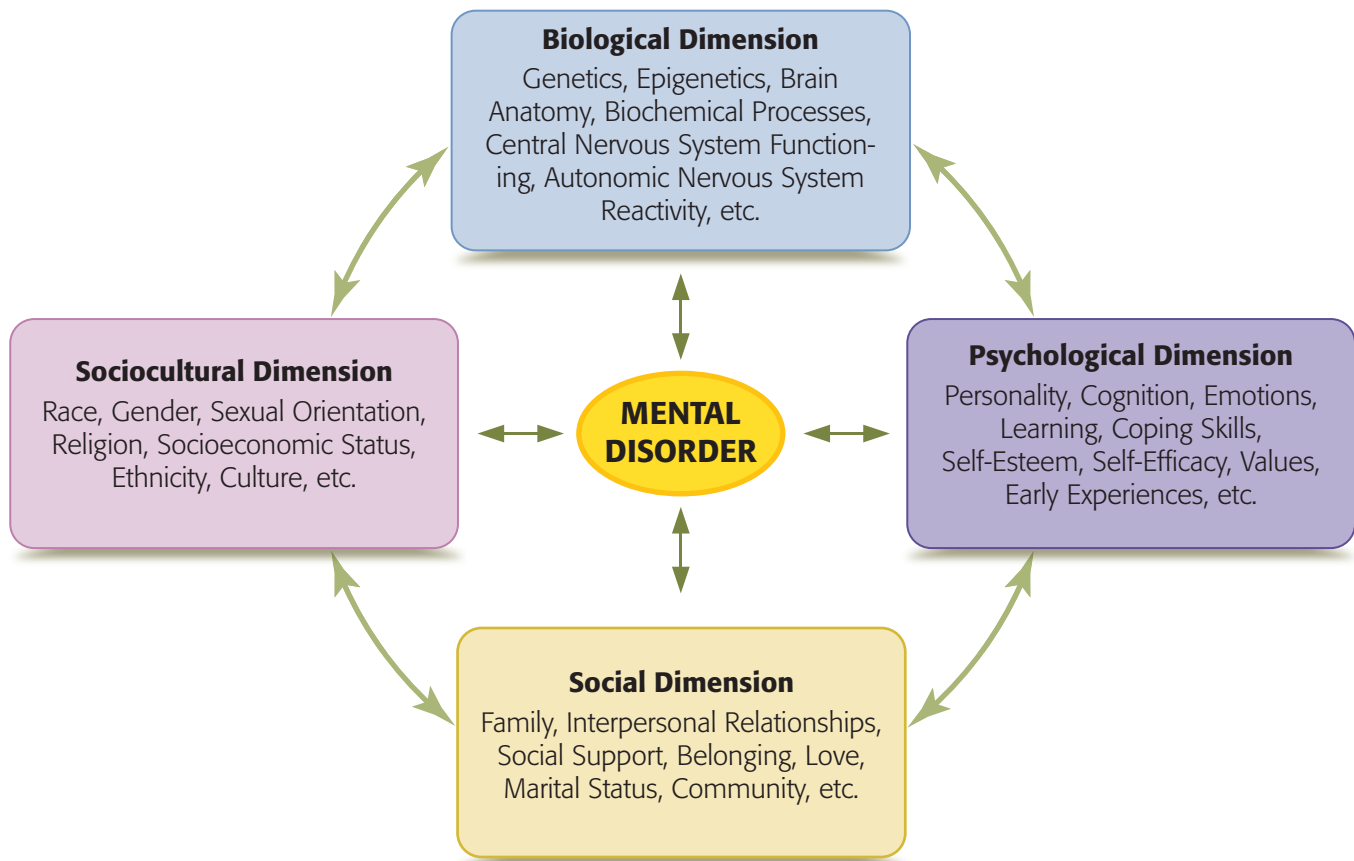


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