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**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.**

The four D's are deviance, distress, dysfunction and danger. Deviance in what they mean regarding psychological abnormality is being different from social norms like knocking the door with your forehead instead of your hands. Distress is really upsetting. For example, someone constantly crying. Dysfunction is when unable to function with simple day to day tasks. For example, someone being unable to care for themselves like taking showers on the day to day basics. Danger is a person being a risk to themselves and others, like a suicidal or a homicidal person.

**2. Case studies can be used to help more than just the one being studied. Briefly describe three ways one could use information gathered from a case study besides helping the one being studied.**

Case studies can be used to help more than just the one being studied for example obtaining knowledge, improving and helping others. For example, Case studies help people learn things that they never learned. They help people advance in unknown areas and take steps to help it become better. In the end, Case studies help other people that deal with the same problems find a resolution.

**3. Watch the video “The Placebo Effect” below and then answer the following questions: Can you share any examples of how your expectations, either positive or negative, have impacted your behavior and/or outcomes? Why is knowledge of the placebo effect important in conducting scientific research? How do investigators control for its effect? How important do you think the placebo effect is in understanding the effects of psychotherapy?**

An example of when an expectation that had impacted my behavior and outcome, is when I did not feel like I did not study well. I put negative thoughts in my head like I am not going to get a good grade, I'm not going to know the answers, etc. Instead of studying more or trying a different method, I just overthink about the results, get anxious, and kind of give up. The outcome results in me not doing as well as I thought and me thinking about how I could have done better and what I should have done. Having the knowledge of The placebo effect is important because it can have a positive outcome to the body. Tricking the body into getting medicine or remedies that will treat the pain or injury. And the body will naturally produce hormones and chemicals, instead of having medication that targets one part of the area but could be harmful to another area. I believe the trick of having the placebo being effective is not telling the person who is receiving the treatment what is except the treaters. Which is relative to psychotherapy because it deals with the mind and healing the body.

**4. Watch the video “Early Treatment of Mental Disorders” below and then answer the following questions: What did these early treatments assume about the causes of**

**psychological disorders? Under what conditions should we implement new treatments for psychological disorders?**

These early treatments assumed that the causes of psychological disorders were from the devil and that they were cursed or deserved it. Which is why some of the treatments were cruel and inhumane. Such as beating, lobotomy, seizures as a result from insulin injections, etc. I think it depends on the disorder, nowadays many disorders have medications to help decrease the symptoms and signs. Psychotherapies, Ect, and the list goes on.

**5. What is a drawing test? Describe the most popular one.**

A drawing test is when an individual draws most of the time a human being, this helps the psychologist to determine the client's personality. The most popular one that psychologists use is the Human figures drawing (HFD).

**6. Watch the video "Forcing Treatment" below and then answer the following questions: Do you support Kendra's Law? How should families and doctors decide when to pursue court-ordered treatment?**

I think Kendra's law seems like a good idea, because it is protecting the person who is ill, and those around them. And helping will prevent future harm, Though the person will not have the will to make their own choice on if they want to take medications or not. But I think Kendra's Law has more pros than cons since the overall goal is to help this patient. I think the doctor and families should get a court ordered treatment when there are signs and symptoms of the person about to or have harmed themselves or others (causes threats and etc), that is no other choices and have no choice but to get court ordered treatment.

**7. Differentiate among naturalistic observation, analog observation, and self-monitoring. Be sure to indicate under what conditions each would work best.**

The differences between naturalistic observation, analog observation, and self-monitoring can be shown in many ways. Naturalistic observation is observations where variables can not be messed with and the settings are usually placed in a public or outdoor setting. Analog observation is where you can't mess with variables but settings can be controlled. Self-monitoring is where you can control variables and the environment.

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

The elements needed to be present for effectiveness is the data patients' got from this therapy. In addition to The clients characteristics, values and more.