

Unit Reading Guide
Unit Twelve: Abnormal Behavior
Unit Thirteen: Treatment of Abnormal Behavior

Unit Twelve: Abnormal Behavior

Key Terms:

For key terms, be able to explain the meaning of the term (like with any vocabulary), but also be able to explain what is significant about the term in the context of the unit (i.e., what the book says) and in the larger context of the study of psychology. Your textbook is the first place to start. Online sources, such as Quizlet, are helpful for study and review but should not be your only source of information. Bolded terms correlate to what is shown in the AP Psychology Course Requirements.

Concepts	(In general order from	right to left) →→→→→	→→→→→
Psychological Disorder	Medical Model	Attention Deficit/Hyperactivity Disorder	DSM-5
Anxiety Disorders	Panic Disorder	Generalized Anxiety Disorder	Phobia
Social Anxiety Disorder	Agoraphobia	Obsessive-Compulsive Disorder	Posttraumatic Stress Disorder
Posttraumatic Growth	Mood Disorders	Major Depressive Disorder	Mania
Bipolar Disorder	Rumination	Schizophrenia	Psychosis
Delusions	Hallucination	Somatic Symptom Disorder	Conversion Disorder
Illness Anxiety Disorder	Dissociative Disorders	Dissociative Identity Disorder	Anorexia Nervosa
Binge-Eating Disorder	Personality Disorders	Antisocial Personality Disorder	

Unit Twelve Essential Questions

These do not represent the entirety of what students must understand. They do, however, point people in the correct direction. Use these questions to see where the concepts above “fit.” Also, use the questions listed as a guide in your reading.

1. What is the difference between normality and disorder?
2. What is the controversy regarding the diagnosis of attention-deficit/hyperactivity disorder (ADHD)?
3. What are the differences between the medical model and the biopsychosocial approach? What is similar?
4. How and why do clinicians classify psychological disorders?
5. What are the arguments against the use of diagnostic labels?
6. Which psychological disorders appear to be prevalent?
7. What is the link between poverty and serious mental illness?
8. What are the different anxiety disorders? What specific features make them different?
9. What are the descriptions of obsessive-compulsive disorder (OCD)?
10. What are the characteristics used to describe posttraumatic stress disorder (PTSD)?
11. How can one apply the learning and biological perspectives to anxiety disorders, OCD, and PTSD?
12. What are mood disorders?
13. What is both similar and different between major depressive disorder and bipolar disorder?
14. How can one apply the biological and social-cognitive perspective to mood disorders?
15. What are the factors that are involved with suicide and self-injury?
16. What are the important warning signs to watch for in order to prevent suicide?
17. What are the symptoms of schizophrenia?
18. What are the differences between acute and chronic schizophrenia?
19. How do brain abnormalities and viral infections contribute to the incidence of schizophrenia?
20. What evidence exists for genetic influences on schizophrenia?
21. What are the early warning signs of schizophrenia in children?
22. What are somatic symptoms and to which disorders are they linked?
23. What are dissociative disorders?
24. Why are dissociative disorders considered controversial?
25. What are the psychological and genetic factors that lead to anorexia nervosa, bulimia nervosa, and binge-eating disorder?
26. What are the differences between the three clusters of personality disorders?
27. What are the behaviors that characterize antisocial personality disorder?

Unit Thirteen: Treatment of Abnormal Behavior

Key Terms:

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Concepts	(In general order from	right to left) →→→→→	→→→→→
Psychotherapy	Biomedical Therapy	Eclectic Approach	Psychoanalysis
Resistance	Interpretation	Transference	Psychodynamic Therapy
Insight Therapies	Client-Centered Therapy	Active Listening	Unconditional Positive Regard
Behavior Therapy	Counterconditioning	Exposure Therapies	Systematic Desensitization
Virtual Reality Exposure Therapy	Aversive Conditioning	Token Economy	Cognitive Therapy
Rational-Emotive Behavior Therapy	Cognitive-Behavioral Therapy	Group Therapy	Family Therapy
Regression toward the Mean	Meta-Analysis	Evidence-Based Practice	Therapeutic Alliance
Resilience	Psychopharmacology	Antipsychotic Drugs	Antianxiety Drugs
Antidepressant Drugs	Electroconvulsive Therapy	Psychosurgery	Lobotomy
Repetitive Transcranial Magnetic Stimulation (rTMS)			
Key Contributors			
Sigmund Freud	Carl Rogers	Mary Cover Jones	Jospeh Wolpe
B.F. Skinner	Albert Ellis	Aaron Beck	

