

# **REVIEW**

## **DEFINITIONS**

### **Abnormal Psychology**

- Debilitating
- Violates Social Norms
- Dysfunctional
- Causes Personal Distress

### **Psychopathology**

- Study of the nature, development, and treatment of psychological disorders

### **Stigma**

- Distinguishing label is applied
- Label refers to undesirable attributes
- People with label are seen as different
- People with label are discriminated against
  - i.e. "John has schizophrenia and is therefore prone to violence."

### **Paradigm**

- Perspective or conceptual framework from within which a scientist operates

### **Clinical Psychologist (Ph.D. or Psy.D.)**

- Cannot prescribe medication
- Ph.D. generally has research training, Psy.D. counseling focused
- Debate over granting Ph.D. rights to prescribe medicine (allowed in two states currently)

### **Psychiatrist (M.D.)**

- Medical Doctor
- Prescribes medication

### **Social Workers (M.S.W.)**

- Master's degree and focuses on counseling

### **Classical Conditioning**

- Learning through association
  - Dog is shown meat and bell is rung at the same time, the dog salivates.

- Unconditioned Stimulus – Meat, Conditioned Stimulus – Bell, Unconditioned Response – Salivation, Conditioned Response – Salivation when no Meat is Present

## **Operant Conditioning**

- Learning through consequence
  - Positive Reinforcement – Add something good
  - Negative Reinforcement – Take away something bad
  - Positive Punishment – Add something bad
  - Negative Punishment – Take away something good

## **PEOPLE TO KNOW**

### **Hippocrates**

- Believed in biological causes

### **Philippe Pinel**

- Pioneered Humanitarian Treatment
- Had patients engage in purposeful, calming activities

### **Dorothea Dix**

- Crusader for mentally ill

### **Emil Kraepelin**

- Pioneer of psychology classification (DSM)
- Published first psychiatry text
- Introduced mental illness as syndrome
  - Dementia Praecox (schizophrenia)
  - Manic-depressive psychosis (bipolar)

### **Mesmer**

- Treated hysteria with animal magnetism
- Used hypnosis
- Breuer followed and used hypnosis to create catharsis
  - Was along the lines of psychoanalysis
  - Catharsis = release emotional tension by reliving and talking about an event

### **Sigmund Freud**

- Psychoanalysis

- Behavior caused due to unconscious forces
  - Psychopathology caused by forces conflicting

### **John Watson**

- Behaviorist
  - Focuses on observable behavior

### **Ivan Pavlov (Watson and Rayner)**

- Founder of classical conditioning
- Watson and Rayner classically conditioned fear into Little Albert

### **Edward Thorndike and B.F. Skinner**

- Founders of operant conditioning

### **Beck**

- Came up with a cognitive theory designed to help patient's recognize and change maladaptive thought patterns. Theory is called Beck's Cognitive Theory.

### **Ellis**

## **CHAPTER 1**

### **Psychological Philosophy and Treatment**

- Demonology – Demon possession causes mental illness
  - Exorcism used to treat along with burning, etc.
- Biological – Caused by the body
  - Hippocrates
    - Mania (energetic), Melancholia (sad), and Phrenitis (inflammation)
    - Humors – Blood, Black Bile, Yellow Bile, Phlegm
  - Electroconvulsive therapy – Still used today, usually for cases of severe depression
- Psychological – Caused by the mind
  - Mesmer's animal magnetism used to treat hysteria. Used an early form of hypnosis
  - Breuer used hypnosis to induce catharsis (relieve and talk about traumatic experiences)
- Middle Ages
  - Monks cared for the mentally ill
  - Witch hunts
  - Lunacy trials
- Germ Theory
  - Created by Pasteur. Syphilis and General Paresis found to be related. This proved that **Psychology could have a biological cause.**

- Psychoanalytic theory (Freudian theory)
  - Structures of the mind
    - Id – Pleasure seeking (like a baby)
    - Ego – Reality (losing your job if you are a jerk)
    - Superego – Your conscience and morals
    - Oral Stage – Putting things in your mouth, Anal Stage – Control your butt, Phallic (genitals) stage- when Oedipus and Elektra complexes happen
      - Oedipus – Desire the mother and hate the father
      - Elektra – Desire the father and hate the mother
  - Fixation – When someone gets stuck in a stage
  - Regression – When you revert to an earlier stage
  - Some techniques – free association, transference (treat the therapist like people in your life)
  - Jung came up with collective unconscious
    - Archetypes –men do certain things and women do certain things
- Behaviorism
  - Pavlov created Classical Conditioning
    - CS, US, CR, UR
  - Thorndike created operant conditioning
    - Positive/Negative Reinforcement
    - Shaping

### **Asylums and Reform**

- Asylums
  - Treatment harmful or non existent
  - Priory of St Mary of Bethlehem (Bedlam)
  - Rich people paid to view the ill