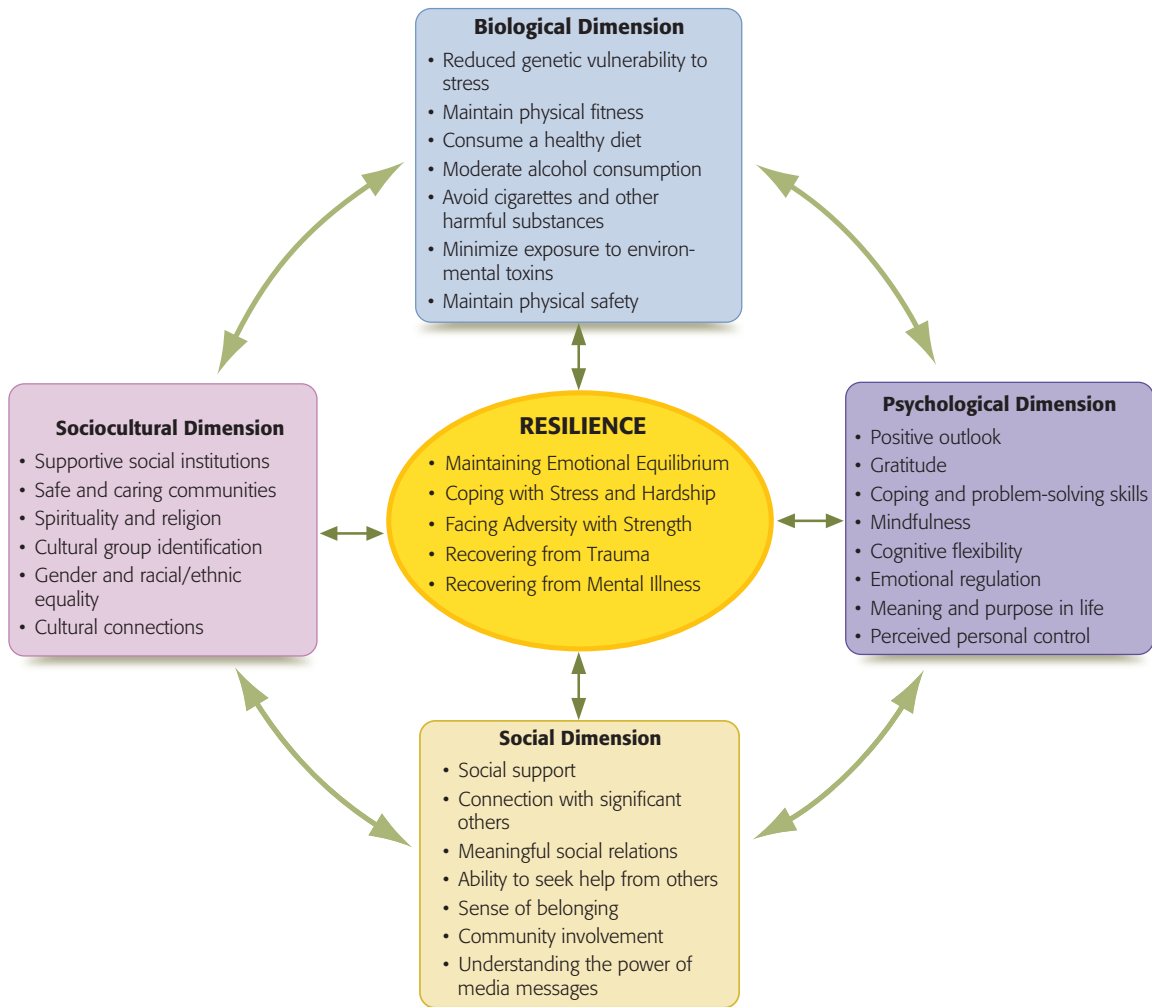
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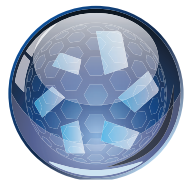


