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Psychology 342: Psychopathology
March 21, 2023

Chapter 8 Question 1

Munchausen syndrome is formerly known as Factitious Disorder. An individual with this condition tends to feign illness or even go a step beyond by making themselves ill via medicine or by ingesting something harmful. They do this so that they can play the role of a patient in order to receive attention and specialized care. Many of these “patients” are quite knowledgeable when it comes to various diseases and willingly subject themselves to unnecessary medical procedures even to their own detriment. This syndrome is more common among women than men. It is also found in a set of folks with little to no support from their family of origin. They are prone to have few social connections and lack the ability to maintain long term relationships. It is notable that many of them have had previous experience in the medical profession either as a medical aid, a lab tech or even as nurses. Some harbor ill-will against people in the medical profession, probably due to a past negative encounter. A third group of sufferers were patients themselves when they were very young. Munchausen syndrome tends to manifest in patients in early adulthood.

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Chapter 8 Question 9

Personality styles commonly known as Type A and Type B have been studied for many decades. People who fall into the latter group, Type B, gravitate towards being laid back and are not easily agitated. They are disinclined to be in a hurry or to rush about. Not surprisingly, they tend to have a decreased risk for heart disease according to several studies (Comer 266). Contrariwise, individuals with a Type A personality trend towards an increased risk for cardiovascular deterioration as well as developing a psychological condition. They often exhibit a great sense of urgency, animus and even rancor when dealing with others. The way they handle stress, their demeanor and sentiment, the fact that they commonly respond to situations too strongly or with unnecessary actions is all indicative of this personality type. Therefore, it is no surprise that they are hesitant to express feelings of discomfort and vulnerability.

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Chapter 8 Question 11

Relaxation training has proven to be highly effective in treating certain medical and psychological conditions. From cancer to vascular diseases and diabetes to asthma, learning how to relax has benefited many patients. It is more widely known that pain, insomnia and headaches can be reduced when a sufferer learns these techniques. Primarily, the patient is taught to focus on and relax their muscles, which also minimizes their level of worry and brings down their blood pressure. This has a direct effect on the nervous system as well which is probably why the art of relaxation is growing in popularity in the medical field.

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Chapter 8 Question 17

The important factors that contribute to Haley's concern with her physical appearance are her unfavorable view of the shape of her breasts and her absurd expectation that she should have a perfect body. Young women ought not have breast augmentation surgery until they are done developing which is after the age of 18 according to many medical experts. Neither should their parents be able to make this choice for them. They ought to make the decision themselves after waiting for their bodies to stop growing. Body dissatisfaction is directly correlated with low self-worth and unfortunately teenage girls between the ages of 15 and 18 are at the peak of this period where they reject their bodies. Therefore, they are definitely not in the best place mentally nor psychologically to elect to have major surgery for cosmetic reasons.