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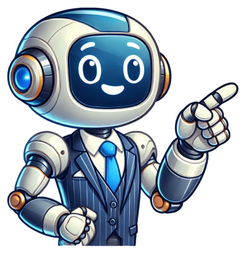

Abnormal psychology is the branch of study that examines unusual patterns of behavior, emotions, and thoughts, which can be indicative of mental disorders. This field typically focuses on behaviors in a clinical setting, although it's essential to note that many behaviors can be considered abnormal depending on the context. The history of understanding and addressing aberrant behavior spans centuries, with various cultures adopting distinct approaches. Abnormal psychology identifies multiple causes for different conditions, drawing from diverse theories within psychology and beyond. However, the exact definition of "abnormal" remains a topic of debate. The field categorizes mental disorders into three main groups: subnormal, supernormal, and paranormal. Abnormal psychology studies two types of behaviors: adaptive and maladaptive. Maladaptive behaviors suggest that individuals are struggling with environmental stressors, which can lead to problems in daily life, emotional regulation, cognitive functioning, physical actions, and social interactions. In contrast, adaptive behaviors are well-suited to an individual's lifestyle, surroundings, and communication style, enabling them to navigate their environment effectively. Clinical psychology is the applied field that seeks to assess, understand, and treat psychological conditions in a clinical setting. While abnormal psychology provides a theoretical framework for this work, it serves as a foundation rather than a direct application of its principles. The concept of abnormal psychology has evolved significantly over time, with contemporary practitioners unlikely to employ this term in their practice. Psychopathology is a related term that may carry connotations of an underlying disease process, reflecting the medical model of mental disturbance commonly used in psychiatry. Early approaches to understanding mental illness can be traced back to Hippocrates, who proposed that bodily and mental imbalances were caused by the misalignment of vital fluids known as humors. The four temperaments theory posited that four distinct humors - black bile, yellow bile, phlegm, and blood - influenced individual temperaments. The establishment of asylums, such as St. Mary of Bethlehem in London (1547), marked a significant turning point in the treatment of mental illness. These institutions often featured poor conditions, with patients viewed as a burden to society and treated accordingly. However, many received helpful medical care, and there was some scientific curiosity about abnormal behavior. The 18th century saw a shift towards more humane treatment approaches, led by Philippe Pinel's advocacy for kindness-based patient care. His experiments in removing chains from patients proved successful, paving the way for reforms in institutionalized mental healthcare. The late 19th and early 20th centuries witnessed further improvements through the work of humanitarians like Dorothea Dix and the mental hygiene movement. This led to increased awareness about abuse and neglect within institutions, resulting in the construction of new facilities to house mentally ill patients. By the 1930s, over 400,000 patients were housed in state mental hospitals across the US, with hospital stays often lasting years. Despite progress made through the reform movement, treatment for patients remained inadequate. Patients often faced inhumane conditions, but this changed in 1946 with Mary Jane Ward's influential novel "The Snake Pit," which sparked public concern for humane mental health care. That same year, the National Institute of Mental Health was established to support training and research, as well as the Hill-Burton Acts, a program funding mental health hospitals. This led to the creation of outpatient clinics, inpatient general hospitals, and community consultation centers. However, by the late 20th century, many mental hospitals were closed. In the United States, President John F. Kennedy launched the community health movement in 1963, aiming to coordinate mental health services through mental health centers. Over the next 40 years, psychiatric hospital patient numbers dropped by about 90%. Deinstitutionalisation ended long-term confinement, but its effectiveness is debated due to concerns over rising homelessness among those previously institutionalized. Mental illnesses in ancient Greece and Rome were thought to stem from an imbalance of bodily fluids, leading to gruesome treatments like draining brain fluids. During the Middle Ages, Europeans believed that witchcraft and demonic possession caused erratic behavior, prompting brutal exorcisms and tortures when conventional methods failed. As late as the 15th century, this superstition persisted in Europe. A more rational approach emerged with Swiss alchemist Paracelsus, who posited that lunar cycles and celestial influences shaped human behavior and mental states. Though this idea has largely been debunked by modern academia, remnants of supernatural thinking remain in some parts of the world, particularly among certain religious groups. Throughout history, societies have offered various explanations for abnormal behavior, from animist hunter-gatherer tribes believing in malevolent spirits to Western academics attributing it to biological and psychological factors. In extreme cases, individuals exhibiting unusual behavior were ostracized or even executed as witches. The Catholic Church's Malleus Maleficarum, a guide for prosecuting "deviants," exemplifies this dark chapter. In contrast, the biological tradition views psychological disorders as medical conditions, while the psychological tradition attributes them to faulty development and social context. Hippocrates, considered the father of Western medicine, contributed significantly to the biological perspective by treating abnormal behaviors as treatable diseases. Hippocrates believed that the brain was the source of consciousness, emotions, and intelligence, and thought that problems related to these functions would be located there.