

Introduction to Abnormal Psychology – Exam I study guide

Structure: 30 multiple-choice questions worth two points each, eight short open-ended questions worth five points each. The total of each test is 100 points

Chapter 1 – Past and present

What is the definition of psychology? What is the definition of abnormal psychology?

- Psychology can be defined as the study of behavior and mental processes. Abnormal psychology can be defined as the study of abnormal behavior and abnormal mental processes.

What are the three components of abnormal psychology?

- The three components of abnormal psychology:
 - o Deviance → explain a factor
 - o Distress → impairment
 - o Dysfunction → when starts to affect daily function (applies to all psychological disorders)

Historical perspectives of mental health:

- Ancient views → 2 known around the world are schizophrenia and depression, abnormal behavior was taught to be an evil spirit. Trephination → instrument that was used to cut the skull in treatment of schizophrenia.
- Greek and Roman views → Hippocrates called the father of modern medicine, abnormal behavior arises from natural causes, an imbalance of 4 humors (yellow bile, black bile, blood, phlegm) treatment would be letting someone bleed out to balance humors.
- Europe in the middle ages → Christianity rules over Europe after the decline of the roman empire, a growing disgust of science, religion beliefs controlled all education such as beliefs were highly superstitious and demonological.
- Renaissance and the rise of asylums → asylum began in Europe supposed to care for people with mental illnesses (good at first then became prisons) Royal Bethlehem Hospital → first psychiatric hospital in Europe. Three form of therapy used back in the

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