

Review Sheet: Test 4

Be ready for multiple choice, matching, and true-false

The Psychopharmacological Revolution

What is meant by “off-the-shelf, made-to-order” personality, and why this is now a possibility.

The Neuroscientific Perspective

The Continuum Theory of Abnormality

- How does this differ from the previous way abnormality was viewed?
- Has this caused an increase or a decrease in diagnosis?
- Connect to the quote “mental disease differs from endearing quirk only in degree.

The Medical Model of abnormality

The Psychological Model of abnormality

SSRI's

- What do these letters stand for?
- What does “Selective” mean?
- How, exactly, does Prozac and other SSRI's work? What does “Reuptake Inhibitor” mean?

ADHD

- What are the 3 major symptoms? How might each of these symptoms look in terms of behavior?
- What neurotransmitters are connected with this disorder? What drugs are used to treat it?
- What are the dangers of taking ADHD medication without a prescription and without being monitored by a doctor? Know side effects as well as the addictive nature of the drug.
- The possibility of over-diagnosis. According to the article “The Selling of ADHD,” what percentage of kids actually suffer from the disorder? What percentage of kids are being diagnosed with the disorder?

Mood Disorders

Know which disorders are mood disorders

Out of the Shadows Movie

- Reason for under-diagnosis in adolescence
- Brain damage associated with depression
- How brain damage can be reversed

Symptoms of Depression

Symptoms of Male Depression

Dysthymia vs. Major Depression

Suicide

- statistics for males vs. females
- When during a depressive episode is suicide most likely to occur?

Symptoms of Bipolar Disorder

- Episodic nature

- Characteristics of a manic phase
- Typical series of events in the disorder
- Connection between Bipolar and artistic creativity

Primary Medication used in Bipolar

Why is it difficult to get people with Bipolar to take medication?

Theories of Depression - Causes

Biological and Neurological Basis for Depression

- To what extent is there a genetic link to depression?
- What neurotransmitters are involved with depression and mania?
- What is cortisol, and how is this related to depression?
- What part of the brain is less active in people who are depressed?

Freud's Theory of Loss

Learned Helplessness

- Seligman's study with dogs

General Idea of Cognitive Therapy

Depressed Explanatory Style

- Internal vs. External
- Stable vs. Unstable
- Global vs. Specific

Idea of Depressive Realism

Cognitive Distortions – not all 15 – just these (the first 6 on the sheet):

- Filtering
- Polarized thinking
- Overgeneralization
- Jumping to Conclusions (or what I call “Mind Reading”)
- Catastrophizing
- Personalization