[11] He and his followers were later followed by Galen, who expanded on their ideas and formed a prominent school of thought in medicine for many centuries. According to Kendra Cherry, MSEd, "medical psychologists focus on the biological causes of mental illness, looking at genetic inheritance, related physical disorders, infections, and chemical imbalances as potential underlying causes.[18] This perspective emphasizes understanding the reasons behind disorders, rather than just treating their symptoms. Sigmund Freud's structural model describes how an individual interacts with the world and responds to internal forces. The id represents instinctual drives that are unconscious, while the super-ego is a person's conscience and moral code. The ego balances these two, trying to make rational decisions despite societal norms and expectations.[19] A poorly developed or misdeveloped superego can lead to abnormal behavior, as can irrational beliefs driven by unconscious fears. Rational emotive behavior therapy helps people overcome irrational thoughts and behaviors by identifying and challenging them. The sociocultural perspective acknowledges that various social circles, from family and friends to governments and policies, influence an individual's development and behavior.[21] Factors like social class, income, race, ethnicity, and gender can all impact abnormal behavior. Psychological abnormality is a complex field with many different theoretical perspectives, making it difficult to explain mental disorders using just one theory. Instead, most mental health professionals use multiple causality, combining several theories to understand the causes of psychopathology. The diathesis-stress model emphasizes that both immediate triggers and underlying factors contribute to the development of psychological disorders. For instance, high neuroticism often precedes various psychopathologies.[24] Statistical abnormalities – behaviors or characteristics that are present in only a low percentage of the population – do not necessarily imply mental illness; for example, extreme wealth or attractiveness. Psychometric abnormality refers to deviations from statistically determined norms, such as an IQ score below 70-75, which may indicate learning disabilities and difficulties coping with life. However, these abnormalities do not accurately predict an individual's condition or problems. On the other end of the IQ spectrum, a deviation of 30 points above the mean is generally not considered abnormal. Deviant behavior – such as hallucinations or impulse control disorders – does not always signify mental illness; it can occur independently or in conjunction with the disorder. Combinations of symptoms, including emotional distress, dysfunction, and impaired psychological processes, are characteristic of various mental disorders. Examples include schizophrenia, which causes a disconnection from reality through delusions and hallucinations, as well as attention deficit hyperactivity disorder (ADHD), characterized by excessive inattention and impulsiveness. Antisocial personality disorder involves a cluster of traits that lead to violations of others' rights, including callousness, deceitfulness, and lack of remorse. Dissociative identity disorder (DID) is marked by the presence of multiple personalities, each with its own consciousness and awareness. DID can arise from either post-traumatic or socio-cognitive models, with the former linking it to inescapable past trauma and the latter emphasizing cognitive processes. As people overcome a multiple personality disorder, their individual personalities can persistently disrupt their life long-term, with cultural norms guiding this behavior. Meanwhile, those with social anxiety disorder (SAD) experience an intense fear of social situations due to the belief that they'll be evaluated negatively or embarrass themselves. SAD is also one of the most debilitating mental disorders, characterized by a constant fear in almost all social settings. This condition can arise after a traumatic and/or embarrassing event occurs while being observed by others. Generalized anxiety disorder is marked by an unrelenting state of worry and anxiety that extends to various situations, making it difficult to control. Symptoms may also include irritability, fatigue, concentration difficulties, restlessness, and more. Individuals with specific phobias exhibit excessive fear and avoidance towards certain objects or situations, often disproportionate to the cultural context. Examples include school phobia, blood phobia, and height phobia. Post-traumatic stress disorder (PTSD) is characterized by