

# contents

## CHAPTER 1

### Abnormal Psychology: Historical and Modern Perspectives 2

#### Normal vs. Abnormal Behavior 4

Is Being Different Abnormal? 4

Is Behaving Deviantly (Differently) Abnormal? 5

#### real people, real disorders

Ted Kaczynski (the Unabomber) 7

Is Behaving Dangerously Abnormal? 7

Is Behaving Dysfunctionally Abnormal? 8

#### side by side case study 8

A Definition of Abnormal Behavior 9

#### research HOT topic

Categorical vs. Dimensional Approaches to Abnormal Behavior 10

#### The History of Abnormal Behavior and Its Treatment 13

Ancient Theories 13

Classical Greek and Roman Periods 14

The Middle Ages Through the Renaissance 15

#### examining the evidence

Modern Witchcraft, Demons, and Alien Abductions 16

#### examining the evidence

Modern-Day Mass Hysteria 17

The Nineteenth Century and the Beginning of Modern Thought 17

The Twentieth Century 20

Ethics and Responsibility 23

#### Current Views of Abnormal Behavior and Treatment 24

Biological Models 25

Psychological Models 28

Sociocultural Models 32

The Biopsychosocial Model 35

#### REAL science REAL life: Marcie 37

Reviewing Learning Objectives 38 TEST Yourself 38

## CHAPTER 2

### Research Methods in Abnormal Psychology 40

#### Ethics and Responsibility 42

#### Research in Abnormal Psychology at the Cellular Level 43

Neuroanatomy 43

#### real people, real disorders

Henry Gustav Molaison (H.M.) 46

Neurohormones and Neurotransmitters 48

Neuroimaging 49

Genetics 50

Family, Twin, and Adoption Studies 51

#### Research in Abnormal Psychology at the Individual Level 54

The Case Study 55

Single-Case Designs 56

Ethics and Responsibility 59

#### Research in Abnormal Psychology at the Group Level 59

Correlational Methods 59

Controlled Group Designs 62

Improvement of Diversity in Group-Based Research 65

Cross-Sectional and Longitudinal Cohorts 66

#### Research in Abnormal Psychology at the Population Level 69

Epidemiology 69

Epidemiological Research Designs 69

#### research HOT topic

National Comorbidity Survey Replication (NCS-R) 71

#### examining the evidence

Can Obesity Be Prevented in Children? 72

#### REAL science REAL life: Susan 72

Reviewing Learning Objectives 74 TEST Yourself 74

**CHAPTER 3****Assessment and Diagnosis 76****Clinical Assessment 78**

Goals of Assessment 78

**real people, real disorders**

Cases of Misdiagnosis 81

Properties of Assessment Instruments 82

Developmental and Cultural Considerations 85

Ethics and Responsibility 86

**Assessment Instruments 86**

Clinical Interviews 87

Psychological Tests 88

**examining the evidence**

The Rorschach Inkblot Test 95

Behavioral Assessment 96

Psychophysiological Assessment 99

**research HOT topic**

Oxytocin and “Mind Reading” 101

**Diagnosis and Classification 101**

History of Classification of Abnormal Behaviors 102

Comorbidity 103

How Do Developmental and Cultural Factors Affect Diagnosis? 104

When Is a Diagnostic System Harmful? 104

Dimensional Systems as an Alternative to DSM Classification 106

**research HOT topic**

Too Many Disorders? 107

**REAL science REAL life: Libby 108***Reviewing Learning Objectives 110*    *TEST Yourself 110***CHAPTER 4****Anxiety Disorders 112****What Is Anxiety? 114**

The Fight-or-Flight Response 114

The Elements of Anxiety 116

How “Normal” Anxiety Differs from Abnormal Anxiety 118

**What Are the Anxiety Disorders? 119**

Panic Attacks 120

Panic Disorder and Agoraphobia 121

Generalized Anxiety Disorder 123

Social Phobia 125

**real people, real disorders**

A Story of Social Phobia 127

Specific Phobia 128

Obsessive-Compulsive Disorder 131

Post-Traumatic Stress Disorder 135

**examining the evidence**

Is Trichotillomania a Variant of OCD? 135

**side by side case studies 136****research HOT topic**

9/11—Trauma, Grief, PTSD, and Resilience 139

Separation Anxiety Disorder 140

**The Etiology of Anxiety Disorders 142**

Biological Perspective 142

Psychological Perspective 147

**The Treatment of Anxiety Disorders 150**

Biological Treatments 150

Psychological Treatments 153

**research HOT topic**

Virtual Reality Therapy 154

Ethics and Responsibility 155

**REAL science REAL life: Steve 157***Reviewing Learning Objectives 158*    *TEST Yourself 158***CHAPTER 5****Somatoform, Dissociative, and Factitious Disorders 160****Somatoform Disorders 162**

