

Overview of Abnormal Psychology

Gowthami Bainaboina*

Department of Pharmaceutics, Chalapathi Institute of Pharmaceutical Sciences, AP, India

Corresponding Author*

Gowthami Bainaboina
Department of Pharmaceutics,
Chalapathi Institute of Pharmaceutical Sciences,
AP, India
E-mail: gowthamibainaboina@gmail.com
Tel: 8500024898

Copyright: 2020 GowthamiBainaboina. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 25 July 2020; Accepted 27 July 2020; Published 03 August 2020

Abstract

Abnormal Psychology is the study of unusual patterns of behaviour, emotion and mental disorder. The study of abnormal behaviour patterns that diverge widely from generally accepted norms.

There are different of disorders which includes Anxiety disorders, personality disorders, Mood disorders, Schizophrenia, Substance use disorders, Somatoform disorders, Mood disorders, Childhood disorders, sleep disorders, Eating disorders, Paranoid disorders, Organic mental disorder Obsessive Compulsive disorder and post traumatic stress disorder. DSM(Diagnostic statistical manual of mental disorder) is the book will classify the disorders and describe the symptoms. There are two major classification i.e., Neurotic disorder, and Psychotic disorder. **Causes:** Genetics, Nervous system, Cognitive and Behavioural, Emotional, social interpersonal, Developmental.

Keywords: Psychology• Abnormal• Behaviour• Disorders• Mental illness•Stress• Schizophrenia

Mood Disorders: It is also known as affective disorder, which disturbances normal mood, which is generally classified in to bipolar disorder or depressive disorder.

Somatoform Disorder: Which occur when a person manifests a physiological problem through a physical symptoms. The major problem with diagnosis of this disorder is to demonstrate that does not have underlying any medical condition that is producing the signs and symptoms.

Schizophrenia: Is a mental disorder characterized by disintegration of thought processes and of emotional responsiveness. The people with this disease may experience Delusions, hallucination. Environmental and Genetic and factors plays important role in schizophrenia, there are more

chances of if the disease was present in ancestors and it also occur with drug use and living in urban environment. Social isolation and immigration related to social adversity, racial discrimination, family dysfunction, Unemployment and poor housing conditions. The people with this disorder believes that he is the most greatest, strongest and intelligent person in the world.

There are two ways to define abnormal psychology

Statistical Deviation: Those who stay too far from the average on this curve are considered as abnormal.

Maladaptiveness: Maladaptive to one's self is the inability to reach goals and to adapt the demands of life, According to the society it disrupts social group functioning.

Method of Treatment

Psychotherapy: It is the practice of spending time with a psychological profession trained to help diagnose and treat mental and emotional problems.

Behaviour Therapy: Behaviourist believed that we have learned these things through rewards and punishments.

Humanistic Therapy: In this humanistic believe that people are good at hearted and try to help the people grow to reach their full potential.

Cognitive therapy: Is what we think about a situation and that impact what we feel in response to situation.

Group therapy: Is the most common type of therapy and which save therapist time and patient money, which shows patients that they are not alone and that others share their problem.

Biomedical therapies: Which include drug therapy, Psychosurgery and Electroconvulsive shock therapy.

Hypochondriasis: Has frequent physical complaints for which medical doctors are unable to locate the cause .They usually believe that the minor issues such as headache, stomach upset are indicative and more severe illnesses.

Limitations in Abnormal Psychology

It fails to distinguish between desirable and undesirable behaviour. Statistically speaking many were gifted individuals could be classified as abnormal using this definition.

Cite this article: Gowthami Bainaboina. Overview of Abnormal Psychology. Clin Exp Psychol, 2020, 6(3), 01.