

PAPER NO : VI Abnormal Psychology

Unit: 1 Abnormal Psychology: An Overview & Causal Factor for Abnormal Behavior

Chapter: 1: Abnormal Psychology: An Overview

- ❖ What Do We Mean by Abnormal Behavior?
 - Why Do We Need to Classify Mental Disorder?
 - What Are the Disadvantages of Classification?
 - The DSM-IV Definition of Mental Disorder
 - How Does Culture Affect What Is Considered Abnormal?
 - Culture –Specific Disorders
- ❖ How Common Are Mental Disorders?
 - Prevalence and Incidence
 - Prevalence Estimates for Mental Disorders
 - Treatment
 - The Mental Health “Team”

Chapter: 2: Causal Factor for Abnormal Behavior

- ❖ The Biological Causal Factors
 - Neurotransmitter and Hormonal Imbalance
 - Genetic Vulnerabilities
 - Temperament
 - Brain Dysfunction and Neural Plasticity
 - The Impact of Biological Viewpoint
- ❖ The Psychological Causal Factors
 - Early Deprivation or Trauma
 - Inadequate Parenting Styles
 - Marital Discord and Divorce
 - Maladaptive Peer Relationships
- ❖ The Sociocultural Causal Factors
 - The Sociocultural Environment
 - Pathogenic Societal Influences
 - Impact of the Sociocultural Viewpoint

Unit: 2: Stress, Adjustment, Panic, Anxiety and Their Disorders

Chapter: 3: Stress and Adjustment Disorders

- ❖ What is Stress?
 - Categories of Stressors
 - Factors Predisposing a Person to Stress
 - Coping With Stress
- ❖ Adjustment Disorder: Reaction to Common Life Stressors
 - Adjustment Disorder Caused by Unemployment
 - Adjustment Disorder Caused by Bereavement
 - Adjustment Disorder Caused by Divorce or Separation
- ❖ Post-Traumatic Stress Disorder: Reaction to Catastrophic Events
 - Prevalence of PTSD in the General Population
 - Distinguishing between Acute Stress Disorder and Post-Traumatic Stress
 - The Trauma of Rape
 - The Trauma of Military Combat
 - Causal Factors in Post-Traumatic Stress
- ❖ Prevention and Treatment of Stress Disorders

Chapter: 4: Panic, Anxiety and Their Disorders

- The Fear and Anxiety Response Patterns
- Specific Phobias
- Social Phobias
- Panic Disorder with and Without Agoraphobia
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Sociocultural Causal Factors for All Anxiety Disorders.

Unit: 3: Mood, Somatoform and Dissociative Disorders

Chapter: 5: Mood Disorders

- ❖ What are Mood Disorders?
- ❖ Unipolar Mood Disorders
- ❖ Causal Factors in Unipolar Mood Disorder
- ❖ Bipolar Disorders
- ❖ Causal Factors in Bipolar Mood Disorder

- ❖ Sociocultural Factors Affecting Mood Disorders
 - Cross-Cultural Differences in Depressive Symptoms
 - Cross-Cultural Differences in Prevalence

Chapter: 6: Somatoform and Dissociative Disorders

- ❖ Somatoform Disorders
 - Hypochondriasis
 - Somatization Disorder
 - Pain Disorder
 - Conversion Disorder
 - Body Dysmorphic Disorder
- ❖ Dissociative Disorders
 - Depersonalization Disorder
 - Dissociative Amnesia and Fugue
 - Dissociative Identity Disorder
 - General Sociocultural Causal Factors in Dissociative Disorders

Unit: 4: Addiction Disorders & Schizophrenia and Other Psychotic Disorders

Chapter: 7: Addiction Disorders

- ❖ Alcohol Abuse and Dependence
 - The Clinical Picture of Alcohol Abuse and Dependence
 - Biological Factors in the Abuse of and Dependence on Alcohol and Other Substances
 - Psychological Factors in the Abuse of and Dependence on Alcohol and Other Substances
 - Sociocultural Factors in the Abuse of and Dependence on Alcohol and Other Substances
 - Treatment of Alcohol Abuse Disorders
- ❖ Drug Abuse and Dependence
 - Opium and Its Derivatives
 - Cocaine and Amphetamines
 - Barbiturates
 - LSD and Related Drugs

Chapter: 8: Schizophrenia and Other Psychotic Disorders

- ❖ The Clinical Picture in Schizophrenia
- ❖ Subtypes of Schizophrenia
- ❖ What Causes Schizophrenia
 - Genetic Aspects
 - Biological Aspects
 - Psychosocial and Cultural Aspects
- ❖ Treatment and Clinical Outcome
 - Pharmacological Approaches
 - Psychosocial Approaches

Unit: 5: Therapy & Contemporary and Legal Issues in Abnormal Psychology

Chapter: 9: Therapy

- ❖ An Overview of Treatment
- ❖ Pharmacological Approaches to Treatment
- ❖ Psychological Approaches to Treatment

Chapter: 10 Contemporary and Legal Issues in Abnormal Psychology

- ❖ Perspective on Prevention
 - The Mental Hospital as a Therapeutic Community
 - Deinstitutionalization
- ❖ Controversial Legal Issues and the Mentally Disordered
- ❖ Organized Efforts for Mental Health
- ❖ Challenges for Future

Basic Book

Carson R. C; Butcher J.M; Mineka S. and Hooley J.M. (2011): **Abnormal Psychology**, Thirteenth Edition, Pearson Education & Dorling Kindersley (India) Pvt. Ltd; New Delhi.