



## What is Abnormal?

### Chapter One:

Defining Abnormality: What is Psychopathology?

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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

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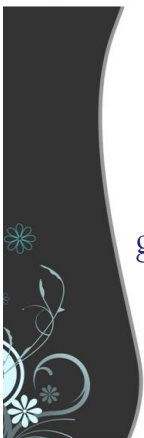
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What percentage of the population would you guess have a psychological disorder?

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People tend to believe that psychological disorders affect a small percentage of people, but this is not so.

The \_\_\_\_\_ (1962) reported that \_\_\_\_\_% of the general population have some form of mental illness

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### The Human Perspective

Ψ One of the most important objectives for this class is for students to recognize how psychological suffering is everywhere.

Ψ You will learn about clusters of symptoms that characterize different psychological disorders, but most importantly PEOPLE suffer with these disorders everyday.

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### Sensitivity Please!

The language we use when discussing psychological disorders is very important-people are not just their disorders!

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For each scenario list two questions you would want to know about the case to evaluate the behavior.

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### Who's Abnormal?

- Ψ A 10 year-old wants to have his entire body tattooed.
- Ψ Tom is uncomfortable riding escalators. As a result, Tom avoids using any escalator.
- Ψ Rachel has been caught urinating in the corner of her bedroom.
- Ψ A 35 year-old very happily married man enjoys wearing women's clothes and underwear on the weekends when he and his wife go out on the town.

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So, where is the line between normal and abnormal?

Emotional states (anxiety/depression) may be considered abnormal when they are not appropriate to the situation.



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# Abnormal behavior is characterized as:

- Ψ \_\_\_\_\_
- Ψ Socially unacceptable  
\_\_\_\_\_
- Ψ \_\_\_\_\_ to the person who exhibits it or to the people around them
- Ψ Maladaptive
  - Behavior that limits the ability to function or fulfill life responsibilities

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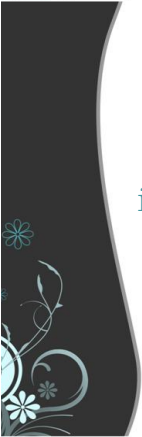
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The Normal-Abnormal \_\_\_\_\_ must always be acknowledged because it is almost impossible to give an exact "cut-off"

How often does Tom have to avoid escalators before this behavior is considered a disorder?

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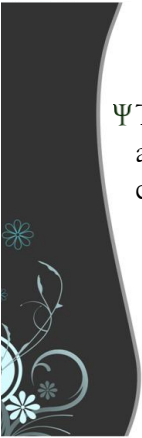
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## Labels, Labels, Labels...

Ψ These words are used to dismiss and dehumanize people who we consider different.




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True or False?

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

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Who decides what's "NORMAL"?

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How do we define a psychological disorder?

Ψ Abnormal behavior that involves

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Ψ *Psychological dysfunction* associated with distress or impairment that is not typical or culturally appropriate

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Defining psychological disorders

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

- The concept of *impairment* is also useful in defining this.

Ψ One last factor is the question,

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

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for a valid definition. As well as looking at the “average.”

The conclusion...it is \_\_\_\_\_ “abnormal” and “normal”

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## Psychopathology

Ψ Psychopathology is the scientific study of \_\_\_\_\_

Ψ This area studies the causes (\_\_\_\_\_) and possible \_\_\_\_\_ of psychological disorders

Ψ This area is also involved the \_\_\_\_\_ and treatment of these disorders

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## What's Next?

Assessing Psychological Disorders

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