Definitions of Abnormality

- Behaviors that are rare or which deviate from the average.
- A normal distribution curve is used – most people will get near the mean average.
- People who fall 2 standard deviation points away are classed as abnormal.

Phobias AO1

- Measured – effectively – clear what is normal and abnormal.
- Objective –
- Best when used with another measure
- Highly scoring lies classed as abnormal – may not mean they have a mental disorder
- Impaired etic of culture – what is normal is one culture may be abnormal in another

Behavioural Approach to Explaining Phobias

- Watson – two-process theory – developed through classical conditioning and operant conditioning – negative reinforcement
- Empirical evidence – Little Albert
- BI State – over 50% of people with fear of dogs could relate to a frightening experience
- Neese & Williams – mostrar video of other monkey acting phobic to the loud noise – developed a phobia of monkeys – human generalization
- Attempts to replicate Watson & Rayner’s study have been unsuccessful

Social phobia cannot be tested back to an incident as they develop during
Self-help – all species are 'programmed' to avoid certain stimuli – potentially dangerous ones – evolution
- Little Albert study incredibly unethical

Statistical Inffrequency

Deviation from Social Norms

- When a person behaves in a way that is different from how we expect people to behave
- There are social norms within every society – when a person deviates from these they are classed as abnormal
- Considers an individual’s experience
- Subjective – can be good but if too subjective it can be negative
- Cultural bias – treats each culture the same (mainly Western)
- Harold Shipman – abnormality may not lead to dysfunctional traits

Treating Phobias – Systematic Desensitisation

- Anxiety hierarchy – constructs a hierarchy of least to most fearful
- Relaxation – deep muscle relaxation to neutralise the fear – individuals cannot be relaxed and face the same time
- Exposure – the phobic stimulus whilst in a relaxed state
- Land & Levcov – three phases: systemic desensitisation had a greatly reduced fear over 6 months
- 80 – 90% show great improvement
- Quick and cost effective – compared to other treatments
- Long-lasting benefits
- Suffers with learning difficulties or younger children are more suited to systematic desensitisation

- Less traumatic than flooding

Beck’s Cognitive Theory of Depression

- The way a person thinks can create vulnerability
- PART 1: FAULTY INFORMATION PROCESSING
- Paying attention to negative aspects in everything
- Does not include black and white terms
- PART 2: NEGATIVE SELF-SCHEMAS – Negative views of self – The world is seen through negative schemas
- Develops when authoritarian parents place unrealistic demands on their children and are highly critical of them
- May not withstand through adulthood – living life in a negative way
- PART 3: NEGATIVE TRAITS
- Negative schemas are adopted and maintained
- Beck’s theory involves basic symptoms of depression – not like aggression and hallucinations

Psychopathology Revision

Phobias – Behavioural, Emotional & Cognitive Characteristics

- Phobia – a persistent fear reaction that is strongly out of proportion to the reality of the danger
- Panic – bloody, screaming, running away
- Avoidance – avoid coming into contact with phobic stimulus

Depression – Behavioural, Emotional & Cognitive Characteristics

- Low energy levels
- Changes in sleep and appetite
- Verbal and physical aggression towards self and others
- Feelings of worthlessness
- Anger against self or others
- Poor concentration
- Focusing on the negative
- Absolute thinking – all good or all bad

Ellis’ ABC Model of Depression

- A – Activating events
- B – Beliefs
- C – Consequences

- Inappropriate situations that are triggered by external events
- Interpretation of the event
- Usually negative
- Triggers emotional thoughts about self
- Can be unhealthy thoughts
- Proven to be successful treatment
- Explains change in depression but not when it occurs from an ambivalent event
- Explains vulnerability but not other aspects like Beck’s theory

Depression and Treatments AO1/3

- Depression
- Bipolar disorder
- Anxiety

OCD AO1/3

- Obsessive-compulsive disorder
- Symptoms
- Diagnosis

Neural Explanations of OCD

- Low levels of the neurotransmitter serotonin
- Normal transmission of mood relevant information does not take place
- SSRIs – only 50% of people improved – if it was down to low levels of serotonin then it would be 100%
- They take 4-12 weeks before effects are seen
- Paracetamol analogy – we take paracetamol to treat headaches but it does not mean the headache was caused by low levels of paracetamol

Neurophysiological Explanations of OCD

- Associated with abnormal functioning of the lateral frontal lobes – responsible for decision making
- The Para hippocampal gyrus may function abnormally – associated with processing unpleasant emotional stimuli
- Cause and effect cannot be established – difficult to say whether it was caused by abnormal functioning
- Not clear which systems of the brain are involved

Deviation from Ideal Mental Health

- Jadhav – set characteristics which are defined as normal, so deviation from these mean abnormal
- No symptoms of distress
- Rational and perceive ourselves accurately
- Self-esteem
- Independence
- Work successfully, love and enjoy our leisure

- Positive approach to defining abnormality – focuses on positive characteristics
- Subjective – difficult to measure vague criteria
- Culturally specific – based on Western cultures
- Unrealistic criteria – most people would be classed as abnormal if this is the case

Depression and Treatments AO1/3

- Depressive characteristics
- Mirtazapine
- Sertraline
- Fluoxetine

OCD AO1/3

- Obsessions
- Compulsions
- Treatment

Treatment for OCD – Drug Therapy (SSRIs)

- SSRIs
- Sertraline
- Fluvoxamine
- Citalopram
- Escitalopram
- Paroxetine
- Paxil
- Symptoms
- Treatment
- Risks
- Side effects
- Potential harms
- Potential risks
- Tolerance
- Cautions
- Vomiting
- Stomach pain
- Diarrhoea
- Headache
- Insomnia
- Dizziness
- Sweating
- Nausea
- Constipation
- Numbness