

abnormal PSYCHOLOGY

CLINICAL PERSPECTIVES ON PSYCHOLOGICAL DISORDERS



HALGIN
WHITBOURNE

Contents

Preface xiv
To the Student xviii

1

Understanding Abnormality: A Look at History and Research Methods 2

Case Report: Rebecca Hasbrouck 2

What Is Abnormal Behavior? 4

Defining *Abnormality* 5

Distress 5

Impairment 5

Risk to Self or Other People 5

Socially and Culturally Unacceptable Behavior 5

What Causes Abnormality? 6

Biological Causes 6

Psychological Causes 6

Sociocultural Causes 7

Putting It All Together: A Biopsychosocial

Perspective 7

Abnormal Psychology Throughout History 9

Prehistoric Times: Abnormal Behavior as Demonic Possession 9

Ancient Greece and Rome: The Emergence of the Scientific Model 10

The Middle Ages and Renaissance: The Re-emergence of Spiritual Explanations 11

Europe and the United States in the 1700s: The Reform Movement 12

The 1800s to the 1900s: Development of Alternative Models for Abnormal Behavior 15

The Late Twentieth Century: The Challenge of Providing Humane and Effective Treatment 16

Research Methods in Abnormal Psychology 19

The Scientific Method 19

The Experimental Method 21

The Correlational Method 22

The Survey Method 23

The Case Study Method 24

Single-Subject Design 24

Studies of Genetic Influence 25

The Human Experience of Psychological Disorders 25

Impact on the Individual: Stigma and Distress 26

Impact on the Family 27

Impact on the Community and Society 27

Bringing It All Together 29

Return to the Case 30

Summary 32

Key Terms 33

Critical Issue: On Being Sane in Insane Places 8

Research Focus: How "Crazy" Are Creative People? 28

2

Classification and Treatment Plans 34

Case Report: Peter Dickinson 34

Psychological Disorder: Experiences of Client and Clinician 36

The Client 36

Definitions 36

Prevalence of Psychological Disorders 36

The Clinician 37

The *Diagnostic and Statistical Manual of Mental Disorders* 38

How the *DSM* Developed 39

Definition of "Mental Disorder" 40

Assumptions of the *DSM-IV* 41

Medical Model 41

Atheoretical Orientation 42

Categorical Approach 42

Multiaxial System 42

The Five Axes of the *DSM-IV* 43

Axis I: Clinical Disorders 43

Axis II: Personality Disorders and Mental

Retardation 43

Axis III: General Medical Conditions 43

Axis IV: Psychosocial and Environmental Problems 43

Axis V: Global Assessment of Functioning 46

The Diagnostic Process 46

The Client's Reported and Observable Symptoms 46

Diagnostic Criteria and Differential Diagnosis 47

Final Diagnosis 49

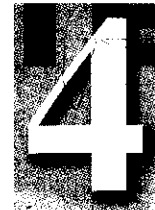
Case Formulation	49
Cultural Formulation	50
Treatment Planning	51
Goals of Treatment	51
Treatment Site	54
Psychiatric Hospitals	54
Outpatient Treatment	55
Halfway Houses and Day Treatment Programs	55
Other Treatment Sites	55
Modality of Treatment	55
Theoretical Perspective on Which Treatment Is Based	56
Treatment Implementation	56
The Course of Treatment	56
The Clinician's Role in Treatment	57
The Client's Role in Treatment	58
The Outcome of Treatment	58
Return to the Case	59
Summary	61
Key Terms	61
<i>Research Focus: How Do Experts Determine Which Treatments Really Work?</i>	57
<i>Critical Issue: Does DSM-IV Make You Crazy?</i>	39



Assessment 62

Case Report: Ben Robsham	62
What Is a Psychological Assessment?	64
Interview	64
Unstructured Interview	64
Structured Interview	65
Mental Status Examination	66
Appearance and Behavior	68
Orientation	68
Content of Thought	68
Thinking Style and Language	69
Affect and Mood	69
Perceptual Experiences	71
Sense of Self	73
Motivation	73
Cognitive Functioning	73
Insight and Judgment	73
Psychological Testing	73
What Makes a Good Psychological Test?	73
Intelligence Testing	75
Stanford-Binet Intelligence Test	76
Wechsler Intelligence Scales	76
Cultural Considerations in Intelligence Testing	77
Personality and Diagnostic Testing	77
Self-Report Clinical Inventories	77
Projective Testing	83

