

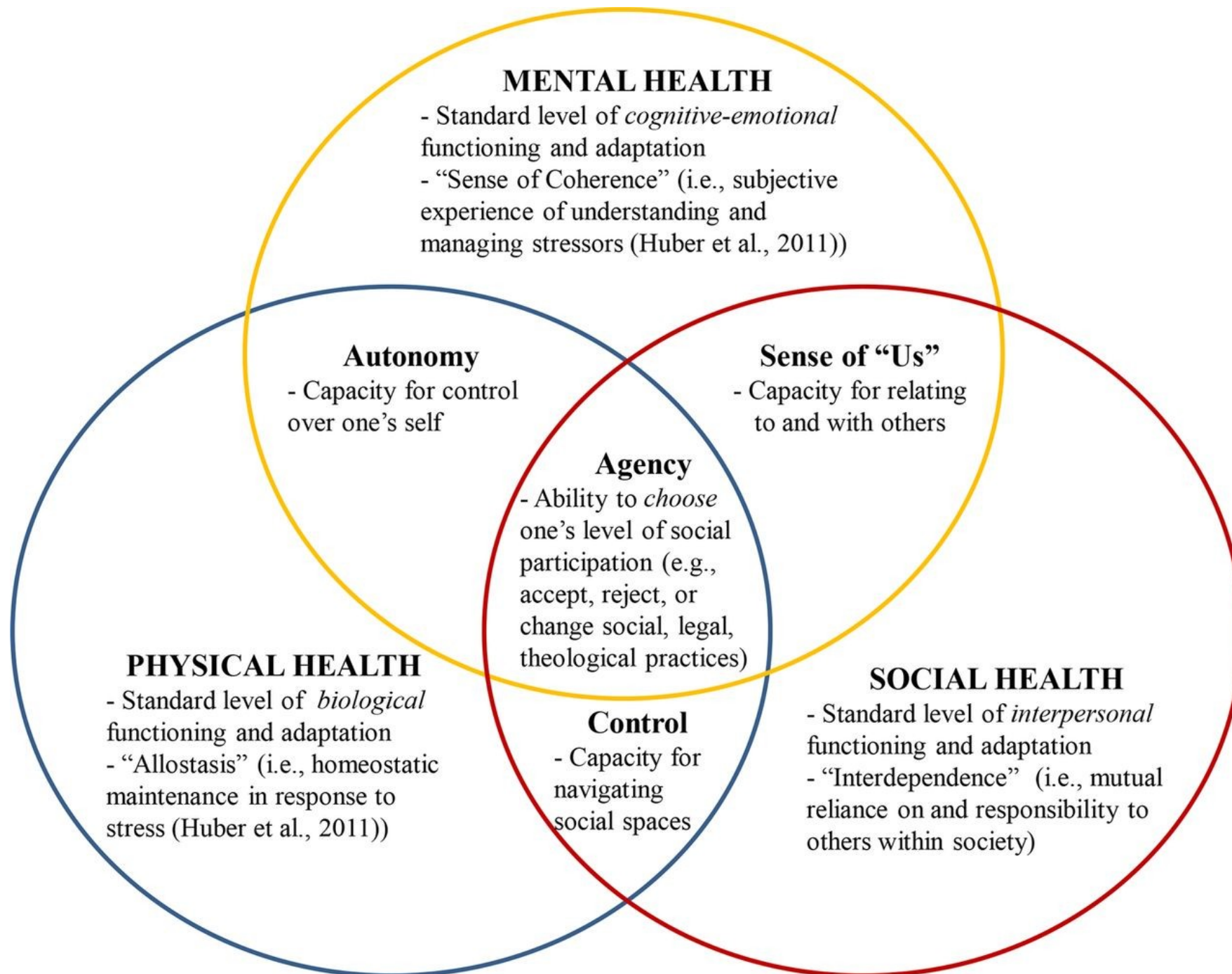
**Psychological health** is important with respect to how we function and adapt, and with respect to whether our lives are satisfying and productive. In the end, **psychological health** and well-being basically has to do with the question: "how are you doing?"

Mental health includes our emotional, psychological,  
and social well-being.  
It affects how we think, feel, and act.

to think about mental health on two related but separable dimensions of subjective experience and functionality. Thus, mental illness is broadly characterized in terms of mental distress and dysfunction, whereas mental health can be thought of in terms of mental satisfaction/ happiness and optimal functioning.