physical and mental distress related to past traumatic experiences, manifesting symptoms such as nightmares, flashbacks, avoidance reactions, shame, guilt, anger, hypervigilance, and social withdrawal. PTSD can arise from various experiences involving violence, injury, or death. Somatoform disorders are caused by biological abnormalities in the brain, while psychogenic disorders stem from psychological issues. The DSM-5 manual outlines these conditions, with various counseling theories supporting and explaining their findings. The DSM-5 is a comprehensive guide that provides detailed descriptions of what constitutes a mental disorder. To be considered a mental disorder, three key elements must be present: symptoms causing disturbances in behaviour, thoughts or emotions; symptoms causing personal distress or impairment; and symptoms stemming from internal dysfunctions with biological and/or psychological roots. The DSM-5 organizes its content into three main sections. Section I provides an introduction to the guide's purpose, structure, and use, including basics and cautions for forensic use. It also explains the revision process and goals of harmonizing with the ICD-11. Section II contains diagnostic criteria and codes used in establishing and diagnosing various abnormal psychological constructs. These include categories such as neurodevelopmental disorders, schizophrenia spectrum disorders, depressive disorders, anxiety disorders, and more. Section III includes methods for clinical decision-making, understanding culture, and exploring emerging diagnoses. The DSM-5 is aligned with the International Classification of Diseases (ICD), which is used by World Health Organization member states. Chapter five of the ICD-10 lists over 300 mental and behavioural disorders, and its categories have been influenced by the APA's DSM-IV, showing significant concordance between the two. As of January 2022, the ICD-11 will replace the ICD-10 in WHO member states, maintaining free access through the WHO website. F30–F39 disorders of mood F40–F48 neurotic stress-related somatoform disorders F50–F59 behavioral syndromes with physiological disturbances physical factors F60–F69 disorders adult personality behavior F70–F79 intellectual disability F80–F89 disorders psychological development F90–F98 behavioral emotional disorders childhood adolescence F99 unspecified mental disorder ICD-11 International Classification of Diseases most recent version Mental behavioral neurodevelopmental disorders section abnormal psychology forms 6A00-6A0Z neurodevelopmental disorders 6A20-6A2Z schizophrenia primary psychotic disorders 6A40-6A4Z catatonia 6A60-6A8Z mood disorders 6B00-6B0Z anxiety fear related disorders 6B20-6B2Z obsessive-compulsive disorders 6B40-6B4Z stress associated disorders 6B60-6B6Z dissociative disorders 6B80-6B8Z feeding eating disorders 6C00-6C0Z elimination disorders 6C20-6C2Z bodily distress bodily experience disorders Disorders substance use addictive behaviors Psychological theories and techniques have been developed to address a wide range of mental health issues. Factors such as brain function, environment, and personal experiences can all impact an individual's state of mind. It is essential to avoid making generalizations about different cultural groups and to approach each person with sensitivity. Traumatic events, such as physical or sexual abuse, can have a profound effect on a person's life. Additionally, environments that pose a threat to one's safety can also contribute to mental health issues. Family dynamics and the presence of certain emotions, such as negatively expressed emotion, have been linked to specific mental health conditions like schizophrenia and anorexia nervosa. Psychoanalytic theory, developed by Sigmund Freud, suggests that repressed memories and emotions from childhood play a key role in shaping an individual's thoughts and behaviors. Freud believed that by uncovering these repressed memories through techniques such as free association, hypnosis, or insight, patients could gain a deeper understanding of their issues and find relief. While psychoanalysis has largely fallen out of favor with modern therapies, it continues to be used by some clinicians. Behavior therapy, on the other hand, is based on the principles of behaviorism, which posits that behaviors are driven by stimuli and reinforcement. The goal of this type of therapy is to reinforce positive behaviors and gradually replace maladaptive ones. Humanistic therapy focuses on achieving self-actualization, as advocated by Carl Rogers. This style of therapy focuses on treating individuals as people rather than just addressing their problems. By doing so, it aims to identify and resolve issues in a more effective manner. Humanistic therapy has gained popularity in recent years due to its numerous benefits. It is considered an essential element for successful therapy, not only improving patients' well-being but also contributing to the overall well-being of society. Many experts believe that humanistic therapy is the most effective approach and that all modern therapies draw from it in some way. In contrast, cognitive behavioral therapy (CBT) targets thought patterns and perceptions. This type of therapy combines elements of behavioral therapy and cognitive psychology to address clients' negative schemas and distorted views of the world. These skewed