**Abnormal Psychology**

**Psychopathology**- the study of patterns of thinking, feeling, behaving that are characterized by maladaptive (harmful) and disruptive behavior, and is uncomfortable for those experiencing and observing

**Psychological disorders** are dysfunctional and maladaptive behaviors which are unjustifiable, disturbing, and atypical

* **Neurotic disorder-** a psychological disorder which is distressing, but the person is still able to think rationally and function socially
* **Psychotic disorder-** a psychological disorder where a person loses touch with reality and experiences irrational thinking and distorted perceptions.

**Explaining disorders**

1) Medical perspective = disorders caused by some sort of medical reason…chemical imbalance, genetics, brain damage etc…

2) Psychological perspective = caused by learned behaviors, stress reactions, thought patterns, etc

**Classifying disorders**

**The DSM-IV-TR (Diagnostic statistical manual/ 4th edition/ Text revision)** provides a common language for identifying, classifying, and treating psychological disorders broken into 5 axes

**Axis I-** Clinical syndromes (examples: These include childhood disorders, cognitive disorders, substance abuse, schizophrenia, sleep disorders, eating disorders, anxiety disorders, mood, disorders, somatoform disorders)

**Axis II-** Personality disorders and cognitive impairment (A person who has an IQ lower than 70 is considered mentally challenged)

**Axis III-** Medical conditions that contribute to disorder (This could include tumors, diabetes, strokes, obesity)

**Axis IV-** Psychosocial and environmental factors that contribute to disorder (This could include the type of a job a person performs, where a person lives, family life)

**Axis V-** Global assessment of functioning (This is a number between 100 and 1 that indicates how a person could and would function in society)