

Abnormal Psychology

EIGHTH EDITION

Thomas F. Oltmanns Robert E. Emery



ALWAYS LEARNING PEARSON

abnormal psychology

Global Edition



ROBERT E.

EMERY

University of Virginia



Abnormal Psychology, Global Edition

Table of Contents

Cover

Brief Contents

Contents

Preface

About the Authors

Chapter 1: Introduction to Abnormal Behavior

Overview

Recognizing the Presence of a Disorder

Defining Abnormal Behavior

Harmful Dysfunction

Mental Health Versus Absence of Disorder

Culture and Diagnostic Practice

Thinking Critically about DSM-5: Revising an Imperfect Manual

Critical Thinking matters: Is Sexual Addiction a Meaningful Concept?

Who Experiences Abnormal Behavior?

Frequency in and Impact on Community Populations

Cross-Cultural Comparisons

The Mental Health Professions

Psychopathology in Historical Context

The Greek Tradition in Medicine

The Creation of the Asylum

Worcester Lunatic Hospital: A Model Institution

Lessons from the History of Psychopathology

Methods for the Scientific Study of Mental Disorders

The Uses and Limitations of Case Studies

Research methods: Who Must Provide Scientific Evidence?

Clinical Research Methods

Getting Help

Summary

The Big Picture



Key Terms

Chapter 2: Paradigms and Etiology of Abnormal Behavior

Overview

Brief Historical Perspective

The Biological Paradigm

The Psychodynamic Paradigm

Thinking Critically about DSM-5: Diagnosis and Causes of Mental Disorders

The Cognitive-Behavioral Paradigm

The Humanistic Paradigm

The Problem with Paradigms

Systems Theory

Holism

Causality

Research methods: Correlations: Does a Psychology Major Make You Smarter?

Developmental Psychopathology

Biological Factors

Neuron and Neurotransmitters

Neurotransmitters and Psychopathology

MindBody Dualism

Major Brain Structures

Cerebral Hemispheres

Psychophysiology

Behavior Genetics

Psychological Factors

Human Nature

Critical Thinking matters: Do Vaccinations Cause Autism?

Temperament

Emotions

Learning and Cognition

The Sense of Self

Stages of Development

Social Factors

Close Relationships

Gender and Gender Roles

Prejudice, Poverty, and Society

Getting Help



Sι	ım	m	2	rı,
Sι	ш	Ш	a	ľV

The Big Picture

Key Terms

Chapter 3: Therapeutic Techniques for Psychological Disorders

Overview

Four Views of Frances

Biological Treatments

Psychopharmacology

Thinking Critically about DSM-5: Diagnosis and Treatment

Electroconvulsive Therapy

Psychosurgery

Psychodynamic Psychotherapies

Freudian Psychoanalysis

Ego Analysis

Psychodynamic Psychotherapy

Cognitive-Behavior Therapy

Systematic Desensitization

Other Exposure Therapies

Aversion Therapy

Contingency Management

Research methods: The Experiment: Does Treatment Cause Improvement?

Social Skills Training

Cognitive Techniques

Beck's Cognitive Therapy

Rational Emotive Therapy

"Third-Wave" CBT

Humanistic Therapies

Client-Centered Therapy

A Means, Not an End?

Research on Psychotherapy

Does Psychotherapy Work?

Critical Thinking matters: Are All Therapies Created Equal?

The Allegiance Effect

Psychotherapy Process Research

Ethnic Minorities in Psychotherapy

Couple, Family, and Group Therapy



Couple Therapy

Family Therapy

Group Therapy

Prevention

Specific Treatments for Specific Disorders

Getting Help

Summary

The Big Picture

Key Terms

Chapter 4: Classification, Diagnosis and Clinical Assessment of Abnormal Behavior

Overview

Basic Issues in Classification

Categories Versus Dimensions

From Description to Theory

Classifying Abnormal Behavior

The DSM-5 System

Labels and Stigma

Criteria for Obsessive-Compulsive Disorder

Culture and Classification

Evaluating Classification Systems

Reliability

Research methods: Reliability: Agreement Regarding Diagnostic Decisions

Validity

Thinking Critically about DSM-5: Scientific Progress or Diagnostic Fads?

