A way to introduce the study of abnormal psychology is with a discussion of the definition of stress. Researchers in this area focus on the impact of life changes, daily stress, and emergency situations on physiological and psychological well-being. Personality characteristics as they relate to physical function are also of interest (for example, the association between stress and cardiovascular disease). Coverage of the stress response ranges views of stress and coping. Useful findings on strategies for coping with stress are also studied. Students also explore the nature of and responses to conflicting motives.

Stress will lead us into the definition and diagnosis of abnormal behavior. Criteria that identify behavior as abnormal could be statistical comparisons, sociological norms, or adaptive behavior. Criteria of abnormality are given differing degrees of salience in the many different categories of abnormal behavior disorders specified in the Diagnostic and Statistical Manual (DSM-IV). Specific attention is given to the disorders of: mood, personality, dissociation, somatoform, anxiety, organic, and psychotic.
Key Terms
Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)
Psychological Disorder Neurotic disorders
Psychotic disorders Anorexia Nervosa
Bulimia Nervosa Dissociative Amnesia
Dissociative Fugue Autism
Major Depression Bipolar Disorder (Manic-Depression)
Generalized Anxiety Disorder Panic Attacks
Phobias Obsessive-Compulsive Disorder (OCD)
Somatoform Disorder Conversion Disorder
Hypochondriasis Borderline Personality Disorder
Delusions Hallucinations
Word Salad Clang Associations
Personality Disorders Antisocial Personality Disorder
Conflict Stress
Approach-Approach Avoidance-Avoidance
Approach-Avoidance General Adaption Syndrome (G.A.S.)
Dissociative Identity Disorder (multiple personalities)
Post-Traumatic Stress Disorder (PTSD)
A.R.E. (Alarm, Resistance, Exhaustion)
Schizophrenia (Paranoid, Disorganized, Catatonic,
Undifferentiated, Residual)

Key People
Emil Kraeplin ___
American Psychological Association (APA) ___
Meyer Friedman & Ray Rosenman ___
Hans Selye* ___
Philippe Pinel ___
David Rosenhan* ___

A. At first alarmed. Then resisted. Finally exhausted. We all have GAS!
B. If you need to begin classifying behavioral disorders, I’m your man
C. Behavior disorders are in the mind; besides the treatment is inhumane
D. Though we’re not a gang, we’ve had some pretty influential people in our group
E. Seven friends and I were misdiagnosed with having schizophrenia.
F. Type A, Type B, heart disease, and you
Learning Outcomes (from the Myers text – Chapter 14: Stress and Health)

1. Identify some behavior-related causes of illness and death, and describe health psychology’s contribution to the field of behavioral medicine.
2. Discuss the role of appraisal in the way we respond to stressful events.
3. Describe the dual-track system by which our body responds to stress, and identify the three phases of the general adaptation syndrome.
4. Discuss the health consequences of catastrophes, significant life changes, and daily hassles.
5. Discuss the role of stress in causing coronary heart disease, and contrast Type A and Type B personalities.
6. Distinguish between a psycho physiological illness and hypochondriasis.
7. Describe the effect of stress on immune system functioning.
8. Discuss the findings on the link between stress and AIDS.
9. Discuss the findings on the link between stress and cancer.
10. Describe the impact of learning on immune system functioning.
12. Describe how a perceived lack of control can affect health.
13. Discuss the links among explanatory style, stress, and health.
14. Describe some of the ways that social support acts as a stress buffer.
15. Discuss the advantages of aerobic exercise as a technique for managing stress and fostering well-being.
16. Compare the benefits of biofeedback and relaxation training as stress-management techniques, and discuss meditation as a relaxation technique.
17. Discuss the correlation between religiosity and longevity, and offer some possible explanations for this link.
18. Explain why people smoke.
19. Discuss ways of helping smokers to quit smoking—or preventing young people from ever starting.
20. Discuss the adaptive advantages and modern-day disadvantages of a body that stores fat.
21. Describe some of the social effects of obesity.
22. Discuss some research finding on the role of heredity ad environments in determining body weight.
23. Discuss the chances of success for an overweight person who wants to lose weight.
Learning Outcomes (from the Myers text – Chapter 16: Psychological Disorders)

1. Identify the criteria for judging whether behavior is psychologically disordered.
2. Contrast the medical model of psychological disorders with the biopsychosocial approach to disordered behavior.
3. Describe the goals and content of the DSM-IV.
4. Discuss the potential dangers and benefits of using diagnostic labels.
5. Define anxiety disorders, and explain how these conditions differ from normal feelings of stress and tension, or uneasiness.
6. Contrast the symptoms of generalized anxiety disorder and panic disorder.
7. Explain how a phobia differs from the fears we all experience.
8. Describe the symptoms of obsessive-compulsive disorder.
9. Describe the symptoms of post-traumatic stress disorder, and discuss survivor resiliency.
10. Discuss the contributions of the learning and biological perspectives to our understanding of the development of anxiety disorders.
11. Describe the symptoms of dissociative disorders, and explain why some critics are skeptical about dissociative identity disorder.
12. Define mood disorders, and contrast major depressive disorder and bipolar disorder.
13. Discuss the facts that and acceptable theory of depression must explain.
14. Summarize the contributions of the biological perspective to the study of depression, and discuss the link between suicide and depression.
15. Summarize the contributions of the social-cognitive perspective to the study of depression, and describe the events in the cycle of depression.
16. Describe the symptoms of schizophrenia, and differentiate delusions and hallucinations.
17. Distinguish the five subtypes of schizophrenia, and contrast chronic and acute schizophrenia.
18. Outline some abnormal brain chemistry, functions, and structures associated with schizophrenia, and discuss the possible link between prenatal viral infections and schizophrenia.
19. Discuss the evidence for a genetic contribution to the development of schizophrenia.
20. Describe some psychological factors that may be early warning signs of schizophrenia in children.
21. Contrast the three clusters of personality disorders, and describe the behaviors and brain activity associated with antisocial personality disorder.
22. Discuss the prevalence of psychological disorders, and summarize the findings on the link between poverty and serious psychological disorders.