

What is Abnormal?

Chapter One:
Abnormal Behavior in Historical Context

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Class Objectives

- Ψ What is ABNORMAL?
- Ψ When does an abnormal behavior become a psychological disorder?
- Ψ Historical perspectives and treatments

2

Are psychological disorders rare?

3

So, where is the line between normal and abnormal?

Emotional states (anxiety/depression) may be considered _____

4

Abnormal behavior is characterized as:

Ψ _____

Ψ Socially unacceptable

↳ Behavior that deviates from the norm

Ψ Distressing to the person who exhibits it or to the people around them

Ψ Maladaptive

↳ _____

5

There are multiple definitions...and depending on the situation some criteria may be weighted more heavily than others

6

True or False?

Behavior deemed abnormal in one society may be perceived as normal in another.

7

How do we define a psychological disorder?

Ψ Abnormal behavior that involves disturbance of _____

Ψ *Psychological dysfunction* associated with distress or impairment that is _____

8

Defining psychological disorders

Ψ Personal *distress* also contributes to defining psychological disorders.

Ψ One last factor is the question, "Does the behavior meet cultural standards?"

9

Can any of these criteria be used solely to define a psychological disorder?

10

As well as looking at the "average."

The conclusion...it is difficult to define "abnormal" and "normal"

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Psychopathology

Ψ *Psychopathology* is the scientific study of psychological disorders.

Ψ _____

Ψ This area is also involved the assessment, diagnosis and treatment of these disorders

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Assessment

How are psychological disorders evaluated?



Mental Health professionals look for specific characteristics when evaluating a person in need of intervention.

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Evaluation Behavior

Ψ A clinical description is written to document behaviors...

- Combination of thoughts, behaviors, and feelings

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Clinical Description

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

Ψ _____

Clinicians are interested in:

Ψ *Course*- pattern of the disorder in time

- _____

Ψ *Prevalence*- number of people the population with a disorder

Ψ _____ - The number of new cases of a disorder in a certain time period, usually per year

Ψ *Prognosis*- future development

Ψ *Etiology*- _____

Treatment was influenced by the social perception of mental illness

Ψ Very early in history (500-700 A.D) the problem was based on the _____

- disorders may have natural causes and should be _____



Ψ Later in history (500-1700 A.D) due to the influence of the church witchcraft and demonic possession were common explanations for mental illness.



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1700-1900 A.D

Ψ People with psychological disorders or "madmen" were seen as dangerous animals who should be caged in order to protect society.



Reform

Ψ Reformers like Dorothea Dix and Dr. John Grey advocated for humane treatments for the mentally ill in the 19th century.

Ψ Dorothea Dix began _____ which ensured treatment for all.

- Including the poor and homeless.

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The unfortunate result:

- _____

- _____

22

Deinstitutionalization

This federal policy shifted treatment from long-term care facilities to short-term and community mental health centers

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Did it work as promised?

- Ψ _____

- Ψ Accounting for a very large percentage of the homeless population.
- _____

- Ψ The community mental health movement has had many successes, but continue to remain underfunded.

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Next Class

How are psychological disorders
DIAGNOSED?

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