Somatization Disorder 162

Undifferentiated Somatoform Disorder 164

Conversion Disorder 165

Pain Disorder 166

**side by side case studies 167**

Hypochondriasis 167

Body Dysmorphic Disorder 169

Common Factors in Somatoform Disorders 170

Functional Impairment 171

Epidemiology 172

Sex, Race, and Ethnicity 172

**research HOT topic**

The Challenge of Chronic Fatigue Syndrome 173

Developmental Factors 174

Etiology 175

**examining the evidence**

Is Childhood Sexual Abuse Associated with Somatoform Disorders? 176

Treatment 178

**Dissociative Disorders 180**

Dissociative Amnesia 180

Dissociative Fugue 181

Dissociative Identity Disorder 181

Depersonalization Disorder 183

Functional Impairment 184

Epidemiology 184

Sex, Race, and Ethnicity 184

Developmental Factors 185

Etiology 185

Ethics and Responsibility 188

**examining the evidence**

Can Therapy Cause Dissociative Identity Disorder? 189

Treatment 189

**Factitious Disorders 190****real people, real disorders**

The Piano Man—Dissociative Fugue, Factitious Disorder, or Malingering? 192

Functional Impairment 193

Ethics and Responsibility 193

Epidemiology 193

Sex, Race, and Ethnicity 194

Developmental Factors 194

Etiology and Treatment 194

**REAL people REAL disorders: Nancy 196**

Reviewing Learning Objectives 197

TEST Yourself 197

**CHAPTER 6****Mood Disorders 200****What Are Mood Disorders? 202**

Major Depressive Disorder 202

Dysthymia 204

Bipolar Disorder 206

**side by side case studies 208****examining the evidence**

Is There a Link Between Art and Madness? 209

Epidemiology of Depression 209

Sex, Race, and Ethnicity 210

Epidemiology of Bipolar Disorder 211

Developmental Factors in Depression 211

Developmental Factors in Bipolar Disorder 212

Comorbidity 212

**Suicide 213**

Suicidal Ideation, Suicide Attempts, and Completed Suicide 214

Who Commits Suicide? 214

Ethics and Responsibility 215

Risk Factors For Suicide 216

**real people, real disorders**

The Heritability of Suicide—The Hemingway and van Gogh Families 217

Understanding Suicide 217

Prevention of Suicide 218

Treatment After Suicide Attempts 219

**The Etiology of Mood Disorders 220**

Biological Perspective 220

Psychological Perspective 223

**research HOT topic**

The Interaction Between Genes and Environment 224

**The Treatment of Mood Disorders 228**

Major Depression 228

Bipolar Disorder 233

Selecting a Treatment 235

**REAL science REAL life: Latisha 237**

Reviewing Learning Objectives 238

TEST Yourself 238

**CHAPTER 7****Eating Disorders 240****Anorexia Nervosa 242**

Epidemiology and Course of Anorexia Nervosa 245

**real people, real disorders**

Karen Carpenter—The Dangers of Syrup of Ipecac 246

Personality and Anorexia Nervosa 246

Comorbidity and Anorexia Nervosa 247

**Bulimia Nervosa 247**

Epidemiology and Course of Bulimia Nervosa 249

Personality and Bulimia Nervosa 251

Comorbidity and Bulimia Nervosa 251

**real people, real disorders**

Elton John: Bulimia Nervosa and Drug and Alcohol Abuse 251

**real people, real disorders**

Princess Diana: Bulimia Nervosa and Depression 252

**Eating Disorders Not Otherwise Specified 252**

Binge Eating Disorder 253

side by side case studies 255

**Sex, Race, Ethnicity, and Developmental Factors 255**

Eating Disorders in Females and Males 256

Race, Ethnicity, and Eating Disorders 256

Developmental Factors in Eating Disorders 256

**The Etiology of Eating Disorders 258**

Biological Perspectives 258

**research HOT topic**

Do Animals Binge? 259

**examining the evidence**

Genes or Environment in Anorexia Nervosa? 262

Psychological Perspectives 263

**The Treatment of Eating Disorders 265**

Inpatient Treatment of Anorexia Nervosa 265

Ethics and Responsibility 266

Biological Treatments for Eating Disorders 266

Nutritional Counseling 267

Cognitive-Behavioral Therapy 267

Interpersonal Psychotherapy (IPT) 269

Family-Based Interventions 269

**REAL science REAL life: Lisa 270**

Reviewing Learning Objectives 272 TEST Yourself 272

## CHAPTER 8

### Gender and Sexual Disorders 274

**Human Sexuality 276**

Sexual Functioning 276

