



# Understanding Abnormal Behavior

Chapter 1  
Historical Perspectives on Abnormal Behavior

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## Where did it all begin?

- Abnormal behavior and psychological disorders have been documented for thousands of years.
- Although many early “treatments” are now recognized as cruel and ineffective, they were considered state-of-the-art for their times.
- Treatments were influenced by the social perception of mental illness

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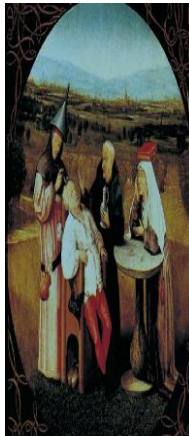
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## The Scientific Approach

- Very early in history (500-700 A.D) the problem was based on \_\_\_\_\_  
\_\_\_\_\_
- disorders may have natural causes and should be \_\_\_\_\_
- Scientists made very few significant advances in the understanding of abnormality until the eighteenth century.



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## Spiritual Approach

- This approach regarded psychological disorders as the \_\_\_\_\_
- Treatments included:
  - Trephining
  - Exorcism
  - Treatments recommended by church



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## "Treatments" became used to contain and control the mentally ill.

- People with psychological disorders or "madmen" became seen as dangerous animals who should be caged in order to protect society.
- Since mental illness was not seen at this time as a medical condition, \_\_\_\_\_



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## Humanitarian Approach

- The humanitarian approach developed throughout history, in part as a reaction against the spiritual approach and its associated punishment of people with psychological disorders
- \_\_\_\_\_
- \_\_\_\_\_
- Mental hygiene movement
- Mental Retardation Facilities and Community Mental Health Center Construction Act

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These conditions contributed to the \_\_\_\_\_ of the mentally ill in America.

*The Mental Retardation Facilities and Community Mental Health Center Construction Act*

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### Did it work as promised?

- Deinstitutionalization has been criticized for failing to live up to its expectations.
- Although deinstitutionalization was designed to enhance the quality of life for people who had been held years in public psychiatric hospitals, \_\_\_\_\_

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The community mental health movement has had many successes, but continues to remain \_\_\_\_\_

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# Assessment

How are psychological disorders evaluated?

Chapter 3 Assessment



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## What is Assessment?

- Assessment is a procedure in which a clinician

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- *Psychological assessment* involves a broad range of measurement techniques

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- This evaluation occurs in a person who \_\_\_\_\_ have a psychological disorder.



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## Clinical Assessment

- Only after a person is assessed can a diagnosis be given.
- This is the process of determining whether a presenting problem meets the \_\_\_\_\_

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Why is it important to have a process for assessing and diagnosing people?



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### Classification promotes Universal standards

- Classification is the core of scientific study, which allows researchers to \_\_\_\_\_
- Classification facilitates research on etiology and treatments of disorders, including best practices.
- To be diagnosed with a psychological disorder very specific criteria must be met.

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### There is much debate on the classification of mental disorders

Some feel that diagnosis of psychological disorders do more harm than good, fail to truly address the individual's problem and create dehumanizing labels



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# Types of Assessment

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## Clinical Interview

Information is gathered by the professional by talking with the client which provides information about:

- \_\_\_\_\_
- Symptoms
- \_\_\_\_\_

Unstructured Interview:

- A series of \_\_\_\_\_

Structured Interview:

- \_\_\_\_\_ and assessments



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## Clinical Description

A presenting problem typically refers to the specific problem that brought the person in for help.

- \_\_\_\_\_



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### What's the Presenting Problem?

Patricia was referred to the crisis center for suicidal thoughts and suicide attempt which followed an argument with her boyfriend. Patricia ingested a bottle of prescription pain medication and drank small amounts of a household cleaning product. Patricia was once hospitalized for major depression and suicidal statements.



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### What was the presenting problem?



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### Mental Status Exam

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- Used by clinicians to determine whether or not a psychological disorder may be present.

