

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

Puja Mehta



Abnormal Psychology Study Guide:

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Table of Contents Abnormal Psychology Study Guide

1. Understanding the eBook Abnormal Psychology Study Guide
 - The Rise of Digital Reading Abnormal Psychology Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Abnormal Psychology Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Abnormal Psychology Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Abnormal Psychology Study Guide

- Personalized Recommendations
 - Abnormal Psychology Study Guide User Reviews and Ratings
 - Abnormal Psychology Study Guide and Bestseller Lists
5. Accessing Abnormal Psychology Study Guide Free and Paid eBooks
 - Abnormal Psychology Study Guide Public Domain eBooks
 - Abnormal Psychology Study Guide eBook Subscription Services
 - Abnormal Psychology Study Guide Budget-Friendly Options
 6. Navigating Abnormal Psychology Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Abnormal Psychology Study Guide Compatibility with Devices
 - Abnormal Psychology Study Guide Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Abnormal Psychology Study Guide
 - Highlighting and Note-Taking Abnormal Psychology Study Guide
 - Interactive Elements Abnormal Psychology Study Guide
 8. Staying Engaged with Abnormal Psychology Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Abnormal Psychology Study Guide
 9. Balancing eBooks and Physical Books Abnormal Psychology Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Abnormal Psychology Study Guide
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Abnormal Psychology Study Guide
 - Setting Reading Goals Abnormal Psychology Study Guide
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Abnormal Psychology Study Guide

- Fact-Checking eBook Content of Abnormal Psychology Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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