Sex Differences in Sexual Response 277

Understanding Sexual Behavior 278

**research HOT topic**

The Internet and Cybersex 281

**Gender Identity Disorder 282**

Functional Impairment 284

**real people, real disorders**

Chaz Bono: Transition in the Spotlight 285

Sex, Race, and Ethnicity 285

Etiology 286

Ethics and Responsibility 287

Treatment 288

**Sexual Dysfunctions 290**

Sexual Desire Disorders 290

Sexual Arousal Disorders 291

**research HOT topic**

Sexual Addiction and Hypersexual Disorder 292

Orgasmic Disorders 292

side by side case studies 293

Premature Ejaculation 294

Sexual Pain Disorders 295

Functional Impairment 297

Epidemiology 297

Sex, Race, and Ethnicity 297

Developmental Factors 299

Etiology 299

Treatment 301

**examining the evidence**

Viagra for Female Sexual Arousal Disorder 302

**Paraphilias 304**

Sexual Arousal Toward Nonhuman Objects 304

Sexual Arousal Toward Children and Nonconsenting Adults 306

Sexual Arousal Involving Suffering or Humiliation of Oneself or Others 309

Functional Impairment 310

Sex, Race, and Ethnicity 310

Developmental Factors 311

Etiology 311

Treatment 312

**REAL science REAL life: Michael 315**

Reviewing Learning Objectives 316 TEST Yourself 316

## CHAPTER 9

### Substance Use Disorders 318

How Severe Is the Problem? Use, Abuse, and Dependence 320

**Commonly Used "Licit" Drugs 322**

Caffeine 322

Nicotine 324

Alcohol 325

**Illicit Drugs 328**

Marijuana 328

side by side case studies 329

**research HOT topic**

Medical Uses of Marijuana 330

CNS Stimulants 330

Cocaine 332

Sedative Drugs 333

Opioids 335

**real people, real disorders**

- Kurt Cobain—A Tragic End to a Life of Substance Abuse 336
- LSD and Natural Hallucinogens 337
- Inhalants 337
- Behavioral Addictions 338
- Sex, Ethnicity, Education, and Illicit Drug Use 339

**Etiology of Substance-Related Disorders 340**

- Biological Factors 340
- Psychological Factors 342
- Sociocultural, Family, and Environmental Factors 344
- Developmental Factors 344

**Treatment of Substance Abuse and Dependence 345**

- Therapies Based on Cognitive and Behavioral Principles 346
- Motivational Enhancement Therapy 347
- Ethics and Responsibility 350
- Biological Treatments 350

**examining the evidence**

- Controlled Drinking? 352
- Sex and Racial/Ethnic Differences in Treatment 353

**REAL science REAL life: Gloria 354**

- Reviewing Learning Objectives* 355
- TEST Yourself* 356

**CHAPTER 10****Schizophrenia and Other Psychotic Disorders 358****Psychotic Disorders 360**

- What Is Psychosis? 360

**side by side case studies 361**

- What Is Schizophrenia? 361
- Schizophrenia in Depth 362

**real people, real disorders**

- John Nash—*A Beautiful Mind* 366
- Ethics and Responsibility 370
- Ethics and Responsibility 372
- Other Psychotic Disorders 375

**real people, real disorders**

- Andrea Yates and Postpartum Psychosis 375

**Etiology of Schizophrenia 378**

- Biological Factors 378

**examining the evidence**

- Genetics and Environment in the Development of Schizophrenia 380
- Family Influences 383

**Treatment of Schizophrenia and Other Psychotic Disorders 386**

- Pharmacological Treatment 386
- Psychosocial Treatment 388

**research HOT topic**

- Transcranial Magnetic Stimulation 389

**REAL science REAL life: Kerry 391**

- Reviewing Learning Objectives* 392
- TEST Yourself* 392

**CHAPTER 11****Personality Disorders 394****Personality Trait Versus Personality Disorder 396****side by side case studies 398****Personality Disorder Clusters 399**

- Cluster A: Odd or Eccentric Disorders 400
- Cluster B: Dramatic, Emotional, or Erratic Disorders 404

**real people, real disorders**

- Jeffrey Dahmer: Antisocial Personality Disorder 406
- Ethics and Responsibility 410
- Cluster C: Anxious or Fearful Disorders 410

**examining the evidence**

- Generalized Social Phobia Versus Avoidant Personality Disorder 413
- Other Personality Disorders 415

- Developmental Factors and Personality Disorders 416
- Comorbidity and Functional Impairment 418
- Epidemiology 418
- Sex, Race, and Ethnicity 419

