

Chapter 1

- 1) The four D's that define psychological abnormality are Deviance, Distress, Dysfunction and Danger. Deviance is when someone is "different, unusual or their behavior is extreme". An example of deviance not being considered abnormal has to do with cultural standards and what is and isn't accepted. An example can be aggression because in some places or cultures that is found normal. Distress is when something is unpleasant or upsetting to one. A time that distress may not be considered abnormal is when someone in a distress state can cause happiness. Dysfunction is when the behavior interferes with one's daily functioning. An example of this that is not considered abnormal just unusual is when someone who has a phobia of going outside does not go outside. The last one is danger which is when a person is a danger to themselves or others. The time that wouldn't be considered abnormal is to the people who have depression or bizarre thinking.
- 2) The somatogenic perspective is the view that abnormal psychological functioning has physical causes. The book abnormal psychology give the example of fatigue being responsible for mental symptoms but also physical ones like paralysis. Psychogenic perspective is the view that the cause of abnormal functioning is psychological. The example that is used in the book was hypnotism. When people were under hypnosis their pain or paralysis disappeared.
- 3) Positive Correlation is when variables change the same way. An example from the book is how they have found that life stress and depression increase together. Both life stress and depression score being increased is positive correlation. Negative correlation is when one variable increase as the other variable decreases. An example from the book

is depression and activity levels. When someone's depression is greater their activity levels lower. Unrelated means there is no consistent relationship meaning one can increase the other variable can increase or decrease. An unrelated correlation example would be intelligence and depression.

- 4) A case study is a detailed description of a person's life and psychological problems. A single subject experiments is a research method where the participant is observed and measured before and after the manipulation of independent variables. Advantages in case study is it can offer tentative support for the theory. It can also challenge the theory. Another of the disadvantages is the therapist who conducts these can be bias. An advantage for single subject is you will be able to see person to person if something works for them. One of the disadvantages is when more than one method is used during the study. They then have to ask if the results will always point in the same direction.

Chapter 3

- 1) A therapist should try to get information about the person's problems, lifestyle, their expectations of therapy and motives for seeking it. It is important because it can give them the bases of a person so they can get a feel about how to move forward and approach the client.
- 2) A drawing test is used to assess the functioning of children. The most popular drawing test is Draw a person (DAP). In that test the child is ask to draw a person then is asked to draw another person of the opposite sex.
- 3) Some limitations of clinical interviews are they lack validity and accuracy. Some people purposely mislead the therapist so they can look at them better and so they don't have to talk about things that are embarrassing to them. Therapists can also make mistakes in their judgment of the client which can misconstrued the information they get. Another limitation is the interviewer could have biases from gender to race.
- 4) I do believe learned behavior can be unlearned if you don't continue to do the work and practice outside of therapy. Exposure therapy is when a therapist slowly exposes someone to

their phobia or fears either in real life or virtual. It is useful to overcome anxiety and fears because the person's body and brain is getting trained to being around it which builds up their confidence. CBT is meant to be a short term where you get the tools to learn how to deal with you issue. Other therapy is supposed to be long term for more severe issues.