

Yeyeong Kong

Professor Maret

PSY342: Psychopathology

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Essay #1

1. The four Ds are deviance, distress, dysfunction, and danger. The types of deviant psychological behaviors are deviance is unique, outlandish, strange, and maybe abnormal. What deviates from the norm, is severe, evaluate the culture you are working with to establish whether anything is deviant - consider the culture/circumstances, odd, possibly even weird. Distressing can be unfavorable and disturbing to the individual and can be seen as an uncontrollable action that is unpleasant and disturbing to the individual. Dysfunctional prevents the person from productively carrying out normal chores it can negatively affect a person's ability to carry out daily tasks and possibly lead to danger. An abnormal behavior, thoughts, and emotions are, to put it simply, those that significantly depart from the notions of normal functioning held by a community. Each civilization creates norms that are expressed and implicit guidelines for appropriate behavior. Violations of legal norms characterize criminal conduct. The word abnormal refers to actions, attitudes, and feelings that deviate from the typical range of psychological functioning. Every civilization has different standards for what is considered abnormal. The norms of a society are shaped by its unique culture, which includes its history, values, institutions, customs, knowledge, and creative endeavors. In contrast to a culture that prioritizes cooperation and tenderness, one that values rivalry and assertiveness may be able to tolerate aggressive behavior. As a society's ideals evolve, so may its perception

of what constitutes psychiatric abnormality. It would have been unseemly and maybe even foolish a century ago for a woman in Western society to aspire to the position of controlling a huge enterprise or even the entire nation. The same conduct is appreciated now.

2. Therapy is the process of helping someone overcome their psychological struggles. In a way, psychological therapy might have been provided to my friend if he got better after talking to me. The main purpose of therapy is to help people get better but also in this case maybe this person just needed affirmation or clarity. Maybe this friend wasn't in a severe position where he needs therapy. Conflict and perhaps uncertainty surround clinical therapy. Some medical professionals regard therapy to be a treatment that aids in the treatment of abnormality because they see it as a sickness. Others view therapists as trainers of better functioning behavior and cognition and abnormality as an issue with daily life. The majority of physicians concur that many people require treatment of some sort.
5. According to somatogenic ideas, physical dysfunctions might be caused by disease, inherited traits, brain injury, or other mental imbalances. The focus of psychogenic theories is on traumatic or overwhelming events, unhelpful learned connections and cognitions, or skewed perceptions. An aberrant functioning with physical origins is referred to as a somatogenic viewpoint. According to the psychogenic viewpoint, aberrant functioning has psychological roots. The fact that syphilis causes delusions and paralysis is an illustration of evidence that backs up the somatogenic theory. A doctor who has a prejudice towards women, for instance, can inform women that their concerns are psychological even when they are signs of a medical illness. If a guy had the same

symptoms, he would then be treated differently, and the physical ailment would be found, which would be in contrast.

18. The clinical trial participants are not aware of whether they are receiving genuine treatment or a placebo. By analyzing how both groups respond, the researchers may determine if the medicine is effective. The medicine is considered ineffective if they both exhibit the same response. In human research, placebos are frequently used to understand both the potential benefits and risks of a new medication. The placebo effect is a phenomenon where people claim to have improved after receiving a phony or ineffective therapy. Since the placebo cannot treat any ailment, any positive results are the result of a person's anticipation or perception that their issue is being addressed. The placebo effect is a phenomenon that causes people to believe that a phony therapy has actual therapeutic effects. Placebos can occasionally have an impact that is potent enough to imitate the results of actual medical therapy. The body may produce less adrenaline and other stress chemicals after taking the placebo in hopes of feeling better. Endorphins, which function as endorphin-based natural painkillers, may be produced by placebos.
19. Over five hundred mental illnesses are included in the DSM-5. The main clinical characteristics of the condition are described in each entry, along with the diagnostic standards. The system also lists characteristics that, albeit not usually, are connected to the illness. In addition, background data on age, culture, and gender trends, as well as statistics on each disorder's frequency, danger, prognosis, difficulties, genetic susceptibility, and traditional practices, are included. For an accurate diagnosis, the DSM-5 mandates that doctors include both category and dimensional data. The term of the condition that the client's symptoms suggest is referred to as categorical information.

In terms of several personality and behavioral dimensions, dimensional information rates the severity of a client's symptoms and the extent to which the client is dysfunctional.

The accuracy of the evaluation estimates made during the exam is referred to as reliability. Even though authenticity is the state in which the test fully validates the data it is relying on to assess. If a diagnosis is valid and results in a successful course of therapy, it is valid. If more than two psychiatrists who use the same categorization system reach the same conclusion about a diagnosis, that diagnosis is considered reliable.

24. The physical aspect of a neural system problem or injury is treated by a neurologist, whereas the mental symptoms linked to a nervous system injury or disorder are treated by a neuropsychiatrist. Neuropsychologists address the cognitive, mental, and behavioral repercussions of brain illnesses devoid of the use of pharmaceuticals, in contrast to neurologists who predominantly utilize medication to treat the physical symptoms and causes of brain problems. To detect physical issues like a tumor that may influence your behavior, neurological exams examine brain structure and/or activity. By evaluating cognition, perception, and motor functions, neuropsychological exams identify brain deficits and reveal underlying problems with the brain, such as brain injury.
33. According to research, the majority of patients who get psychotherapy report symptom alleviation and improved daily functioning. Across a range of demographic groups and for several mental and behavioral health conditions, psychotherapy is beneficial. The overall effects of psychotherapy are greater than the average effects of many medical procedures. The best accessible proof of therapeutic efficacy is the client's views. Psychotherapy shows empathy for the patient or is attentive to their feelings and experiences. It collects client input and utilizes it to modify and enhance treatment. When

necessary, the therapist encourages the client to articulate their true feelings sincerely and consistently. The initial step is employing a proven course of treatment that is judged suitable for your specific problem. The next crucial element is the psychologist's or therapist's clinical experience. Personality, morals, taste, and culture make up the third aspect. Working together to assist the patient to achieve their therapeutic objectives is the most crucial component of good treatment. Cognitive behavioral therapy is the most thoroughly researched, well-comprehended, and most utilized. Light therapy, hypnosis, and mindfulness-based therapies are a few more helpful methods.

34. Since all human behavior is learned, it is possible to unlearn old habits and replace them with fresh ones. The main focus of behaviorism is on the parts of human behavior that can be seen and measured. As a result, undesirable habits can be unlearned as they occur. The term "CBT" is used to refer to a broad range of cognitive and behavioral treatments. Being a behavioral therapy, exposure therapy is included under the more general heading of behavioral therapy. One particular form of exposure therapy that was created specifically to treat OCD is exposure with response prevention. For the treatment of phobia, panic disorder, PTSD, OCD, and social anxiety disorder, exposure therapy is a crucial part of evidence-based CBT. Psychologists use this type of treatment to expose patients to the issues they shun and fear in a secure setting. Exposure to feared things, actions, or circumstances in a secure setting aids in lowering anxiety and lowering avoidance. Because CBT places a strong focus on the idea that how one views a problem or circumstance influences how one feels, it varies from other therapies.