**Stress and Health & Abnormal Behavior**

Psychologists who study psychological disorders, along with practitioners who treat disorders, often utilize a particular theoretical perspective. Each perspective attempts to explain the origin of a disorder and/or determine the best method for treatment. These explanations and treatments build on the history, theories, and perspectives introduced in the first two units as well as on cognitive psychology in particular. Through observing behavior and engaging in discussion that illuminates a client’s thought process, psychologists gather information and draw conclusions. For some psychologists, a single perspective cannot fully explain a disorder. This leads them to more integrated perspectives to understand and treat psychological disorders.

Topics:

7.4 Stress and Coping

8.1 Introduction to Psychological Disorders

8.2 Psychological Perspectives and Etiology of Disorders

8.3 Neurodevelopmental and Schizophrenic Spectrum Disorders

8.4 Bipolar, Depressive, Anxiety, and Obsessive-Compulsive and Related Disorders

8.5 Trauma- and Stressor- Related, Dissociative, and Somatic Symptom and Related Disorders

8.6 Feeding and Eating, Substance and Addictive, and Personality Disorders

Learning Targets:

* Discuss theories of stress and the effects of stress on psychological and physical well-being.
* Recognize the use of the most recent version of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) published by the American Psychiatric Association as the primary reference for making diagnostic judgments.
* Describe contemporary and historical conceptions of what constitutes psychological disorders
* Discuss the intersection between psychology and the legal system.
* Evaluate the strengths and limitations of various approaches to explaining psychological disorders.
* Identify the positive and negative consequences of diagnostic labels.
* Discuss the major diagnostic categories, including neurodevelopmental disorders, neurocognitive disorders, schizophrenia spectrum, and other psychotic disorders, and their corresponding symptoms.
* Discuss the major diagnostic categories, including anxiety disorders, bipolar and related disorders, depressive disorders, obsessive-compulsive and related disorders, and their corresponding symptoms.
* Discuss the major diagnostic categories, including dissociative disorders, somatic symptom and related disorders, and trauma- and stressor-related disorders and their corresponding symptoms.
* Discuss the major diagnostic categories, including feeding and eating disorders, personality disorders, and their corresponding symptoms.

**Vocabulary for Flashcards**

*Chapter 3, Section 1: Understanding Stress, pages 82-93*

1. Stress
2. Stressors
3. Acute stress
4. Chronic stress
5. Life change
6. Conflict
7. Approach-approach conflict
8. Approach-avoidance conflict
9. Avoidance-avoidance conflict
10. Hassles
11. Burnout
12. Frustration
13. Cataclysmic events
14. Acculturative stress
15. General adaptation syndrome (GAS)
16. Sympatho-adreno-medullary (SAM) system
17. Hypothalamic-pituitary-adrenocortical (HPA) axis
18. Homeostasis
19. Psychoneuroimmunology
20. Distress
21. Eustress

*Chapter 3, Section 2: Stress and Illness, pages 94-98*

1. Chronic pain
2. PTSD

*Chapter 3, Section 3: Stress Management, pages 99-105*

1. Problem-focused coping
2. Emotion-focused coping
3. Defense mechanisms
4. Internal locus of control
5. External locus of control
6. Positive affect
7. Optimism
8. Mindfulness-based stress reduction (MBSR)

*Chapter 3, Section 4: Health Psychology, pages 106-110*

1. Health psychology
2. Job stress
3. Technostress

*Chapter 14, Section 1: Studying Psychological Disorders, pages 457-466*

1. Abnormal behavior
2. Diagnostic and Statistical Manual of Mental Disorders (DSM)
3. Neurosis
4. Psychosis
5. Delusion
6. Hallucinations
7. Insanity
8. Comorbidity
9. Nonsuicidal self-injury (NSSI)

*Chapter 14, Section 2: Anxiety Disorders, pages 467-471*

1. Anxiety disorder
2. Generalized anxiety disorder (GAD)
3. Panic disorder
4. Phobias
5. Agoraphobia
6. Specific phobia
7. Social anxiety phobia

*Chapter 14, Section 3: Depressive and Bipolar Disorders, pages 472-475*

1. Depressive disorders
2. Major depressive disorder (MDD)
3. Bipolar disorders
4. Mania
5. Learned helplessness

*Chapter 14, Section 4: Schizophrenia, pages 476-479*

1. Schizophrenia
2. Dopamine hypothesis
3. Diathesis-stress model

*Chapter 14, Section 5: Other Disorders, pages 480-483*

1. Obsessive-compulsive disorder (OCD)
2. Dissociative disorders
3. Dissociative identity disorder
4. Personality disorders
5. Antisocial personality disorder (ASPD)
6. Borderline personality disorder (BPD)

*Chapter 14, Section 6: Gender and Cultural Effects, pages 484-489*

1. Psychology student syndrome (PSS)
2. Resilience

*Open note MC test on Chapter 3: February 18th*

*Regular test (MC+FRQ) on Chapter 14: March 4th*