Behavioral Assessment	86
Behavioral Self-Report	86
Behavioral Observation	87
Environmental Assessment	88
Physiological Assessment	88
Psychophysiological Assessment	88
Brain Imaging Techniques	88
Neuropsychological Assessment	90
Putting It All Together	91
Return to the Case	92
Summary	94
Key Terms	94
<i>How People Differ: Psychological Testing of Minorities</i>	78
<i>Research Focus: Is Intelligence Destiny?</i>	79



Theoretical Perspectives 96

Case Report: Kristin Pierpont	96
The Purpose of Theoretical Perspectives in Abnormal Psychology	98
Psychodynamic Perspective	98
Freudian Psychoanalytic Theory	98
Freud's Background	98
Freud's Structural Model of Personality	98
Psychodynamics	99
Defense Mechanisms	99
Psychosexual Development	99
Freud's Place in History	104
Post-Freudian Psychodynamic Views	104
Object Relations Theories	104
Treatment	105
Evaluation of Psychodynamic Theories	106
Humanistic Perspective	107
Person-Centered Theory	108
Self-Actualization Theory	109
Treatment	110
Evaluation of Humanistic Theories	110
Sociocultural Perspective	112
Family Perspective	112
Social Discrimination	113
Social Influences and Historical Events	113
Treatment	113
Family Therapy	113
Group Therapy	114
Milieu Therapy	114
Evaluation of the Sociocultural Perspective	115

Behavioral and Cognitively Based Perspectives 115

- Classical Conditioning 115
- Operant Conditioning 116
- Social Learning and Social Cognition 117
- Cognitively Based Theory 118
- Treatment 119
 - Conditioning Techniques 119
 - Contingency Management Techniques 120
 - Modeling and Self-Efficacy Training 121
 - Cognitive Therapies 121
- Evaluation of the Behavioral and Cognitively Based Perspectives 122

Biological Perspective 122

- The Nervous System and Behavior 122
 - Neurons and Synapses 123
 - Role of the Brain in Behavior 124
 - The Autonomic Nervous System 126
- The Endocrine System 126
- Genetic Influences on Behavior 127
 - Basic Concepts in Genetics 127
 - Models of Genetic Transmission 127
- Treatment 129
 - Psychosurgery 129
 - Electroconvulsive Therapy 129
 - Medication 130
 - Biofeedback 130
- Evaluation of the Biological Perspective 131

Developing a Perspective: An Integrative Approach 131**Return to the Case 132****Summary 136****Key Terms 137**

Critical Issue: Repressed Memories—Fact or Fiction? 102

How People Differ: Feminist-Relational Approaches to Therapy 111

**Personality Disorders 138****Case Report: Harold Morrill 138****The Nature of Personality Disorders 140****Antisocial Personality Disorder 141**

- Characteristics of Antisocial Personality Disorder 141
- Theories and Treatment of Antisocial Personality Disorder 143
 - Biological Perspectives 143
 - Psychological Perspectives 144
 - Sociocultural Perspectives 144
- Treatment of Antisocial Personality Disorder 145

Borderline Personality Disorder 145

- Characteristics of Borderline Personality Disorder 145
- Theories and Treatment of Borderline Personality Disorder 147
 - Biological Perspectives 148
 - Psychological Perspectives 148
 - Sociocultural Perspectives 149
- Treatment of Borderline Personality Disorder 150

Histrionic Personality Disorder 151**Narcissistic Personality Disorder 152****Paranoid Personality Disorder 154****Schizoid Personality Disorder 155****Schizotypal Personality Disorder 156****Avoidant Personality Disorder 158****Dependent Personality Disorder 158****Obsessive-Compulsive Personality Disorder 160****Personality Disorders: The Perspectives Revisited 162****Return to the Case 163****Summary 167****Key Terms 168**

How People Differ: Explaining the Prevalence of Borderline Personality Disorder Among Women 146

Critical Issue: Brief Psychodynamic Treatment of Personality Disorders 162

**Anxiety Disorders 170****Case Report: Barbara Wilder 170****The Nature of Anxiety Disorders 172****Panic Disorder 172**

- Characteristics of Panic Disorder 173
- Theories and Treatment of Panic Disorder and Agoraphobia 174

Specific Phobias 176

- Characteristics of Specific Phobias 177
- Theories and Treatment of Specific Phobias 178

Social Phobia 181

- Characteristics of Social Phobia 181
- Theories and Treatment of Social Phobia 182