perspectives can lead to maladaptive behaviors such as depression, anxiety, or obsessive-compulsive tendencies when unrealistic expectations are not met. CBT aims to replace these negative schemas with more realistic ones, leading to a decrease in symptoms. It has proven particularly effective in treating depression and is often used in group settings where members can provide support and encouragement, reducing the likelihood of dropout. Interestingly, CBT has been applied successfully to patients beyond those with traditional psychiatric disorders. For instance, individuals with multiple sclerosis have found it helpful in managing their condition and adapting to new lives without developing additional problems. Despite its effectiveness, providing therapy to all patients in need remains a challenge due to funding constraints and a lack of understanding about symptoms. This disconnect between patients, society, and caregivers hinders the delivery of adequate care, particularly for children who often require specialized settings to learn from their experiences. Play therapy is an approach where therapists engage with children using toys or activities, making it a natural and non-intrusive way for kids to open up about their concerns. This method allows children to express their problems through play and have more comfortable conversations with the therapist. Play therapy has been shown to be effective, particularly for younger children under 10 who are still developing their understanding of the world. Additionally, family systems therapies focus on resolving issues within families by improving relationships between multiple family members. Family management skills can be taught to improve supervision, disciplinary practices, and foster positive interactions between parents and children. Child-parent attachment development aims to create secure bases for children, promote trust, independence, and positive perceptions of family relationships. ####References: Abnormal psychology refers to the study of mental health disorders and unusual behaviors. It encompasses various topics such as insanity defense, classifications of diseases, and lists of organizations in psychology. The field of abnormal psychology has evolved over time, with notable milestones including the introduction of the Mental Health Act 1983 and 2007. The M'Naghten Rules and models of abnormality are also discussed within this context. Abnormal psychology is often defined as any behavior that deviates from what is considered normal or acceptable by society. It can be categorized into various types, including parapsychology, seasonal affective disorder, and zero stroke. The Society of Clinical Child & Adolescent Psychology and the American Psychological Association are among the organizations that work to understand and address abnormal psychology. Abnormal psychology has also been explored through various models, such as the Abnormal Psychology: An Integrative Approach by David Barlow. The field of abnormal psychology is not without controversy, with some arguing that it can be stigmatizing or overly restrictive. However, others see it as a crucial tool for understanding and addressing mental health issues. Some notable researchers in the field include John W. Bridges, who wrote about what is abnormal psychology, and Ivan G. Sarason, who co-authored Abnormal Psychology with his brother Bradley R. Sarason. The journal Acta Psychiatrica Scandinavica has published articles on psychopathology, including a 2013 article by Giancarlo Stanghellini titled "Psychopathology: re-humanizing psychiatry". Other topics discussed in abnormal psychology include the history of mental hospitals, rational emotive behavior therapy (REBT), and the role of ego and internal objects. The book "Psychological Disorders" by McGraw-Hill Higher Education provides an overview of various mental health conditions. The Diathesis-Stress Model for panic-related distress was tested in a Russian epidemiological sample, showing that neuroticism has a prospective association with mental disorders, but this association decreases over time after adjusting for baseline symptoms and psychiatric history. The book also discusses the definitions of abnormality, citing Gilles-Thomas' 1989 work. Other chapters cover topics such as understanding abnormal child psychology, intelligence, psychopathy, antisocial personality disorder, conduct problems, and dissociative identity disorder. A meta-analysis on social anxiety disorder in individuals with a psychotic disorder found a high prevalence rate. The book also covers generalized anxiety disorder, specific phobia, post-traumatic stress disorder (PTSD), and the DSM-5 diagnostic criteria for various mental health conditions. Furthermore, the concept of abnormality is explored through the lens of cognitive psychology, highlighting the importance of identifying psychological disorders and understanding what constitutes "abnormal" behavior. The book also discusses the predictive processing perspective on PTSD, which challenges traditional views on the disorder. Overall, the book provides a comprehensive overview of various mental health conditions, their definitions, and the latest research in the field of abnormal psychology. The World Health Organization's ICD-11 classification system for mental and behavioral disorders highlights the complexities of cultural