power to require changes in a proposed study as a condition of approval. If changes are not made by the researcher, then IRB can disapprove the whole experiment. The goal for IRB is to protect the right and safety of human participants

### **CHAPTER 3 Question #1**

Reliability is the consistency of assessment measures. A clinical assessment tool will always yield similar results in the same situation. High test-retest reliability is one kind of reliability. If it yields similar results every time, the test is given to the same people. To measure test-retest reliability, participants are tested on 2 separate occasions and 2 scores are correlated. The higher the correlation the greater the test's reliability. Another assessment tool is interrater (interjudge) reliability. If different judges independently agree on how to score and interpret it. Validity must correctly measure what needs to be measured. Face validity is an assessment tool that may appear to be valid because it makes sense. Predictive validity is an assessment tool to predict future behavior and

traits. Concurrent validity is a measure gathered from a tool to agree with other assessment techniques. Before using any assessment technique, it needs to meet requirements of standardization, reliability, and validity.

### **Question#2**

The strength of Structured Interviews is that you are prepared and organized. Mental exam is conducted to get an overall data of the participant. Structured format will cover the same kind of important issues and allow us to compare data. Weakness of structured interviews is that individuals can intentionally mislead information, to present themselves in a positive light, and avoid embarrassing discussions. Interviewers can be biased as well. The strength of Unstructured Interviews is the interviewer can ask open-ended questions. The lack of structure allows the interviewer to follow leads and explore relevant information. Many clinicians favor unstructured interviews because of their widely structured format that can be used for cognitive-behavioral material. The weakness of Unstructured interviews is they lack reliability. Interviewers can make mistakes in judgment and can be biased.

### **Question #3**

Projective test is a test consisting of ambiguous material that people interpret or respond to. Projective requires clients to interpret vague stimuli such as ambiguous pictures. Projective tests are primarily used to assess roots of abnormal functioning. Popular used projective tests are the Rorschach test, Thematic Apperception test, sentence-completion test, and drawings. Rorschach was a psychiatrist, who experimented with the use of inkblots in his clinical work. People with psychological conditions view his images differently. He selected 10 inkblots and published them with

instructions for use in assessment. Today clinicians use his test for their assessment and studies. They would present one inkblot card at a time and ask the participant what they see. Testers will pay attention and collect data and on how they respond. Thematic Apperception test is a pictorial projective test. People who take TAT are shown 30 cards, black and white pictures. They are asked to make up a dramatic story and explain what led up to that story. Clinicians who use TAT believe that it reflects individuals' own situations and feelings. Sentence-completion test, the participants complete a series of unfinished sentences. The test is good for bringing up discussions and pinpoint topics to explore. Drawings is a way for clients to express themselves and explain their work to clinicians.

#### **Question #4**

MMPI consists of 10 scales. When people score 70 or above on a scale it is considered deviant. The first scale is hypochondriasis, showing abnormal bodily functions. For example, someone saying they have stomach pain several times a week. The second scale is Depression, someone showing extreme hopelessness (“ I feel hopeless about my future, I don't know what to do with my life”). The third scale is Hysteria, a person using physical or mental symptoms to unconsciously avoid conflicts and tasks. Fourth scale is Psychopathic deviate, repeatedly showing emotional shallowness. Fifth scale is masculinity-femininity, items separating male and females. Sixth scale paranoia, showing abnormal suspiciousness and delusions. Seventh scale psychasthenia, behavior that shows obsessions, compulsions, abnormal fears, guilt and indecisiveness (“I bought half the things at Target and Walmart and I have no use of it”). Eighth scale schizophrenia, individual who shows unusual thoughts or behavior. Ninth scale

hypomania, behavior that shows emotional excitement, overactivity, and flight of ideas.

Last scale social introversion, Behavior that shows shyness, little interest in people, and insecurity. They are easily embarrassed.