Generalized Anxiety Disorder 183

- Characteristics of Generalized Anxiety Disorder 183
- Theories and Treatment of Generalized Anxiety Disorder 184

Obsessive-Compulsive Disorder 185

- Characteristics of Obsessive-Compulsive Disorder 185
- Theories and Treatment of Obsessive-Compulsive Disorder 186
- Treatment 189

Acute Stress Disorder and Post-Traumatic Stress Disorder 190

- Characteristics of Post-Traumatic Stress Disorder 190
 - Biological Perspectives 193
 - Psychological Perspectives 194
 - Sociocultural Perspectives 195
 - Treatment 196

Anxiety Disorders: The Perspectives Revisited 198

Return to the Case 198

Summary 202

Key Terms 203

Critical Issue: Psychosurgery for Obsessive-Compulsive Disorder 191

Research Focus: The Enduring Effects of Psychological Trauma 197



Somatoform Disorders, Psychological Factors Affecting Medical Conditions, and Dissociative Disorders 204

Case Report: Rose Marston 204

Somatoform Disorders 206

- Conversion Disorder 206
- Somatization Disorder and Related Conditions 207
- Body Dysmorphic Disorder 209
- Hypochondriasis 212
- Conditions Related to Somatoform Disorders 213
- Theories and Treatment of Somatoform Disorders 217

Psychological Factors Affecting Medical Conditions 217

- Characteristics of the *DSM-IV* Category of Psychological Factors Affecting Medical Conditions 218
- Theories and Treatment of the *DSM-IV* Category of Psychological Factors Affecting Medical Conditions 219
 - Stress 219
 - Emotional Expression 223
 - Personality Style 223
 - Treatment 224

Dissociative Disorders 225

- Dissociative Identity Disorder 226
 - Characteristics of Dissociative Identity Disorder 226
 - Theories and Treatment of Dissociative Identity Disorder 229
- Other Dissociative Disorders 231
 - Dissociative Amnesia 231
 - Dissociative Fugue 232
 - Depersonalization Disorder 233
 - Theories and Treatment of Dissociative Amnesia, Dissociative Fugue, and Depersonalization Disorder 233

Somatoform Disorders, Psychological Factors Affecting Medical Conditions, and Dissociative Disorders: The Perspectives Revisited 235

Return to the Case 235

Summary 238

Key Terms 239

Critical Issue: Medical Illness or Somatoform Disorder? 211

Research Focus: Dissociative Identity Disorder as a Legal Defense 228



Sexual Disorders 240

Case Report: Shaun Boyden 240

What Is Abnormal Sexual Behavior? 242

Paraphilias 243

- Characteristics of Paraphilias 243
 - Pedophilia 244
 - Exhibitionism 247
 - Fetishism 248
 - Frotteurism 250
 - Sexual Masochism and Sexual Sadism 250
 - Transvestic Fetishism 252
 - Voyeurism 253
- Theories and Treatment of Paraphilias 254

Gender Identity Disorders 255

- Characteristics of Gender Identity Disorders 255
- Theories and Treatment of Gender Identity Disorders 256

Sexual Dysfunctions 258

- Characteristics of Sexual Dysfunctions 258
- Hypoactive Sexual Desire Disorder 261
- Sexual Aversion Disorder 261
- Female Sexual Arousal Disorder 262
- Male Erectile Disorder 262
- Female Orgasmic Disorder 262
- Male Orgasmic Disorder 264
- Premature Ejaculation 264
- Sexual Pain Disorders 265
- Theories and Treatment of Sexual Dysfunctions 265
 - Biological Perspective 266
 - Psychological Perspective 268

Sexual Disorders: The Perspectives Revisited 270

Return to the Case 271

Summary 273

Key Terms 274

Critical Issue: Viagra—Miracle Cure for Male Sexual Dysfunction? 269

Research Focus: A Relationship Between Pedophilia and a History of Being Sexually Victimized? 245

