

**Melanie Holder**  
**Human Psychopathology**  
**Essay Questions**

**Question:**

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.

**Answer:**

The four Ds of abnormality are danger, distress, dysfunction, and deviance. When people cause considerable amount of danger to themselves and others, it would be considered as abnormal. When people are abnormal, they would experience lots of distress which would limit their regular functioning. Dysfunctional people would struggle to live a normal life in the society as they would have struggle to manage their interactions and actions in the real world. Abnormal people would also engage in deviant behaviors. but all these four characteristics could be found in normal people as well. For example, when people feel that they are hurt by someone else, they would seek to retaliate by becoming a danger to others. Most of the people experience distress for a short period of time when they have relationship, employment, and other issues at home, in the society and at the workplace. Deviant behaviors are necessary for the society to experience new behaviors, practices, and beliefs. When people go against the already set norms, they would be considered deviant, but they would become normal with time and exposure.

**Question:**

5) Discuss the contributions of three individuals to the treatment of abnormal psychology. Be sure to include when and where each lived.

**Answer:**

Mental illness was convicted to be brought about by evil happenings or creature souls assuming control over the body. This was likewise valid for ancient man – a bronze sculpture some time ago showed in the Fort Worth Museum of Science and History portrayed two men holding down another while utilizing simple apparatuses to penetrate his skull. The showcase notice read that old man accepted that psychological sickness was brought about by extraordinary variables that might be set free from the evil individual's skull.

Benjamin Rush in 1778.

Distributed the primary American course reading on psychiatry, *Mental Inquiries and Observations upon the Diseases of the Mind*.

Accepted the reason for dysfunctional behavior was openness to extreme mental and social stressors.

Treatment was moral administration, which zeroed in on the patient's individual, social, and word related necessities.

Philippe Pinel in 2010.

Frenchman and early reformer in the appropriate treatment of insane people.

Like Rush, additionally accepted dysfunctional behavior were brought about by extreme mental and social burdens.

Supported that the deranged be treated with compassion, sympathy, and compassion.

One of the originators of psychiatry.

Emil Kraepelin

Fostered an arrangement of mental issues.

Arranged psychosis into two forms, manic depression, and dementia praecox.

Perceived those various sorts of issues had various results.

Stressed significance of fundamental mind pathology.

## **Question:**

8) Increasingly, people seeking treatment for mental health reasons are members of managed care programs. How are managed care programs changing how psychological services are provided? Discuss one advantage and one disadvantage of such programs.

## **Answer:**

Managed care programs refer to a kind of health insurance program that has contracts with psychologists or other health care professionals who provide treatment and care for patients at less cost compared to other clinicians. Thus, under this program, a patient would receive care from MCO's assigned doctors or psychologists and they don't need to search for psychologists or doctors.

One advantage of this program is:

**Reduced Cost:** With an HMO or Health Maintenance Organization the cost of treatment can be very low as one is limited to seeing psychologists or doctors in a small local network.

One disadvantage of this program is:

**Restriction of Care:** As health service providers are from a small network of this program so there is a problem of restriction of care.

## **Question:**

9) Clinical psychologists, psychiatrists, and clinical researchers are mental health professionals that work in psychological abnormality. Describe what each does and how they differ from each other.

## **Answer:**

Clinical psychologists provide counseling to people with serious mental health issues. They assess mental, emotional, and behavioral disorders and treat them. They are experts in mental health, and they use their training in psychology to deal with complex human problems and treat them. However, they treat less serious cases than Psychiatrist do, and they cannot prescribe medicines like them.

Psychiatrists are physicians who treat mental disorders. They are medical doctors also dealing with emotional, mental, and behavioral disorders just like clinical psychologists do. But the difference being that psychiatrists treat much more serious cases while clinical psychologists handle simpler issues. And since a Psychiatrist is a medical doctor, they can prescribe medicines and admit patients to a hospital if need be while, clinical psychologists cannot.

A Clinical researcher investigates about the safety and effectiveness of medicines, diagnostic products, devices, and treatment regimens with the aim to develop improved care options. They conduct trials and find out the safety and efficacy of treatment. They do not deal directly with patients but help care providers to offer better treatment.

## **Chapter 3**

### **Question:**

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.

### **Answer:**

The DSM-5 was assigned in 2010, and it secured two substantive revisions for waging issue (GD). These movements are the decline inside the confine from five to 4 criteria and quit of the criminal activities' degree. The reason for this examination became too twofold. To begin with, to assess the unflinching quality, authenticity, and request exactness of the DSM-five

symptomatic criteria for GD. Second, to examine the DSM-five–DSM-IV on steady quality, authenticity, and gathering accuracy, which incorporates an assessment of the effect of the finish of the unlawful exhibitions premise on diagnostic precision. To break down DSM-5 and DSM-IV, 8 datasets from 3 marvelous countries (Canada, America, and Spain) were used.

All datasets confided in practically identical examinations procedures. Individuals have been enrolled from outpatient making a wager cure organization to converse with the assortment with a GD and from the system to address the get-together without a GD. The sum of what individuals have been directed a standardized portion of symptomatic gauges. The DSM-5 yielded pleasant unfaltering quality, authenticity, and affiliation exactness. In standing out the DSM-five from the DSM-IV, most extreme relationships of steady quality, authenticity and portrayal accuracy exhibited a bigger assortment of likenesses than contrasts.

