

# Chapter 1 Handouts

## Abnormal Psychology: Past and Present

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## Abnormal Psychology: Past and Present

- What is abnormal psychology?
  - The field devoted to the scientific study of \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ abnormal patterns of \_\_\_\_\_
  - Workers may be:
    - \_\_\_\_\_
    - \_\_\_\_\_

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## What Is Psychological Abnormality?

- Many definitions have been proposed, yet none is universally accepted
- Most definitions, however, share some common features...
  - "The Four Ds"
    - Deviance - \_\_\_\_\_
    - Distress - \_\_\_\_\_
    - Dysfunction - \_\_\_\_\_
    - Danger - \_\_\_\_\_

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## Deviance

### ■ From what?

■ From behaviors, thoughts, and emotions considered normal in a specific place and time and by specific people

### ■ \_\_\_\_\_

■ Stated and unstated rules for proper conduct in a given society or culture

■ Examples?

■ Judgments of deviance also depend on specific circumstances (i.e., \_\_\_\_\_)

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## Distress

■ According to many clinical guidelines, behavior must be \_\_\_\_\_ before it can be labeled abnormal

■ Not always the case

■ Examples?

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## Dysfunction

■ Abnormal behavior tends to be \_\_\_\_\_ – it interferes with daily functioning

■ \_\_\_\_\_ has an influence on determinations of dysfunction, as well

■ Dysfunction alone does not necessarily indicate psychological \_\_\_\_\_

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## Danger

- Abnormal behavior may become dangerous to oneself or others
  - Behavior may be careless, hostile, or confused
- Although cited as a feature of psychological abnormality, \_\_\_\_\_  
\_\_\_\_\_

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## The Elusive Nature of Abnormality

- Ultimately, each society selects the general criteria for defining abnormality and then uses those criteria to judge particular cases
  - Szasz argues that, because of the influence of culture, the whole concept of mental illness is invalid
    - Deviations called “abnormal” are only “\_\_\_\_\_”
    - Societies use the concept of mental illness to control those who threaten social order

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## The Elusive Nature of Abnormality

- Even if we agree with the concept of abnormality, it is often applied inconsistently
  - Examples:
    - Diagnosis of the poor versus the wealthy
    - Issue of abnormality versus eccentricity

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## The Elusive Nature of Abnormality

■ In short, although abnormality generally is defined as behavior that is deviant, distressful, dysfunctional, and dangerous, these criteria often are vague and subjective

■ When is a pattern of behavior considered abnormal?

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## What Is Treatment?

■ Once abnormality is determined, clinicians attempt to treat it

■ Treatment (or therapy) is a procedure designed to change abnormal behavior into more normal behavior

■ It, too, requires careful definition...

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## What Is Treatment?

• According to Jerome Frank, all forms of therapy have three essential features:

1. A \_\_\_\_\_ who hopes the healer can provide relief
2. A trained, socially acceptable \_\_\_\_\_, whose expertise is accepted by the sufferer and his or her social group
3. A \_\_\_\_\_ between the healer and the sufferer, through which the healer tries to produce certain changes in the sufferer's emotional state, attitudes, and behavior

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## What Is Treatment?

- Despite the clarity of the definition, clinical therapy is surrounded by confusion and conflict:
  - Lack of agreement about goals or aims
  - Lack of agreement about successful outcomes
  - Lack of agreement about failure
  - Are clinicians seeking to cure? To teach?
  - Are sufferers patients (ill) or clients (having difficulty)?

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## What Is Treatment?

- Despite these disagreements, most clinicians agree that large numbers of people need therapy
  - And research indicates that therapy often is helpful

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## How Was Abnormality Viewed and Treated in the Past?

- In any given year in the US, \_\_\_% of adults and \_\_\_% of children display serious psychological disturbances and are in need of treatment
- In addition, most people have difficulty coping at various times in their lives
- Is this the fault of modern society?
  - Not entirely; historical records demonstrate that every society has witnessed psychological abnormality and had its own form of treatment...