That's because psychological health, in other words mental health, was at one point not taken nearly as seriously as it is today. Today, doctors pay more attention to a person's emotions and behaviors as indicators of potential health issues than ever before.

Proper psychological health involves a normal emotional, behavioral, and social maturity to a person. This means such a person is in a healthy state of mental well-being, one that they can use to function normally in society and during everyday events. They have good emotional health, the kind affecting how we feel. They also have good behavioral health, involving how we act. Finally, they have great social health, the kind that involves our interactions with others.



# Healthy Characteristics

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Take  
control of your life  
as much as  
possible.

Accept  
yourself.

Don't take  
yourself too  
seriously. Keep a  
sense of humor.

Appreciate  
life.

Develop a  
sense of  
independence.

Take credit  
for successes  
and responsibility for  
failures. Learn from  
both.

EXIT



# Normal vs. Abnormal Behaviour

- Outside of societal norm
- Variable in each culture
- Can include severe harm or violence
- Difficulty in abiding by social situations
- Intentional?
- Mental weaknesses
- Confusing – few fit the normal standard...?
- May not be a bad thing – simply different
- Not capable of surviving in society
- Relative categorization



# Defining Abnormal Behavior I

- Case of Ernest H. (D&N, p.2)
  - Statistical infrequency suggests that rare behaviors are abnormal
    - Normal curve indicates that behaviors are common while others are rare
      - Common behaviors are at middle of normal curve
      - Rare behaviors fall at the tails of the curve
    - Temperament variations
  - Violation of norms suggests that abnormality is relative to a cultural/societal norm
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# Statistical Infrequency

By definition abnormality means differing from the norm or average.

Statistically infrequent behaviour is regarded as abnormal, whereas frequent behaviour is normal.

Individual characteristics can be measured (e.g., mood, intelligence, etc...) and the distribution of these characteristics within the population can be graphed. The normal distribution curve shows the majority of people as being in the middle. These people are defined as 'normal'. Relatively few people fall at either end. However, if they are then they are defined as 'abnormal'.

For example, most "normal" people eat an average of between 1500 to 3000 calories a day. However, anorexics consume very few calories, and bulimics consume lots – which makes their behaviour "abnormal"



# Defining Abnormal Behavior II

- **Personal distress** suggests that behaviors that are accompanied by distress are abnormal
  - **Disability/dysfunction** argues that impairment of life function can be a component of abnormal behavior
  - **Unexpectedness** asks whether the responses of a person to an environmental stressor are appropriate, or adaptive
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# Defining Abnormality

- DSM-IV-TR Definition
- Behavioral, emotional, or cognitive dysfunctions that are;
  - unexpected in their cultural context and
  - associated with personal distress or
  - substantial impairment in functioning

# BIOLOGICAL

1. Biomedical model assumes that all mental disorders have physical causes
2. BIG B: Biochemistry, Infection, Genetics, Brain damage can all explain abnormal behaviour

# BEHAVIOURIST

1. All behaviour is learned, as we are born with a tabula rasa.
2. Abnormal behaviour can be explained by Classical conditioning, Operant conditioning or Social Learning Theory



# PSYCHODYNAMIC

1. All behaviour stems from psychological NOT physical causes.
2. 3 causes of abnormal behaviour... conflicts in the mind, unconscious motivations and childhood experiences

# COGNITIVE

1. It is the thinking process between an event and a consequence that makes that consequence
2. 2 key features of abnormal behaviour... Irrational Thinking (abc) and Cognitive Triad & Errors in Logic

## Topic 1: Definitions of abnormality/psychopathology:

1. Description of deviation from social norms & examples.
2. 2 strengths, 2 weaknesses of the deviation from social norms definition, inc. cultural relativism.
3. Description of deviation from Ideal Mental health inc. Jahoda's 6 criteria.
4. 2 strengths, 2 weaknesses of the deviation from ideal mental health definition
5. Description of Failure to Function Adequately with examples.
6. 2 strengths and 2 weaknesses of the failure to function adequately.

### 3. Description of deviation from Ideal Mental health inc. Jahoda's 6 criteria.

1. Positive attitudes toward oneself
2. Self-actualisation of one's potential
3. Resistance to stress
4. Personal autonomy
5. Accurate perception of reality
6. Adapting to and mastering the environment

