

Goal: To understand the many ways that our actions and impulses can become symptoms of different forms of abnormal behavior

# PART IIB: DIMENSIONS OF PSYCHOPATHOLOGY: BEHAVIOR

# Dimensions of Psychopathology: Behavior

- ① The study of behavior in psychology: behaviorism
- ① Evolutionary psychology and bio-programming
- ① Innate behaviors (“instincts”) vs. acquired/learned behaviors
- ① Behavior as appropriate and adaptive

# Dimensions of Psychopathology: Behavior

## ● Motivation

- Motivation as a construct, an inner force that somehow controls and explains behavior
- Needs, desires, drives
- Freud and the primacy of the sexual instincts and unconscious motivation
- Maslow and the hierarchy of needs
- Addiction and compulsion: being controlled by one's needs, "powerless" to resist them

# Dimensions of Psychopathology: Behavior

## ○ Personality

- Also a construct, inferred from how we behave
- Dispositionism: our unique personality disposes us to act, with consistency across situations and stability over time
- Fundamental attribution error
- Temperament and DSM-5 trait domains
  - Negative affectivity/emotional stability
  - Detachment/extraversion
  - Antagonism/agreeableness
  - Disinhibition/conscientiousness
  - Psychoticism/lucidity

# Dimensions of Psychopathology: Behavior

## ⦿ What's normal?

- Ability to grow and adjust and achieve goals
- In a manner that provides personal satisfaction
- Meets expectations of one's culture
- Demonstrates self-control

## ⦿ What is abnormal?

- The D's: distress, deviance, disability, dysfunction, degree
- But is being "bad" the same as being "sick"?

# Dimensions of Psychopathology: Behavior

- Signs and symptoms:
  - Behavioral (e.g., excessive involvement in an activity, dangerous or inappropriate actions)
  - Emotional (e.g., intense needs, anger, feeling out of control)
  - Cognitive (e.g., focus on oneself, thinking too much about what one wants)
  - Somatic (e.g., damage to one's body, harm to others)

# Dimensions of Psychopathology: Behavior

- ◎ The behavioral syndromes—DSM categories of disorders:
  - Substance-related and addictive disorders
  - Disruptive, impulse-control, and conduct disorders
  - Paraphilic disorders
  - Feeding and eating disorders
  - Personality disorders