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

- The study of behavior in psychology: behaviorism
- Evolutionary psychology and bio-programming
- Innate behaviors ("instincts") vs. acquired/learned behaviors
- 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