- Most people do this everyday...including you 😊

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What are some things you observe when you meet someone for the first time?

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Mental status exams cover five general areas:

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Overt physical behaviors, appearance, body language, facial expression
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Are thoughts linear and organized?
- ---

Are there delusions/hallucinations present?

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Mental Status  
(Mood and affect)

- ---

Depressed, "anxious," "good," and "tired"
- ---

Does the person appear "down" or elated?
- ---

Is it "appropriate"? You feel sad...you look sad.



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## Mental Status Intellectual functioning

- A variety of test are used to help determine level of intellectual functioning:
  - Repeat these 3 words: 'pen,' 'chair,' 'flag'
  - The "serial 7s"
  - Abstracts and metaphors
  - Standardized IQ tests (Stanford-Binet, WAIS)

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## Mental Status

- Sensorium refers to \_\_\_\_\_  
\_\_\_\_\_
- Clinicians assess a person's orientation to time, place and person.
- "Is the person oriented times 3?"
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_




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## DSM 5 ASSESSMENT MEASURES

- DSM-5's Section 3 contains a set of assessment measures that clinicians can use to enhance their decision-making process.
  - These tools include a "cross-cutting" interview that reviews symptoms  
\_\_\_\_\_
- This review of symptoms would allow clinicians to draw attention to symptoms that may not fit precisely into the  
\_\_\_\_\_
- Such questions could be incorporated into a mental status examination.

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# Psychological Testing




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## What makes a psychological test "good"?

• Validity:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- The consistency of a test, measurement, or category system

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If someone who is 200 pounds steps on a scale 10 times and gets readings of 150, 250, 95, 140, etc., the scale is not reliable. If the scale consistently reads "150", then it is reliable, but not valid.




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## Standardized Tests

- There are literally hundreds of standardized tests clinicians can use for assessment purposes.
  1. Intelligence Testing
  2. Personality and Diagnostic Testing
  3. Behavioral Assessment
  4. Biological Tests
  5. Environmental Assessment
  6. Multicultural Assessment

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## Personality and Diagnostic Testing

### • Self-Report Clinical Inventories:

- \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- These responses yield standardized measures of psychological symptoms and personality profiles

- Beck Depression Inventory-II (BDI-II)
- Minnesota Multiphasic Personality Inventory-2 (MMPI-2)

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**TABLE 3.9** Sample Items and Instructions from the Beck Depression Inventory-II (BDI-II)

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

On this questionnaire are groups of statements. Please read each group of statements carefully. Then pick out the one statement in each group which best describes the way you have been feeling the PAST WEEK, INCLUDING TODAY. Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle each one. *Be sure to read all the statements in each group before making your choice.*

<b>Item 1.</b>	<b>Sadness</b>	
	0	I do not feel sad.
	1	I feel sad much of the time.
	2	I am sad all the time.
	3	I am so sad or unhappy that I can't stand it.
<b>Item 2.</b>	<b>Pessimism</b>	
	0	I am not discouraged about my future.
	1	I feel more discouraged about my future than I used to be.
	2	I do not expect things to work out for me.
	3	I feel my future is hopeless and will only get worse.

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## Self-Report Inventories



• Advantages:

- \_\_\_\_\_
- \_\_\_\_\_

• Limitations:

- \_\_\_\_\_
- \_\_\_\_\_

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## Neuropsychological Assessment

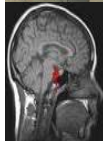
- Process of gathering information about the client's brain function based on their performance on tests.

- Neuropsychological tests are derived from or the same as tests on the WAIS-IV.

- Tests that are used to identify markers of psychological disorders few are currently useful in assessing mental disorders

- Brain imaging and scanning:

- Electroencephalogram (EEG)
- Computerized axial tomography (CAT)
- Positron Emission Tomography (PET)
- Functional MRI (fMRI)



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