They have received confirmation of unpretentious upgrades in gathering exactness for DSM-5 over DSM-IV, fundamentally in lower of fake negative blunders. This lessening in fake negative blunders went into to a splendid degree a detail of cutting down the cut score from five to four and this modification is an advancement over DSM-IV. From a quantifiable perspective, executing the unlawful exhibits model didn't noteworthy affect diagnostic exactness. From a logical perspective, unlawful acts can in any case be would in general near the DSM-5 level of tricky others.

## **Question:**

20)What are the weaknesses in assessment? What can be done to address these weaknesses? Be sure to address reliability, validity, and bias issues.

## **Answer:**

1) Reliability: Since psychological assessment maneuvers things which are not directly observable psychological assessment can't be 100% reliable.

2) Validity: As psychological tests and technologies are advancing; these assessments are not valid for a long period of time.

3) Psychological assessment that are made from a single cultural point of view, can suffer from cultural biasness.

To address these weaknesses, we can assess a particular thing several number of times which means reliability assessment should be done every sometimes and the old one should not be considered valid. To address biasness assessment can be made with the help from people of various cultures and social economic status.

## **Question:**

32) Despite the fact that using diagnostic labels for psychological disorders is extremely common, what are some ethical factors one ought to consider in the use of diagnostic labels?

## **Answer:**

Some ethical factors and contemplations in the use of diagnostic labels are-

-Ethical issues with recognize to end for the maximum part encompass the issue of Labeling and its outcomes.

-After analysis, the patient will be named with the analyzed ailment.

-Marking will purpose Stigmatization.

Where the patient could have a pessimistic personality joined to them in view that they may be named as intellectually sick.

- Cultural Issues are-

Culture-certain disorders

Contrasts in symptomology

Racial inclination

Culture Blindness

- Labeling/Stigma

In the Rosenhan (1973) have a look at the mark 'schizophrenia abating' went with the pseudo-sufferers long when they had left the clinical clinic. Had they long past after positions, contracts and so forth this information would have been accessible. Not in any respect like a physical sickness in which the mark of 'damaged leg' is dropped once the leg has recuperated, mental instabilities are names forever. Regardless of whether a patient is clearly 'restored' the name '(issue) disappearing' despite the entirety remains.

Outcomes: inevitable outcome, preference/segregation

2) Depersonalization and weakness

Evacuation of human rights, visit verbal or bodily maltreatment.

-Generally discovered in intellectual organizations.

-Shown in Rosenhan's examination.

-Members announced that instances of depersonalization had been seen within the organization.

**Question:**

Provide evidence that psychotherapy is effective. What elements need to be present for effectiveness?

**Answer:**

It is therapy or process when an individual get help in treatment related to mental issues. They get treated from Psychiatrist, mental health provider or counsellor/Psychologist. It is the process when an individual learns about the moods, thinking process, feeling and about his/her own behavior. People suffer from mental health problem like stress, anxiety, negative behavior patterns, Bipolar disorder and many more disorders.

Many studies shows that psychotherapy is much effective than anti-depressant medication in the case of Depression. Even more considering research done and the conclusion which is found that is shocking that medication side effects occurs when we stop the medication, but in case of psychotherapy the symptoms will never come again and it very effective.

This research is not done to devalue of antidepressant medication, but have it increase the strength of psychotherapy. We find evidence from the study that many people consider or prefer the psychotherapy over the medication to get better results.

There are many types of Psychotherapy- Few are the main and consider the most effective.

1. CBT - Cognitive behavioral Therapy
2. Interpersonal therapy
3. Family Focused therapy
4. Dialectical behavioral Therapy

According to many research and studies, it found that individual psychotherapy is very effective in treating various mental issues. Not even for an individual but it focuses on group, families etc.. With an effective therapist, it is a long process or procedure, and it is more enduring than

medicines. Psychotherapy leads to success rate in anxiety and in mild depression.

There are many elements behind the effective Psychotherapy -

1. Encouragement and praise are the elements which supports the effective psychotherapy which is missing in medication part.
2. More focus on self-esteem is given in psychotherapy.
3. Advising and teaching. these are the two main elements which are work as effective elements.

In conclusion, I will add that, scientific research supports the value of Psychotherapy. For most of the common mental problems, the brief therapy is used. Effective Psychotherapy leads to happier life ever.

## **Video Question:**

Watch the video “Problems in Living” below and then answer the following questions: How have you coped with interpersonal and romantic relationships that have come to an end? Were you surprised by the cognitive, emotional, and behavioral aftermath of such endings? Other than divorce what “problems in living” might one seek professional assistance for?

## **Answer:**

I have not been a good copier due to not knowing how to deal with loss. In the past years whenever I am in a romantic relationship and that person breaks up with me, I am unable to eat or sleep for. Long periods of time, with no courage to get anything done. When I am dealing with loss, I tend to isolate myself and stop communicating with people and just wants to stay in bed all day and swallow in my self pity. I was not surprised by my feelings when it comes to loss or the end of romantic relationship because I have not had much exposure growing up, I was never thought how to be strong when life throws me some stress or how to come up with solutions to my problems. These are all things I had to learn on my own by watching inspirational videos and reading the bible trying to find courage again. I had to learn to detach myself and accept the fact that life will have disappointments and hurts but the important thing is how you bounce back from such emotional heart breaks.

Other than Divorce one might seek professional assistance for the loss of a family member or a close friend, since that can have an emotional effect on someone. I recently lost my sister, and I still cannot get over the hurt I feel

sometimes it feels like it is not even real but when the reality kicks in I just feel like my brain freezes and the world is collapsing with me in it.