

AB PSYCH REVIEWER

- **Early Contributors in Abnormal Psychology**

- [John P. Grey](#)

- Psychiatrist who believed **mental illness has physical/biological causes.**
 - Promoted **humane treatment** for patients in hospitals.
 - Emphasized **medical approaches** to mental disorders.

- [Dorothea Dix](#)

- Social reformer who advocated for **better treatment of mentally ill patients.**
 - Helped establish **mental hospitals in the U.S. and Europe.**
 - Fought against the abuse and neglect of the mentally ill.

- [Mary Cover Jones](#)

- Known as the “**Mother of Behavior Therapy.**”
 - Demonstrated how **fear can be unlearned** using behavioral techniques.
 - Famous for treating a child’s fear of rabbits through gradual exposure.

- **Mental Hygiene Movement**

- A movement promoting **better mental health care and prevention of mental illness.**
 - Focused on:
 - Early treatment
 - Prevention
 - Improving conditions in mental institutions
 - Encouraged **community mental health services.**

- **Behavioral Techniques in Treatment**

Behavioral therapy focuses on **changing maladaptive behaviors through learning principles.**

Systematic Desensitization

- Developed by [Joseph Wolpe](#).

- Used to treat **phobias and anxiety disorders**.

• Process:

1. Relaxation training
2. Create fear hierarchy
3. Gradual exposure to the feared object

Example: Fear of dogs → look at picture → watch from far → approach slowly.

Flooding

- Client is **exposed directly to the most feared stimulus**.
- Exposure continues until **anxiety decreases**.
- Faster but **more intense** than systematic desensitization.

Example: Someone afraid of heights is taken directly to a high place.

○ **Behavioral Models**

- Suggest that **abnormal behavior is learned through experience**.

- Focus on:
 - Environment
 - Reinforcement
 - Conditioning

- Developed by [Ivan Pavlov](#).

Learning occurs when a **neutral stimulus becomes associated with a meaningful stimulus**.

Example:

- Dog hears bell + food → salivation
- Eventually bell alone → salivation

In psychopathology:

- Fear can develop when a **neutral object becomes associated with trauma**.

○ **Operant Conditioning**

Developed by [B. F. Skinner](#).

Behavior is influenced by **consequences**.

Types:

- **Positive reinforcement** – adding reward
- **Negative reinforcement** – removing unpleasant stimulus
 - **Punishment** – decreasing behavior

Example:

A child gets attention when throwing tantrums → behavior increases.

- **Psychopathology in Biological Dimension**

Suggests that **mental disorders are related to biological factors** such as:

- Brain structure
- Neurotransmitters
- Genetics
- Hormones

Example:

- Depression may involve **chemical imbalance in the brain.**

- **Diathesis–Stress Model**

A theory explaining how **mental disorders develop.**

- **Diathesis** = vulnerability or predisposition (genetic/biological)
- **Stress** = environmental triggers

Formula: **Diathesis + Stress → Disorder**

Example: A person with genetic risk for depression develops it after a traumatic event.

- **Gene–Environment Correlation**

Explains how **genes influence the environments people experience.**

Types:

1. **Passive** – parents provide both genes and environment.
2. **Evocative** – behavior influenced by genes causes reactions from others.
3. **Active** – individuals choose environments that match their genes.

10. Neuroscience

The study of the **nervous system and brain**.

Important in abnormal psychology because:

- Mental disorders are linked to **brain functioning**.
- Brain imaging helps understand disorders.

11. Neurotransmitters

Chemical messengers in the brain that **transmit signals between neurons**.

Examples:

- **Serotonin** – mood regulation
- **Dopamine** – pleasure and motivation
- **Norepinephrine** – stress and alertness
- **GABA** – reduces anxiety

Imbalance may cause disorders such as:

- Depression
- Anxiety
- Schizophrenia

12. Substances

Certain **drugs and chemicals affect brain functioning** and behavior.

Examples:

- Alcohol
- Cocaine
- Marijuana
- Prescription medications

Substances can cause:

- Addiction
- Mood changes
- Psychosis

13. [Martin Seligman](#)

Learned Helplessness

Occurs when a person **believes they have no control over negative events**.

Results:

- Passive behavior
- Depression-like symptoms

Example:

After repeated failures, a person stops trying.

Learned Optimism

The ability to **develop positive thinking patterns** and believe problems are temporary.

Benefits:

- Better mental health
- Higher resilience
- Increased motivation

Positive Psychology

Field of psychology focusing on:

- Human strengths
- Happiness
- Well-being
- Personal growth

Instead of only studying mental illness.

○ **14. Mood, Affect, and Emotions**

Mood

- Long-lasting emotional state.
- Less intense but more persistent.

Example: depression, happiness.

Affect

- **Observable expression of emotion.**
- What others see (facial expression, tone).

Example: flat affect in schizophrenia.

Emotion

- Short-term reaction to stimuli.
- Includes:
 - Physiological response
 - Feelings
 - Behavior

Example: fear, anger, joy.

15. Culture-Bound Syndromes

Mental disorders that appear **only in specific cultures**.

Examples:

- **Ataque de nervios** (Latin culture)
- **Koro** (fear of genital retraction in Asian cultures)
- **Amok** (sudden violent outburst in Southeast Asia)

Shows how **culture influences mental illness**.

○ **16. Paraphilic Disorders**

A group of disorders involving **intense and persistent sexual interests** that may cause distress or harm.

Examples:

- Voyeuristic disorder
- Exhibitionistic disorder
- Fetishistic disorder
- Pedophilic disorder

Diagnosis usually requires:

- Distress or impairment
- Behavior lasting **at least 6 months**