Problems and Limitations of the DSM-5 System

Basic Issues in Assessment

Purposes of Clinical Assessment

Assumptions About Consistency of Behavior

Evaluating the Usefulness of Assessment Procedures

Critical Thinking matters: The Barnum Effect and Assessment Feedback

Psychological Assessment Procedures

Interviews

Observational Procedures

Personality Tests and Self-Report Inventories

Projective Personality Tests

Biological Assessment Procedures



Brain Imaging Techniques

Getting Help

Summary

The Big Picture

Key Terms

Chapter 5: Causes of Mood Disorders and Suicide

Overview

Symptoms

Emotional Symptoms

Cognitive Symptoms

Somatic Symptoms

Behavioral Symptoms

Other Problems Commonly Associated with Depression

Diagnosis

Thinking Critically about DSM-5: Depression or Grief Following a Major Loss?

Criteria for Major Depressive Episode

Criteria for Diagnosis of Manic Episode

Course and Outcome

Depressive Disorders

Bipolar Disorders

Frequency

Incidence and Prevalence

Risk for Mood Disorders Across the Life Span

Gender Differences

Cross-Cultural Differences

Causes

Social Factors

Psychological Factors

Biological Factors

Integration of Social, Psychological, and Biological Factors

Research methods: Analogue Studies: Do Rats Get Depressed, and Why?

Treatment

Depressive Disorders

Cognitive Therapy

Bipolar Disorders

Critical Thinking matters: Do Antidepressant Drugs Cause Violent Behavior?



Electroconvulsive Therapy

Seasonal Mood Disorders

Suicide

Classification of Suicide

Frequency of Suicide

Causes of Suicide

Common Elements of Suicide

Treatment of Suicidal People

Getting Help

Summary

The Big Picture

Key Terms

Chapter 6: Anxiety Disorders and Obsessive-Compulsive Disorder

Overview

Symptoms of Anxiety Disorders

Anxiety

Excessive Worry

Panic Attacks

Phobias

Diagnosis of Anxiety Disorders

Criteria for Panic Disorder

Thinking Critically about DSM-5: Splitting Up the Anxiety Disorders

Course and Outcome

Frequency of Anxiety Disorders

Prevalence

Comorbidity

Gender Differences

Anxiety Disorders Across the Life Span

Cross-Cultural Comparisons

Causes of Anxiety Disorders

Adaptive and Maladaptive Fears

Social Factors

Psychological Factors

Biological Factors

Treatment of Anxiety Disorders



Psychological Interventions

Biological Interventions

Research methods: Statistical Significance: When Differences Matter

Obsessive-Compulsive and Related Disorders

Symptoms of OCD

Diagnosis of OCD and Related Disorders

Course and Outcome of OCD

Frequency of OCD and Related Disorders

Causes of OCD

Treatment of OCD

Critical Thinking matters: Can a Strep Infection Trigger OCD in Children?

Getting Help

Summary

The Big Picture

Key Terms

Chapter 7: Diagnosis and Treatment of Acute and Posttraumatic Stress Disorders, Dissociative Disorders, and Somatic Symptom Disorders

Overview

Acute and Posttraumatic Stress Disorders

Symptoms of ASD and PTSD

Diagnosis of ASD and PTSD

Criteria for Posttraumatic Stress Disorder

Criteria for Acute Stress Disorder

The Trauma of Sexual Assault

Frequency of Trauma, PTSD, and ASD

Causes of PTSD and ASD

Prevention and Treatment of ASD and PTSD

Dissociative Disorders

Hysteria and the Unconscious

Critical Thinking matters: Recovered Memories?