practices and beliefs across various groups. Researchers have acknowledged that generalizations about cultural norms may not capture individual variations within those cultures. Studies have shown that systemic family therapy, combined with attachment interventions, can be effective in helping adoptive families. Additionally, a meta-analysis of randomized controlled trials found that psychoanalytic psychotherapy was effective in the long term for certain populations. Other research has explored the effectiveness of various therapeutic approaches, including child-centered play therapy and cognitive behavioral therapy (CBT). A study on CBT for adult depression found that it can be effective, but with varying levels of success depending on individual circumstances. A randomized controlled trial examining the use of CBT for people adjusting to multiple sclerosis found mixed results. Some studies have suggested that mental health services may not always meet the needs of individuals with mental illnesses. The text also references various theoretical approaches to psychology, including behaviorism and humanism. Researchers continue to explore the effectiveness of different therapeutic methods, highlighting the need for more nuanced understanding of individual differences within cultural contexts. Note: I've removed some of the citations and references to make the paraphrased text more readable. If you'd like me to include those as well, please let me know! Society's perception of normalcy and abnormality is constantly evolving, making it challenging for psychologists to categorize behaviors. Despite this, abnormal psychology focuses on understanding psychological disorders and their impact on human behavior, particularly when leading to psychopathology. A timeline highlights the evolution of abnormal psychology and its treatment methods throughout history. Early Renaissance Mental health issues were initially treated at home, with local parishes providing financial support to affected families. Community-based mental health programs aimed for gentle and respectful care. The humanism movement emerged during this time, emphasizing compassion and understanding. As recognition of mental health disorders increased, hospitals and churches began operating asylums to provide widespread treatment. However, patients often received low-quality care due to overcrowding and staff lack of knowledge about mental illness. The introduction of scientific questioning during the humanism movement marked a significant shift. The Renaissance humanism movement, which originated in Italy and spread throughout Europe, emphasized showing humans understanding and compassion. During this era, doctors began using the power of suggestion on the human mind, which had The history of psychology is marked by significant milestones and reformative efforts aimed at improving mental health care. In the 18th century, figures such as William Tuke established the York Retreat, a pioneering institution that emphasized humane treatment for individuals with mental illnesses. In the 19th century, key players like Philippe Pinel introduced moral management, which focused on treating patients based on their social, individual, and occupational needs. Franz Gall's phrenology theory was also influential during this period, although it has since been discredited. Dorothea Dix played a crucial role in advocating for better mental health treatment facilities in the United States. Her efforts led to the construction of asylums that employed more humane treatment methods, despite some of these methods being considered unethical by today's standards. The 20th century saw the emergence of new therapeutic approaches, such as client-centered therapy developed by Carl Rogers. The Diagnostic and Statistical Manual of Mental Disorders was first published in 1952, providing a standardized framework for diagnosing mental health conditions. Psychologists began to focus on specific subdisciplines, including abnormal psychology. The concept of psychogenic and somatogenic perspectives on mental disorders gained prominence during this time. While existential philosophers emphasized individual freedom to find meaning in life, the psychogenic perspective gained widespread acceptance, particularly with the increased use of hypnotism as a treatment method for abnormal behaviors. In the 20th century, deinstitutionalization became a widespread practice, leading to the closure of many state institutions. The Community Mental Health Centers Act of 1963 aimed to improve patient care, resulting in increased funding for research facilities and the growth of community-based care. Currently, abnormal psychology treatment focuses on holistic approaches, with research highlighting the benefits of Omega 3 and Omega 6 fatty acids in preventing psychiatric disorders. Scientists are also exploring the impact of hormones, genetics, and neurotransmitters on mental health. While prescription medications remain a common treatment option, there is growing interest in alternative holistic methods due to concerns over withdrawal symptoms and addiction rates. For those interested in abnormal psychology, King University's psychology program offers a comprehensive education preparing students for careers like clinical psychology, neuropsychology, or social work.

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