Unit 6 Abnormal Psychology Concept Sheet

Directions: As you read each module, answer the questions that follow completely.

1. Describe what constitutes a psychological disorder.

2. Explain why it can be difficult to diagnose psychological disorders.

3. How did the biopsychosocial approach to psychological disorders developed from the medical model?

4. What is the purpose of the DSM-5?

5. What was the significance of Rosenhan’s 1973 study on labeling?

6. Describe what the rates of psychological disorders are like.

7. According to Freud, what is the cause of anxiety disorders?

8. How can operant and classical conditioning contribute to anxiety?

9. According to the biological perspective, what is the cause of anxiety-related disorders?

10. What is the function of the anterior cingulate cortex, and how does it relate to obsessive-compulsive disorder?

11. What is the number one reason people seek mental health services?

12. List Lewinsohn’s facts regarding depression.

13. According to the biological perspective, what are the causes and treatment of mood disorders?

14. According to the social-cognitive perspective, what factors influence mood disorders?

15. Why can schizophrenia be considered a psychosis?

16. What are the positive and negative symptoms of schizophrenia?

17. List all biological factors that increase the likelihood of developing schizophrenia.

18. What type of environmental factors can influence schizophrenia?

19. What is the chief characteristic of somatic symptom disorder?

20. Generally, what is the cause of dissociative disorders?

21. What is the difference between dissociative fugue and dissociative amnesia?

22. What are some factors that influence personality disorders?

23. What are the insight therapies, and what is their purpose?

24. Describe the techniques of psychoanalysis.

25. How is the more contemporary psychodynamic approach different from traditional psychoanalysis?

26. What are some of the goals of humanistic therapy?

27. Describe Carl Rogers’ client-centered therapy.

28. How did Mary Cover Jones and Joseph Wolpe contribute to psychotherapy?

29. How does aversive conditioning work?

30. Describe rational-emotive behavior therapy.

31. What is Beck’s theory for depression?

32. What are some of the benefits of using group and family therapy?

33. What is meta-analysis, and why it is used?

34. Discuss regression toward the mean. Why is it important to consider in psychotherapy?

35. Name and describe antipsychotic drugs, including which disorders they treat.

36. Name and describe antianxiety drugs, including which disorders they treat.

37. Name and describe antidepressant drugs, including which disorders they treat.

38. Name and describe mood stabilizing drugs, including which disorders they treat.

39. How can electroconvulsive therapy, magnetic stimulation, and deep-brain stimulation be used as psychotherapy?