**The Etiology of Personality Disorders 420**

- Biological Perspectives 420

**research HOT topic**

- Tracking Temperament From Childhood Into Adulthood 421
- Psychological and Sociocultural Perspectives 423

**Treatment of Personality Disorders 425****REAL science REAL life: Robin 428**

- Reviewing Learning Objectives* 429
- TEST Yourself* 430

**CHAPTER 12****Disorders of Childhood and Adolescence 432****Intellectual Disability 434**

- Functional Impairment 436
- Etiology 437
- Treatment 441

**Learning Disorders 442**

- Functional Impairment 444
- Etiology 444
- Treatment 445
- Ethics and Responsibility 446

**Pervasive Developmental Disorders 446**

- Functional Impairment 449

**real people, real disorders**

Temple Grandin, Ph.D. 450

**examining the evidence**

- Vaccines Do Not Produce Autism 451
  - Etiology 451

- Ethics and Responsibility 452
- Treatment 453

**Attention-Deficit and Disruptive Behavior Disorders 454****side by side case studies 455**

- Attention-Deficit/Hyperactivity Disorder 455
- Conduct Disorder and Oppositional Defiant Disorder 460

**research HOT topic**

Psychiatric Medication Use in Children 464

**Childhood Disorders of Eating and Elimination 465**

- Feeding and Eating Disorders 465
- Elimination Disorders 466

**REAL science REAL life: Danny 469**

*Reviewing Learning Objectives* 471    *TEST Yourself* 471

**CHAPTER 13****Aging and Cognitive Disorders 474****Symptoms and Disorders of Aging 476**

- Geropsychology as a Unique Field 476
- Successful Aging 477
- Psychological Symptoms and Disorders Among Older People 478

**Depression and Anxiety in Later Life 480**

- Unipolar and Bipolar Depression 480
- Anxiety 484

**research HOT topic**

Translating Research in Geropsychology to the “Real World” 485

**Substance Abuse and Psychosis in Later Life 489**

- Substance Abuse 489
- Psychosis 493

**Cognitive Disorders 496**

- Delirium 496

**side by side case studies 499**

- Dementia 499

**real people, real disorders**

Pat Summitt: Decreasing the Stigma of Alzheimer’s Disease 502

**examining the evidence**

What Is Mild Cognitive Impairment (MCI), and Is It a Precursor of Dementia or a Separate Syndrome? 506

**REAL science REAL life: Charlotte 508**

*Reviewing Learning Objectives* 509    *TEST Yourself* 509

**CHAPTER 14****Health Psychology 512****Health Psychology: Defining the Field 514**

- The Mind-Body Relationship 514
- Psychological Influences on Health 515

**The Role of Stress in Physical and Mental Health 515**

- Defining Stress 516
- Measuring Stress 518
- The Impact of Stress on Health 519
- Sex, Race, and Developmental Issues 523

**research HOT topic**

Religion, Stress, and Health 525

**Psychology and Behavior in Medical Illness 525**

- Behavior and Health 526
- Psychological Factors and Medical Illnesses 529

**real people, real disorders**

Magic Johnson—Living with HIV 531

**examining the evidence**

Are Opioid Medications Useful or Too Risky in the Treatment of Pain? 536

**Psychological Treatments for Health-Related Conditions 537**

The Role of a Health Psychologist 537

Ethics and Responsibility 537

Health Psychology Interventions 537

**REAL science REAL life: Sandy 541**

Reviewing Learning Objectives 542    TEST Yourself 542

**CHAPTER 15****Abnormal Psychology: Legal and Ethical Issues 544****Law, Ethics, and Issues of Treatment 547**

Deinstitutionalization 548

Ethics and Responsibility 549

Civil Commitment 550

Criminal Commitment 551

**real people, real disorders**

Kenneth Bianchi, Patty Hearst, and Dr. Martin Orne 556

**Privacy, Confidentiality, and Privilege in Abnormal Psychology 557**

Health Insurance Portability and Accountability Act (HIPAA) 559

Duty to Warn 560

**Licensing, Malpractice Issues, and Prescription Privileges 562**

Licensing 562

Malpractice 562

Prescription Privileges 563

**Research and Clinical Trials 565**

Rights of Participants in Research 565

Considerations With Children and Adolescents 567

Ethics and Responsibility 568

**research HOT topic**

The Use of Placebo in Clinical Research 568

Cultural Perceptions Regarding Research 569

**examining the evidence**

Children and Nontherapeutic Research 571

**REAL science REAL life: Gregory Murphy 572**

Reviewing Learning Objectives 574    TEST Yourself 574