

Abnormal Psychology Exam #1 Study Guide

Ch. 1: Abnormal Psychology & Life

Understand the 3 key features of Psychological abnormality (mental disorder)

What were the prehistoric views and treatments of abnormal behavior?

Know Hippocrates' theory on 4 humors

What is mass madness?

What is Pinel noted for?

What is moral treatment?

Know Dorothea Dix's contributions

Understand the somatogenic & psychogenic perspectives

Ch.2: Perspectives on Abnormal Psychology

Understand the following perspectives' view on the causes of abnormality & treatments, as well as their limitations: Biological, Psychodynamic, Humanistic, Cognitive-

Behavioral, Behavioral, Cognitive, Sociocultural

What are the treatments from the biological model?

Know the basic principles of the Psychodynamic model

Understand id, ego, superego

Understand primary & secondary processing

What are defense mechanisms? Understand at least 2 different ones

Know what techniques psychodynamic therapies rely upon

What is self-actualization?

Understand Maslow's Hierarchy of needs

Understand Rogers' client-centered therapy

What are the three key qualities of a therapist according to Rogers?

Understand how one might develop a psychological disorder through classical and operant conditioning & modeling

Understand Beck's view on causes of abnormality

Understand the concepts of arbitrary inferences and personalization

Understand the following Cognitive-Behavioral Treatments: CBT, RET, systematic desensitization, exposure treatment, token economy

Understand how culture can influence psychological disorders

Understand family systems theory

Ch.4: Clinical Assessment, Diagnosis & Treatment

Understand the two main approaches to defining abnormal behavior

Understand reliability & validity

What is clinical assessment?

What is a clinical interview?

What is the difference between the structured & unstructured interview?

Understand the different personality assessments (objective, projective & types)

Understand the different behavioral assessments (naturalistic observation, controlled observation, self-monitoring)

Abnormal Psychology Study Guide

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