Symptoms of Dissociative Disorders

Diagnosis of Dissociative Disorders

Frequency of Dissociative Disorders

Thinking Critically about DSM-5: More on Diagnostic Fads

Causes of Dissociative Disorders

Research methods: Retrospective Reports: Remembering the Past



Treatment of Dissociative Disorders

Somatic Symptom Disorders

Symptoms of Somatic Symptom Disorders

Diagnosis of Somatic Symptom Disorders

Criteria for Illness Anxiety Disorder

Frequency of Somatic Symptom Disorders

Causes of Somatic Symptom Disorders

Treatment of Somatic Symptom Disorders

Getting Help

Summary

The Big Picture

Key Terms

Chapter 8: Stress, Health and Coping

Overview

Defining Stress

Stress as a Life Event

Stress as Appraisal of Life Events

Symptoms of Stress

Tend and Befriend: The Female Stress Response?

Psychophysiological Responses to Stress

Coping

Health Behavior

Critical Thinking matters: Resilience

Illness as a Cause of Stress

Diagnosis of Stress and Physical Illness

Thinking Critically about DSM-5: Is the Descriptive Approach Too Literal Sometimes?

Psychological Factors and Some Familiar Illnesses

Cancer

Criteria for Psychological Factors Affecting Other Medical Conditions

Acquired Immune Deficiency Syndrome (AIDS)

Pain Disorder

Sleep-Wake Disorders

Cardiovascular Disease

Symptoms of CVD

Diagnosis of CVD

Frequency of CVD



Causes of CVD

Research methods: Longitudinal Studies: Lives over Time

Prevention and Treatment of CVD

Getting Help

Summary

The Big Picture

Key Terms

Chapter 9: Personality Disorders: Types, Causes and Treatment

Overview

Symptoms

Social Motivation

Cognitive Perspectives Regarding Self and Others

Temperament and Personality Traits

Context and Personality

Diagnosis

Cluster A: Paranoid, Schizoid, and Schizotypal Personality Disorders

Critical Thinking matters: Can Personality Disorders Be Adaptive?

Cluster B: Antisocial, Borderline, Histrionic, and Narcissistic Personality Disorders

Cluster C: Avoidant, Dependent, and Obsessive-Compulsive Personality Disorders

A Dimensional Perspective on Personality Disorders

Thinking Critically about DSM-5: Is a Dimensional Model Too Complicated?

Frequency

Prevalence in Community and Clinical Samples

Gender Differences

Stability of Personality Disorders over Time

Culture and Personality

Research methods: Cross-Cultural Comparisons: The Importance of Context

Schizotypal Personality Disorder (SPD)

Symptoms

Criteria for Schizotypal Personality Disorder

Causes

Treatment

Borderline Personality Disorder (BPD)

Impulse Control Disorders

Symptoms

Criteria for Borderline Personality Disorder



Causes

Treatment

Antisocial Personality Disorder (ASPD)

Symptoms

Criteria for Antisocial Personality Disorder

Causes

Treatment

Getting Help

Summary

The Big Picture

Key Terms

Chapter 10: Diagnosis, Symptoms and Treatment of Eating Disorders

Overview

Eating Disorders in Males

Symptoms of Anorexia

Significantly Low Weight

Fear of Gaining Weight

Disturbance in Experiencing Weight or Shape

Amenorrhea

Medical Complications

Struggle for Control

Comorbid Psychological Disorders

Symptoms of Bulimia

Binge Eating

Inappropriate Compensatory Behavior

Excessive Emphasis on Weight and Shape

Comorbid Psychological Disorders

Medical Complications

Diagnosis of Feeding and Eating Disorders

Thinking Critically about DSM-5: Is Binge Eating a Mental Disorder? Is Obesity?

