

UNIT 12 — ABNORMAL PSYCHOLOGY

Vocabulary Term	Definition of Term	Example
Psychological Disorder	Thoughts feelings and actions that make it hard to fit into society	This whole chapter
ADHD	(extreme) inattentive, hyper, impulsive	Hyper kids
Medical Model	Theory that psych disorders have physical (treatable) causes	ADHD can be treated with Ritalin
DSM-IV-TR	Widely used system for classifying psychological disorders	DSM-IV-TR
Anxiety Disorders	Distressing, persistent anxiety	Panic disorder, Generalized Anxiety Disorder, Phobias, OCD, Post Traumatic stress disorder
Generalized Anxiety Disorder	In a state of continual autonomic nervous system arousal	Always feeling nervous and being jittery and worried
Panic Disorder	Random short periods of intense fear with no warning	Walking a dog and suddenly fearing the world will end
Phobia	Persistent irrational fear	Agoraphobia "you have nothing to fear but fear itself"
ODC	UNWANTED repetitive thoughts or actions	Howie Mandel
Post Traumatic Stress Disorder	(Memories/nightmares/social withdrawal/jumpy anxiety/insomnia) lasting in excess of four weeks after a traumatic experience	War Veterans
Somatoform Disorder	Symptoms take bodily form without any physical cause	You feel sick, but nothing is wrong with you
Dissociative Disorders	Conscious and past memories are separated	No longer aware of who you are after a traumatic experience
Dissociative Identity Disorder	Person has two or more distinct and alternating personalities.	Multiple Personality Disorder
Mood Disorders	Emotional extremes	Major Depressive Disorder, Mania, and Bipolar Disorder
Major Depressive Disorder	2+ weeks of significantly depressed moods, feeling worthless.	People who cut themselves may suffer from depression
Mania	Hyperactive and crazy optimistic	Really, really, really, happy people
Bipolar Disorder	Alternating between mental highs and lows	Mark Twain
Schizophrenia	Group of severe disorders (disorganized/delusional thinking, disturbed perceptions, inappropriate emotions/actions)	A Beautiful Mind
Delusions	False beliefs	Believing you are Satan and wearing an outfit made completely of bananas
Personality Disorders	Behavior that you won't change, and that hurts social functioning	Becoming a serial killer
Anti social Personality Disorder	No conscience	Serial killers

Authors of Important Study	Basic of What Was Done	Lesson(s) learned from the study
David Rosenhan	Healthy people briefly simulated hallucinations to get into psychiatric hospitals. All were admitted and diagnosed with psychiatric disorders. After admission, they acted normally	Hospital staff failed to detect a single person, and instead believed that all of the patients exhibited symptoms of ongoing mental illness. Several were confined for months.

	and told staff that they felt fine and had not experienced any more hallucinations	All were forced to admit to having a mental illness and agree to take antipsychotic drugs as a condition of their release.
Martin Seligman	Tested depression of individuals of western culture	Individualism, loss of religion/family causes depression and pessimism