Abnormal Psychology

Abnormal psychology is the scientific study of feelings, thoughts, and behaviors associated with mental disorders. This area of science is designed to evaluate, understand, predict, and prevent mental disorders .

There is still no universal agreement about what is meant by abnormality or disorder. It is to be understood that *"normality only varies in degrees and not in kind"*

Causes:

Suffering:

Maladaptiveness:

Statistical Deviancy:

Violation of the Standards of Society:

Social Discomfort:

Irrationality and Unpredictability:

Classification systems for mental disorders

classification systems provide us with a nomenclature (a naming system) and enable us to structure information in a more helpful manner.

Organizing information within a classification system also allows us to study the different discrders that we classify and therefore to learn more not only about what causes them but also how they might best be treated.

The Diagnostic and Statistical Manual of Mental Disorders-DSM- APA

The International Classification of Disorders-ICD-WHO

Mental Health, Mental Illness and Mental health professionals

Mental health can affect a person's day-to-day life, relationships, and physical health. External factors in people's lives and relationships can also contribute to their mental well-being. This involves balancing their activities, responsibilities, and efforts to achieve psychological resilience.

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community." –WHO

The WHO states that mental health is "more than the absence of mental disorders." Peak mental health is about managing active conditions and maintaining wellness and happiness.

Types of mental disorders

There are many different types of mental illness. Some of the main groups of mental health disorders are:

mood disorders (such as depression or bipolar disorder)

anxiety disorders

personality disorders

psychotic disorders (such as schizophrenia)

eating disorders

trauma-related disorders (such as post-traumatic stress disorder)

substance abuse disorders- alchohol, drug abuse

Mental Illness

A mental illness is a health concern. It can affect our thoughts, mood, or behaviour. It can impact the way we perceive the world around us.

A mental illness can cause distress. It may affect how you cope at work, how you function in relationships and your ability to manage everyday tasks.

Mental illnesses can last for a short time or for your whole life. Some mild mental illness lasts only a few weeks. Sometimes severe illnesses can be life-long and cause serious disability.

Neurosis

Psychosis

Ancient views

Supernatural Causes

Psychological disturbances as being caused by demons, and some of the earliest known treatm...... ... ... disorders were exorcisms, starvation, and maybe even trephination (trepanning), which is drilling a hole into the skull. Early explanations of abnormality in Indian, Chinese, and Egyptian cultures all refer to some sort of supernatural causes, along with imbalances in some sort of bodily fluids or forces.

Imbalances

Hippocrates (BC) taught that illnesses had natural causes and that abnormality was the result of some sort of disease process resulting from imbalances of the four humours: black bile, yellow bile, blood, and phlegm.

Development of Asylums

Because people who were "mad" were considered to have lost their ability to reason, they were considered to be less than human and more like animals. Thus, institutions during these times were largely places that "maintained" patients by holding them away from the larger community. Ill people were treated in the most inhumane manner.

Moral therapy

The idea was essentially a switch from treating people like animals in chains to releasing them from their chains and treating them humanely and with respect.

Clifford Beers in 1908 published "A mind that found itself", a book based on his personal experience of admissions to three mental hospitals. The book had a great repercussion and in the same year a Mental Hygiene Society was established in Connecticut.

The mental hygiene movement implemented actions aimed at reducing the preconditions for mental illness by taking such social measures as the right upbringing, selection of decent work, adequate living and working conditions, and fast and accessible psychiatric services.

The psychological theories and therapies developed in the late 19th and early 20th centuries have continued to evolve .

Mental health professionals

Psychiatrists

-specialized doctors who diagnose, treat, and prevent mental, emotional, and behavioral disorders using a of psychiatric medicine, physical exams, and lab tests. They hold either a doctor of medicine (MD) degree.

Psychologists

Also diagnose, treat and prevent mental emotional, and behavioral disorders but will not prescribe drugs. Psychologists typically hold a doctoral degree like a Ph.D., Psy.D., and they must be licensed and pass general and state-specific board exams to practice.

Psychiatric nurse

They typically work in psychiatric hospitals, mental health clinics, correctional facilities, and residential treatment centers. Additionally, they may work in private practice or provide home-based care

Counselors and counseling

Counselors usually have a master's degree in counseling or a related field; however, a bachelor's degree may be sufficient for certain counseling roles, such as those focused on substance use disorders. Ex: Mental health counselore, family counselor, child and adolescent counselor, marital counselor etc

Social workers

Social workers are professionals dedicated to helping individuals and communities with personal and social challenges. They can be found in various settings, including public agencies, hospitals, universities, and private practices.

Occupational therapist

Occupational therapists can specialize in mental health, and they can use psychoeducation to help clients manage their mental illness. Occupational therapists help people, such as those with disabilities, live independently. Occupational therapists evaluate and treat people who have injuries, illnesses, or disabilities. They help clients meet goals to develop, recover, improve, and maintain skills needed for daily living and working.

CAUSAL FACTORS OF MENTAL ILLNESS

Biological factors:

Imbalances of chemicals or hormone, genetic factors, brain damage and dysfunction

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Psychological factors:

Childhood deprivation, trauma, exposure to stress and violence, family dysfunctions, neglect and abuse, parental psychopathology,

Sociocultural factors:

Low socio-economic status and unemployment, prejudice and discrimination, unsafe neighbourhood, constant threat and social disharmony

No single factor can be said to cause mental illness it is always a combination of factors that disrupts mental wellbeing. Hence an illness is required to be explained form the bio-psycho-socio perspectives

The Diathesis Stress model

Diathesis refers to a predisposition or vulnerability to developing a mental disorder. This can be due to genetic factors, early life experiences, or other biological susceptibilities.

Stress refers to the environmental factors that trigger the onset of mental illness or exacerbate exis_ conditions. These can include significant life events, trauma, and daily stressors.

Everyone has vulnerabilities due to genes, genetic abnormalities, or the complex interaction of various genes. But just because these predispositions exist does not mean that an individual will develop a particular condition.

Stress and genetic factors work together to increase your vulnerability, but there are also protective factors that can help counteract some of the effects of stress. A few of these helpful protective factors that buffer the interaction of diathesis and stress include secure attachments, positive relationships, stress management skills, and emotional competence

Making lifestyle changes and developing healthy coping mechanisms can help reduce stress and protect your mental health.

The diathesis-stress model has influenced how researchers investigate mental health conditions. It has helped shift the focus of research from nature vs. nurture debates to a more nuanced understanding of how biological and environmental factors contribute to mental illness.

Diathesis-Stress Model of Mental Illness