## **CHAPTER 2**

### **Paradigms**

Modern View – Genetics and environment affect each other

- Diathesis-Stress Paradigm
  - Links paradigms
  - Predisposition to disease exists and stress triggers it
- Genetic Paradigm
  - Behavior Genetic – Genes increase the chance that disorder will occur
    - Twin studies
      - Monozygotic Twins – 100% same DNA
      - Dizygotic Twins – 50% same DNA

- When MZ concordance is higher than DZ, trait is said to be hereditary
        - Can show that disorders run in family, but not always that it is genetic
          - Agoraphobia caused by Modeling behavior, child rearing practices etc.
      - Gene-Environment Interaction - sensitivity to environment influenced by genes
      - Reciprocal Gene-Environment – Girl is prone to depression, then seeks out isolation which worsens depression
      - Genotype – What your genes are
      - Phenotype – What you observe (genes + environment)
- Neuroscience Paradigm
  - Abnormal behavior is linked to problems in the brain
  - Neurotransmitters – Chemicals that allow neurons to signal across the synapse to another neuron
  - Corpus Callosum – Links right and left hemisphere of brain
  - Limbic System – Associated with emotion regulation
- Cognitive – Behavioral Paradigm
  - Schema – How you think about your life (everyone must like me)
  - Token Economy – Operant Conditioning – rewarded for desired behaviors
  - Beck’s Cognitive Therapy – Change maladaptive thoughts
  - Systematic Desensitization – Gradually introduce fears
  - Emotion (short) Mood (longer)
- Sociocultural Factors
  - Part of all paradigms
  - Culture, ethnicity, gender etc.
    - i.e. Women are more likely to experience depression than men

### **CHAPTER 3**

- Reliability and Validity
  - Reliability – Consistency of measurement
  - Validity – How well the test measures what it is supposed to measure
  - Valid measure must be Reliable. Reliable measure does not have to be Valid.
  - Inter-rater reliability – multiple parties agree
  - Test – retest reliability – similarity across multiple tests
- DSM IV – Diagnostic and Statistical Manual
  - Published by American Psychiatric Association
  - Five Axes
    - Axis I – All categories except personality disorders and Mental retardation

- Axis II – Personality Disorders and mental retardation (early onset and long lasting)
    - Axis III – General medical disorders
    - Axis IV – Psychosocial and environmental problems
    - Axis V – Global Assessment of Functioning
  - Comorbidity – two things found together (depression + substance abuse)
  - Is categorical
  - Pioneered by Emil Kraepelin
- Assessment
  - Clinical Interview
    - Pay attention to how a person responds
  - Structured Interview
    - Like Web MD
  - MMPI – Personality Inventory
  - Projective Tests
    - Rorschach – Tell what you see in inkblots
    - Thematic Apperception Test – See picture and tell a story
  - Neurobiological
    - Halstead-Reitan Battery – test time, memory, and speech sounds perception
    - Luria-Nebraska Battery – test motor, tactile, kinesthetic, verbal, spatial, etc. skills
    - Tools
      - CAT Scan – shows brain
      - MRI (higher quality than CAT) – shows brain
      - Functional MRI (fMRI)
        - Show function as well as structure – Gold Standard
      - PET scan – shows function

## **CHAPTER 4**

### Research methods

- Case Study
  - Detailed biography
  - Special cases
  - Create hypothesis
  - Cannot rule out alternative explanations
- Correlational method
  - Are two variables related in a systematic way? (stressed out people have more headaches)
    - Cannot determine cause or effect

- Third variable (neighborhoods with more churches experience more crime – population)
  - Correlational Coefficient
    - -1.0 to +1.0 higher the absolute value = stronger relationship (-.9 is greater than .7)
    - Direction – Positive – One thing increasing causes the other to increase as well (crime and the full moon) Negative – one thing increasing causes the other to decrease (brushing teeth and number of cavities)
- Longitudinal – Pick group and follow over their lifetime (study people at risk for disorder)
- Cross-sectional – Cause and effect measured at the same time (study people who already have the disorder)
- Experimental
  - Manipulate independent variable
  - Measure dependent variable
  - Random assignment
  - Internal validity – how much of the effect is due to independent variable
  - Control Group – Group does not receive treatment – used to judge experimental group
  - Placebo – change due to expectation
  - External Validity – how much does experiment generalize to population
  - ABAB design
    - Treatment, removal, treatment, removal to make sure change is due to treatment
- Meta-analysis
  - Combine results from multiple studies
- Scatter Diagrams
  - Points closer to each other – correlation is stronger. More scattered, correlation is weaker
- Epidemiology – Study of disorders in a population and correlations
  - Prevalence – how many people have a disorder at a given time
  - Incidence - How many new cases occur in a given place at a given time
  - Risk Factors – Condition or variable that increases likelihood of developing a disorder