Unit Thirteen Essential Questions

These do not represent the entirety of what students must understand. They do, however, point people in the correct direction. Use these questions to see where the concepts above “fit.” Also, use the questions listed as a guide in your reading.

1. What are the differences between psychotherapy, biomedical therapy, and an eclectic approach to therapy?
2. What are the goals and techniques of psychoanalysis and how have they been adapted to psychodynamic therapy?
3. What are the basic themes of humanistic therapy, specifically the goals and techniques of Rogers’ client-centered approach?
4. What are the differences between behavior therapy and psychodynamic therapy and humanistic therapy?
5. How do exposure therapies and aversive conditioning work?
6. How can operant conditioning principles inform therapeutic techniques?
7. What are the pros and cons of using operant conditioning principles in therapy?
8. What are the differences in the goals and techniques of cognitive therapy versus the goals and techniques of cognitive-behavioral therapy?
9. What are the goals and the benefits of group and family therapy?
10. How effective is psychotherapy from each of these perspectives: the client, the clinician, and the outcome?
11. Explain: which psychotherapies are effective for specific disorders?
12. When using scientific inquiry as a process, what alternate therapies exist or may work for disorders?
13. What three elements are shared by all forms of psychotherapy?
14. How do culture, gender, and values influence the therapist-client relationship?
15. What are some guidelines for selecting a therapist?
16. What is the rationale of preventative mental health programs?
17. What are the various drug therapies that exist?
18. How do double-blind studies work to evaluate the effectiveness of drug therapies?
19. How can psychosurgery and brain stimulation techniques treat disorders?
20. How can a healthy lifestyle’s effect on depression reflect the biopsychosocial systems?

Advanced Placement Psychology Unit Outlines

XII. Abnormal Behavior (7–9% of the AP Exam).

In this portion of the course, students examine the nature of common challenges to adaptive functioning. This section emphasizes formal conventions that guide psychologists' judgments about diagnosis and problem severity. AP students in psychology should be able to do the following:

- Describe contemporary and historical conceptions of what constitutes psychological disorders
- Recognize the use of the Diagnostic and Statistical Manual of Mental Disorders (DSM) published by the American Psychiatric Association as the primary reference for making diagnostic judgments.
- Discuss the major diagnostic categories, including anxiety and somatoform disorders, mood disorders, schizophrenia, organic disturbance, personality disorders, and dissociative disorders, and their corresponding symptoms.
- Evaluate the strengths and limitations of various approaches to explaining psychological disorders: medical model, psychoanalytic, humanistic, cognitive, biological, and sociocultural.
- Identify the positive and negative consequences of diagnostic labels (e.g., the Rosenhan study).
- Discuss the intersection between psychology and the legal system (e.g., confidentiality, insanity defense).

XIII. Treatment of Abnormal Behavior (5–7% of the AP Exam)

This section of the course provides students with an understanding of empirically based treatments of psychological disorders. The topic emphasizes descriptions of treatment modalities based on various orientations in psychology.

AP students in psychology should be able to do the following:

- Describe the central characteristics of psychotherapeutic intervention.
- Describe major treatment orientations used in therapy (e.g., behavioral, cognitive, humanistic) and how those orientations influence therapeutic planning.
- Compare and contrast different treatment formats (e.g., individual, group).
- Summarize effectiveness of specific treatments used to address specific problems.
- Discuss how cultural and ethnic context influence choice and success of treatment (e.g., factors that lead to premature termination of treatment).
- Describe prevention strategies that build resilience and promote competence.
- Identify major figures in psychological treatment (e.g., Aaron Beck, Albert Ellis, Sigmund Freud, Mary Cover Jones, Carl Rogers, B. F. Skinner, Joseph Wolpe).