9

Mood Disorders 276

Case Report: Janice Butterfield 276

General Characteristics of Mood Disorders 278

Depressive Disorders 278

Major Depressive Disorder 278

Characteristics of a Major Depressive Episode 278

Types of Depression 279

Prevalence and Course of the Disorder 279

Dysthymic Disorder 280

Disorders Involving Alternations in Mood 281

Bipolar Disorder 282

Characteristics of a Manic Episode 282

Types of Bipolar Disorder 283

Prevalence and Course of the Disorder 283

Cyclothymic Disorder 284

Theories and Treatments of Mood Disorders 285

Biological Perspectives 285

Genetics 285

Biochemical Factors 287

Psychological Perspectives 288

Psychodynamic Theories 288

Behavioral Theories 288

Cognitively Based Theories 291

Sociocultural and Interpersonal Perspectives 291

Treatment 293

Biological Treatment 293

Psychological Treatment 295

Sociocultural and Interpersonal Intervention 296

Suicide 297

Who Commits Suicide? 297

Why Do People Commit Suicide? 297

Biological Perspective 297

Psychological Perspective 299

Sociocultural Perspective 300

Assessment and Treatment of Suicidality 300

Mood Disorders: The Perspectives Revisited 301

Return to the Case 303

Summary 305

Key Terms 306

Critical Issue: Prozac—a Cure for Many Maladies? 289

Research Focus: Interpersonal Therapy for Depression 298

10

Schizophrenia and Related Disorders 308

Case Report: David Marshall 308

Characteristics of Schizophrenia 310

Phases of Schizophrenia 311

Symptoms of Schizophrenia 311

Disturbance of Thought Content: Delusions 311

Disturbance in Perception: Hallucinations 312

Disturbance of Thinking, Language, and

Communication: Disorganized Speech 312

Disturbed Behavior 312

Negative Symptoms 312

Social and Occupational Dysfunction 312

Types of Schizophrenia 313

Dimensions of Schizophrenia 315

Positive-Negative Dimension 315

Process-Reactive Dimension 316

Courses of Schizophrenia 318

Other Psychotic Disorders 319

Brief Psychotic Disorder 319

Schizophreniform Disorder 320

Schizoaffective Disorder 321

Delusional Disorders 322

Shared Psychotic Disorder 323

Theories and Treatment of Schizophrenia 324

Biological Perspectives 325

Brain Structure and Function 325

Genetic Explanations 326

The Unique Case of the Genain Quadruplets 329

Biological Stressors and Vulnerability 330

Psychological Perspective 330

Sociocultural Perspective 331

Treatment of Schizophrenia 332

Biological Treatments 332

Psychological Treatments 334

Sociocultural Treatments 335

Schizophrenia: The Perspectives Revisited 335

Return to the Case 336

Summary 339

Key Terms 340

Research Focus: Can Delusions Be Changed? 318

How People Differ: Schizophrenia and Social Class 332

11

Development-Related Disorders 342

Case Report: Jason Newman 342

Introductory Issues 344

Mental Retardation 345

Characteristics of Mental Retardation 345

Theories and Treatment of Mental Retardation 345

Inherited Causes 345

Environmental Causes 346

Treatment 347

Autistic Disorder 347

Characteristics of Autistic Disorder 347

Theories and Treatment of Autistic Disorder 349

Learning, Communication, and Motor Skills Disorders 351

Learning Disorders 352

Communication Disorders 352

Motor Skills Disorders 354

Theories and Treatment of Learning, Communication, and Motor Skills Disorders 354

Attention-Deficit and Disruptive Behavior Disorders 354

Attention-Deficit/Hyperactivity Disorder (ADHD) 354

Conduct Disorder 356

Oppositional Defiant Disorder 357

Theories and Treatment of ADHD and Disruptive Behavior Disorders 358

Theories 358

Treatment 358

Separation Anxiety Disorder 360

Characteristics of Separation Anxiety Disorder 360

Theories and Treatment of Separation Anxiety Disorder 360

Other Disorders That Originate in Childhood 361

Childhood Eating Disorders 362

Tic Disorders 362

Elimination Disorders 362

Reactive Attachment Disorder 362

Stereotypic Movement Disorder 362

Selective Mutism 362

Development-Related Disorders: The Perspectives Revisited 363

Return to the Case 363

Summary 365

Key Terms 366

Critical Issue: The Pros and Cons of Aversive Treatment for Autistic Disorder 353