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## How Was Abnormality Viewed and Treated in the Past?

- Much of today's thinking about abnormal psychology is built on past approaches and ideas, rather than being a rejection of these ideas
- Theories and themes about abnormal psychology occur again and again; progress has not been a steady movement forward

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## Ancient Views and Treatment

- Most of our knowledge of prehistoric societies has been acquired indirectly, is based on inferences from archaeological findings, and is limited
- Most historians believe that prehistoric societies regarded abnormal behavior as the work of evil spirits
  - May have begun as far back as the Stone Age
- The cure for abnormality was to force the demons from the body through \_\_\_\_\_ and \_\_\_\_\_

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Ancient skull with holes from trephination

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## Greek and Roman Views and Treatments

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- 500 B.C. to A.D. 500
- Many psychological disorders were identified
- Hippocrates believed that abnormality was a disease arising from internal physical problems
  - He looked to an unbalance of the four humors
  - His suggested treatment that attempted to “rebalance”

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## Europe in the Middle Ages: Demonology Returns

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- A.D. 500 – 1350
- With the rise of clergy came the \_\_\_\_\_
  - Abnormality was again seen as a conflict between good & evil
  - The incidence of abnormality increased dramatically as outbreaks of mass madness occurred
  - Earlier (largely discarded) treatments such as exorcism re-emerged
- At the close of the Middle Ages, demonology began to lose favor again

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## The Renaissance and the Rise of Asylums

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- A.D. 1400 – 1700
- German physician Johann Weyer believed that the mind was as susceptible to sickness as the body
  - Weyer is considered the founder of modern study of psychopathology
- Patient care improved as demonological views declined

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## The Renaissance and the Rise of Asylums

- Shrines devoted to loving care of the mentally ill were established and one, at Gheel, became a community mental health program of sorts
- This time also saw a rise of asylums – institutions whose primary purpose was care of the mentally ill
  - The intention was good care, but because of overcrowding they became virtual prisons

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## The Nineteenth Century: Reform and Moral Treatment

- As 1800 approached, asylums were reformed into places of care
  - Pinel (France) and Tuke (England) advocated moral treatment – care that emphasized humane and respectful treatment
    - In the US, Benjamin Rush (father of American psychiatry) and Dorothea Dix (Boston schoolteacher) were the primary proponents of moral treatment

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## The Nineteenth Century: Reform and Moral Treatment

- By the end of the nineteenth century, there was a reversal of the moral treatment movement because of several factors:
  - Money and staff shortages
  - Declining recovery rates
  - Lack of more effective treatment for severely mentally ill
- Long-term hospitalization became the rule once again

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## The Early Twentieth Century: Dual Perspectives

■ As the moral movement was declining in the late 1800s, two opposing perspectives emerged:

■ The Somatogenic Perspective

■ \_\_\_\_\_

■ The Psychogenic Perspective

■ \_\_\_\_\_

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## The Early Twentieth Century: The Somatogenic Perspective

■ Two factors responsible for rebirth of this perspective:

■ Emil Kraepelin's textbook argued that physical factors (like fatigue) are responsible for mental dysfunction

■ Several biological discoveries were made, such as the link between untreated syphilis & general paresis

■ This approach, while creating optimism, led to few positive results until the 1950s, when a number of effective medications were discovered

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## The Early Twentieth Century: The Psychogenic Perspective

■ Rise in popularity of this perspective was based on work with hypnotism:

■ Friedrich Mesmer and hysterical disorders

■ Sigmund Freud: father of psychoanalysis

■ Unconscious processes at the root of abnormality

■ The psychoanalytic approach had little effect on the treatment of severely disturbed patients in mental hospitals

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## Current Trends

- Have we come a long way?
  - 43% of people interviewed believe that people bring mental health disorders upon themselves
  - 35% consider mental health disorders to be caused by sinful behavior
  - However, the past 50 years have brought major changes in the ways clinicians understand and treat abnormal functioning

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## How Are People with Severe Disturbances Treated?