Criteria for Anorexia Nervosa

Criteria for Bulimia Nervosa

Frequency of Anorexia and Bulimia

Standards of Beauty

Critical Thinking matters: The Pressure to Be Thin

Age of Onset



Causes of Anorexia and Bulimia

Social Factors

Psychological Factors

Biological Factors

Integration and Alternative Pathways

Treatment of Anorexia

Course and Outcome of Anorexia Nervosa

Treatment of Bulimia

Cognitive Behavior Therapy

Interpersonal Psychotherapy

Antidepressant Medications

Research methods: Psychotherapy Placebos

Course and Outcome of Bulimia Nervosa

Prevention of Eating Disorders

Getting Help

Summary

The Big Picture

Key Terms

Chapter 11: Substance-Related Disorders

Overview

Symptoms

Alcohol

Tobacco

Amphetamine and Cocaine

Opiates

Sedatives, Hypnotics, and Anxiolytics

Cannabis

Hallucinogens and Related Drugs

Diagnosis

Brief History of Legal and Illegal Substances

DSM-5

Course and Outcome

Criteria for Alcohol Use Disorder

Other Disorders Commonly Associated with Addictions

Frequency



Prevalence of Alcohol Use Disorder

Prevalence of Drug and Nicotine Use Disorders

Risk for Addiction Across the Life Span

Critical Thinking matters: Should Tobacco Products Be Illegal?

Causes

Social Factors

Biological Factors

Psychological Factors

Integrated Systems

Research methods: Studies of People at Risk for Disorders

Treatment

Detoxification

Medications During Remission

Self-Help Groups: Alcoholics Anonymous

Cognitive Behavior Therapy

Outcome Results and General Conclusions

Gambling Disorder

Thinking Critically about DSM-5: Is Pathological Gambling an Addiction?

Symptoms

Diagnosis

Frequency

Getting Help

Summary

The Big Picture

Key Terms

Chapter 12: Sexual Dysfunctions and Gender Identity Disorders

Overview

Brief Historical Perspective

Sexual Dysfunctions

Symptoms

Diagnosis

Research methods: Hypothetical Constructs: What Is Sexual Arousal?

Frequency

Causes

Treatment

Critical Thinking matters: Does Medication Cure Sexual Dysfunction?



Paraphilic Disorders Symptoms Diagnosis Thinking Critically about DSM-5: Two Sexual Problems That Did Not Become New Mental Disorders Frequency Causes Treatment Gender Dysphoria Symptoms Frequency Causes Treatment Getting Help Summary The Big Picture **Key Terms** Chapter 13: Schizophrenia and Other Psychotic Disorders: Causes and **Treatment** Overview **Symptoms** Positive Symptoms **Negative Symptoms** First-Person Account of Delusional Beliefs Disorganization Diagnosis DSM-5 Criteria for Schizophrenia Subtypes Critical Thinking matters: Why Were the Symptom-Based Subtypes of Schizophrenia Dropped from DSM-5? Related Psychotic Disorders

Frequency

Gender Differences

Course and Outcome

Cross-Cultural Comparisons



Causes

Biological Factors

Social Factors

Psychological Factors

Research methods: Comparison Groups: What is Normal?

Interaction of Biological and Environmental Factors

The Search for Markers of Vulnerability

Thinking Critically about DSM-5: Attenuated Psychosis Syndrome Reflects Wishful Rather Than Critical Thinking

Treatment

Antipsychotic Medication

Psychosocial Treatment

Getting Help

Summary

The Big Picture

Key Terms

Chapter 14: Delirium and Dementia

Overview

Symptoms

Delirium

Criteria for Delirium

Major Neurocognitive Disorder

Memory Changes in Normal Aging

Diagnosis

Brief Historical Perspective

Specific Types of Neurocognitive Disorder

Criteria for Major Neurocognitive Disorder

Critical Thinking matters: How Can Clinicians Establish an Early Diagnosis of Alzheimer's Disease?

Frequency of Delirium and Major Neurocognitive Disorders

Prevalence of Dementia

Research methods: Finding Genes that Cause Behavioral Problems

Prevalence by Subtypes of Neurocognitive Disorder

Cross-Cultural Comparisons

Causes

Delirium

Neurocognitive Disorder



Treatment and Management

Medication

Thinking Critically about DSM-5: Will patients and their families understand "mild" neurocognitive disorder?