Research Focus: Adults with Attention-Deficit/Hyperactivity Disorder 359

12

Cognitive Disorders 368

Case Report: Irene Heller 368

The Nature of Cognitive Disorders 370

Delirium 370

Amnesic Disorders 371

Dementia 372

Characteristics of Dementia 372

Memory Loss 372

Aphasia, Apraxia, and Agnosia 372

Disturbance in Executive Functioning 373

Alzheimer's Disease (Dementia of the Alzheimer's Type) 373

Dementia Caused by Other Conditions 374

Physical Conditions 375

Depression 378

Diagnosis of Alzheimer's Disease 378

Theories and Treatment of Alzheimer's Disease 379

Biological Perspective 379

Environmental Perspective 382

Medical Treatment of Alzheimer's Disease 382

Behavioral Management of Symptoms 383

Cognitive Disorders: The Perspectives Revisited 385

Return to the Case 386

Summary 387

Key Terms 388

How People Differ: Discrimination Against People with AIDS 376

Research Focus: Caring for a Person with Alzheimer's Disease 384

13

Substance-Related Disorders 390

Case Report: Carl Wadsworth 390

The Nature of Substance Abuse and Dependence 392

Behaviors Associated with Substance-Related Disorders 392

Substance-Induced Disorders 392

Substance Use Disorders 393

Alcohol 393

Patterns of Use and Abuse 393

Effects of Alcohol Use 394

Immediate Effects	394
Long-Term Effects	396
Theories of Alcohol Dependence	396
Biological Perspective	396
Psychological Perspective	397
Sociocultural Perspective	398
Treatment of Alcohol Dependence	399
Biological Treatment	399
Psychological Treatment	401
Alcoholics Anonymous	401
Substances Other Than Alcohol	404
Stimulants	405
Amphetamines	405
Cocaine	407
Caffeine-Related Disorders	410
Cannabis-Related Disorders	411
Hallucinogen-Related Disorders	412
Heroin- and Opioid-Related Disorders	413
Sedative-, Hypnotic-, and Anxiolytic-Related Disorders	415
Barbiturates	417
Barbiturate-like Substances	418
Anxiolytics	418
Other Drugs of Abuse	418
Treatment for Substance Abuse and Dependence	419
Biological Treatment	419
Behavioral and Cognitive Therapies	419
Substance Abuse and Dependence: The Perspectives Revisited	420
Return to the Case	420
Summary	422
Key Terms	423
<i>How People Differ:</i> The Influence of Race and Culture on Alcoholism	400
<i>Research Focus:</i> Studying Crack Babies	409

14

Eating Disorders and Impulse-Control Disorders 424

Case Report: Rosa Nomirez 424

Eating Disorders 426

- Characteristics of Anorexia Nervosa 426
- Characteristics of Bulimia Nervosa 427
- Theories and Treatment of Eating Disorders 429
 - Theories 429
 - Treatment 431

Impulse-Control Disorders 432

- Kleptomania 433
 - Characteristics of Kleptomania 433
 - Theories and Treatment of Kleptomania 434
- Pathological Gambling 434
 - Characteristics of Pathological Gambling 435
 - Theories and Treatment of Pathological Gambling 436

- Pyromania 438
 - Characteristics of Pyromania 438
 - Theories and Treatment of Pyromania 438
- Sexual Impulsivity 439
 - Characteristics of Sexual Impulsivity 440
 - Theories and Treatment of Sexual Impulsivity 440
- Trichotillomania 441
 - Characteristics of Trichotillomania 441
 - Theories and Treatment of Trichotillomania 442
- Intermittent Explosive Disorder 443
 - Characteristics of Intermittent Explosive Disorder 443
 - Theories and Treatment of Intermittent Explosive Disorder 443
- Eating Disorders and Impulse-Control Disorders: The Perspectives Revisited 444**
- Return to the Case 444**
- Summary 448**
- Key Terms 449**
- How People Differ:* Does Modern Society Cause Eating Disorders? 430
- Critical Issue:* Legalized Gambling 437

15

Ethical and Legal Issues 450

Case Report: Mark Chen 450

Ethical Issues 452

- Roles and Responsibilities of Clinicians 452
 - Therapist Competence 452
 - Informed Consent 452
 - Confidentiality 453
 - Relationships with Clients 454
 - The Business of Psychotherapy 454
 - Special Roles for Clinicians 455
- Commitment of Clients 455
 - Right to Treatment 457
 - Refusal of Treatment 459

Forensic Issues in Psychological Treatment 460

- Insanity Defense 460
- Competency to Stand Trial 464

Return to the Case 465

Summary 468

Key Terms 469

- Critical Issue:* Homelessness and the Mentally Ill—the Right to Refuse Treatment 458
- Research Focus:* The Prediction of Violent Behavior 462

Glossary 471

References 483

Credits 515

Name Index 517

Subject Index 528