- 1950s – \_\_\_\_\_ discovered
  - Antipsychotics
  - Antidepressants
  - Anxiolytics (antianxiety drugs)
- These discoveries led to deinstitutionalization and a rise in outpatient care
  - This change in care was not without problems

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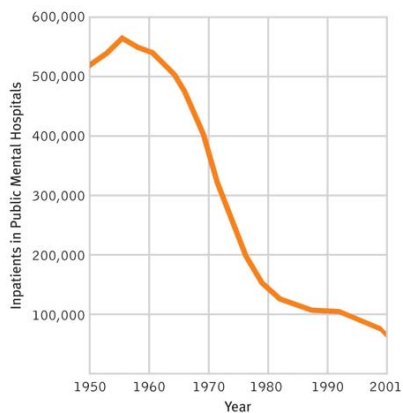
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## How Are People with Severe Disturbances Treated?

- Outpatient care is now the primary mode of treatment
  - When patients need greater care, they are usually given short-term hospitalizations or outpatient psychotherapy and medication in community settings
    - Unfortunately, there are too few community programs available; only 40% of those with severe disturbances receive treatment of any kind

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## How Are People with Less Severe Disturbances Treated?

- Since the 1950s, there has been an increase in outpatient care
  - Although this type of care was once exclusively private psychotherapy, it now includes various settings, as well as specialty care
- In any given year, \_\_\_\_\_ adults receive some type of mental health care

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## A Growing Emphasis on Preventing Disorders and Promoting Mental Health

- The community mental health approach has given rise to the prevention movement
  - Many of today's programs are trying to:
    - Correct the social conditions associated with psychological problems
    - \_\_\_\_\_
- Prevention programs have also been energized by the rise of \_\_\_\_\_ – the study and promotion of positive feelings, traits, and abilities

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## Multicultural Psychology

- In response to the growing diversity in the U.S., this new area of study has emerged
  - Multicultural psychologists seek to understand how culture, race, ethnicity, and gender affect behavior and thought, and how people of different cultures, races, and genders may differ psychologically
- Two areas of focus for clinicians:
  - \_\_\_\_\_
  - \_\_\_\_\_

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## The Growing Influence of Insurance Companies

- Today the dominant form of insurance coverage is the managed care program – a program in which the insurance company determines key care issues
  - Approximately 75% of all privately insured persons in the U.S. are enrolled in managed care programs
  - At issue are the duration of therapy, the push for medication treatment, and the relatively low rates of reimbursement for care

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## What Are Today's Leading Theories and Professions?

- One important development in the field of abnormal psychology is the growth of theoretical perspectives, including:
  - Psychoanalytic
  - Biological
  - Behavioral
  - Cognitive
  - Humanistic-existential
  - Sociocultural
- No single perspective dominates

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## What Are Today's Leading Theories and Professions?

- In addition to multiple perspectives, there also are a variety of professionals now available to offer help to people with psychological problems

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Table 1-2

Profiles of Mental Health Professionals

	Degree	Began to Practice	Current Number	Percent Female
Psychiatrists	M.D., D.O.	1840s	39,056	25
Psychologists	Ph.D., Psy.D., Ed.D.	Late 1940s	88,000	52
Social workers	M.S.W., D.S.W.	Early 1950s	476,000	77
Counselors	Various	Early 1950s	175,000	50

Source: APA, 2005; Weissman, 2005, 2000; U.S. Department of Labor, 2002.

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## What Are Today's Leading Theories and Professions?

- One final development in the study and treatment of mental disorders is a growing appreciation for \_\_\_\_\_
- Clinical researchers attempt to examine which concepts and theories best \_\_\_\_\_ and \_\_\_\_\_ abnormal behavior, which \_\_\_\_\_ are most effective, and what kinds of \_\_\_\_\_ may be required

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