Environmental and Behavioral Management

Support for Caregivers

Getting Help

Summary

The Big Picture

Key Terms

Chapter 15: Intellectual Disabilities and Autism: Causes and Treatment

Overview

Intellectual Disabilities

Symptoms of Intellectual Disabilities

Criteria for Intellectual Disability (Intellectual Developmental Disorder)

Research methods: Central Tendency and Variability: What Do IQ Scores Mean?

Diagnosis of Intellectual Disabilities

Frequency of Intellectual Disabilities

Causes of Intellectual Disabilities

Treatment: Prevention and Normalization

Eugenics: Our History of Shame

Autism Spectrum Disorder

Symptoms of ASD

Diagnosis of ASD

Frequency of ASD

Criteria for Autism Spectrum Disorder

Thinking Critically about DSM-5: How Far Out on the Autism Spectrum?

Causes of ASD

Treatment of ASD

Critical Thinking matters: The Bogus Treatment Called Facilitated Communication

Getting Help

Summary

The Big Picture

Key Terms

Chapter 16: Disorders of Childhood

Overview



Externalizing Disorders

Symptoms of Externalizing

Diagnosis of Externalizing Disorders

Criteria for Attention-Deficit/Hyperactivity Disorder

What Are Learning Disabillities?

Criteria for Oppositional Defiant Disorder

Frequency of Externalizing

Criteria for Conduct Disorder

Causes of Externalizing

Research methods: Samples: How to Select the People We Study

Treatment of Externalizing Disorders

Critical Thinking matters: ADHD's False Causes and Cures

Internalizing and Other Disorders

Symptoms of Internalizing Disorders

Diagnosis of Internalizing and Other Childhood Disorders

Thinking Critically about DSM-5: Disruptive Mood Dysregulation Disorder

Frequency of Internalizing Disorders

Treatment of Internalizing Disorders

Getting Help

Summary

The Big Picture

Key Terms

Chapter 17: adjustment disorders

Overview

Symptoms

Diagnosis

Criteria for Adjustment Disorder

The Transition to Adulthood

Symptoms of the Adult Transition

Diagnosis of Identity Conflicts

Frequency of Identity Conflicts

Causes of Identity Conflicts

Treatment During the Transition to Adult Life

Family Transitions

Symptoms of Family Transitions

Diagnosis of Troubled Family Relationships



Thinking Critically about DSM-5: Do Psychological Problems Reside within Individuals?

Frequency of Family Transitions

Causes of Difficulty in Family Transitions

Research methods: Genes and the Environment

Treatment During Family Transitions

Critical Thinking matters: A Divorce Gene?

The Transition to Later Life

Symptoms

Reliving the Past

Diagnosis of Aging

Frequency of Aging

Causes of Psychological Problems in Later Life

Treatment of Psychological Problems in Later Life

Getting Help

Summary

The Big Picture

Key Terms

Chapter 18: Mental Health: Legal Perspectives

Overview

Expert Witnesses

Free Will Versus Determinism

Rights and Responsibilities

Mental Illness and Criminal Responsibility

The Insanity Defense

Competence to Stand Trial

The "Battered Woman Syndrome" Defense

Sentencing and Mental Health

Thinking Critically about DSM-5: Thresholds Can Be a Matter of Life or Death

Civil Commitment

A Brief History of U.S. Mental Hospitals

Libertarianism Versus Paternalism

Involuntary Hospitalization

Critical Thinking matters: Violence and Mental Illness

Research methods: Base Rates and Prediction: Justice Blackmun's Error

The Rights of Mental Patients

Deinstitutionalization



Mental Health and Family Law

Child Custody Disputes

Child Abuse

Professional Responsibilities and the Law

Professional Negligence and Malpractice

Confidentiality

Getting Help

Summary

The Big Picture

Key Terms

Glossary

References

Credits

Name Index

Subject Index