Multipath Model of Mental Disorders

The multipath model operates under several assumptions:

- No one theoretical perspective is adequate to explain the complexity of the human condition and the development of mental disorders.
- There are multiple pathways to and influences on the development of any single disorder. Explanations of abnormal behavior must consider biological, psychological, social, and sociocultural elements.
- Not all dimensions contribute equally to a disorder. In the case of some disorders, current research suggests that certain etiological forces have the strongest influence on the development of the specific disorder. Additionally, our understanding of mental disorders often evolves as further investigation provides new insight into contributing factors.
- The multipath model is integrative and interactive. It acknowledges that factors may combine in complex and reciprocal ways so that people exposed to the same influences may not develop the same disorder and that different individuals exposed to different factors may develop similar mental disorders.
- The biological and psychological strengths and assets of a person and positive aspects of the person's social and sociocultural environment can help protect against psychopathology, minimize symptoms, or facilitate recovery from mental illness.





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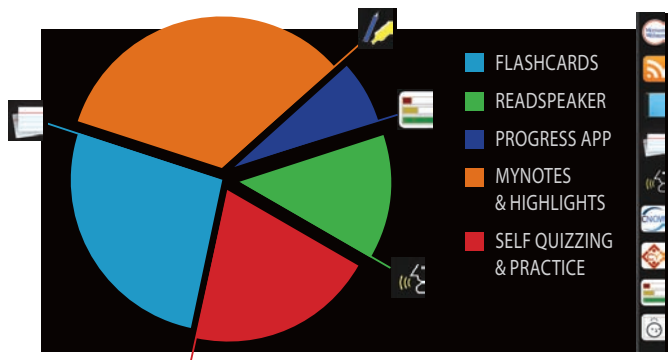
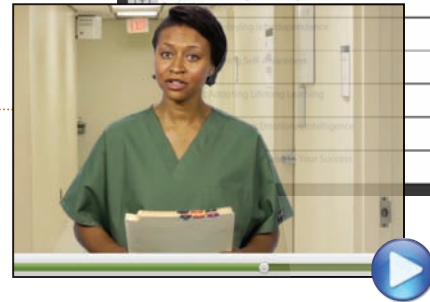
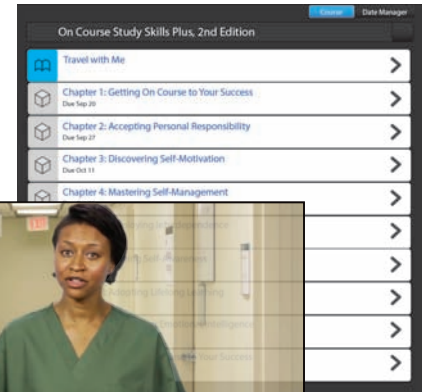
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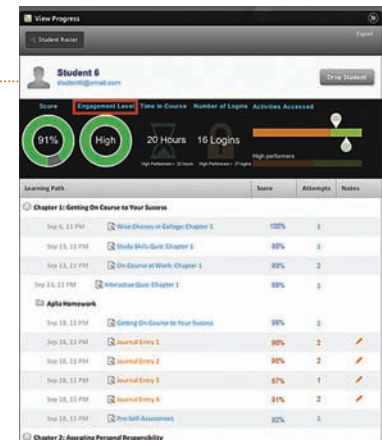
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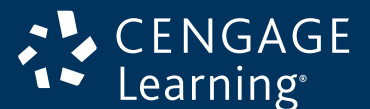
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Eleventh Edition

UNDERSTANDING ABNORMAL BEHAVIOR

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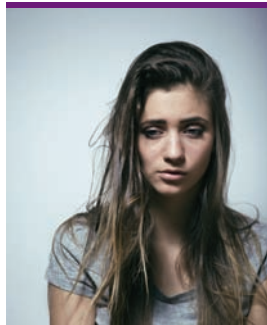
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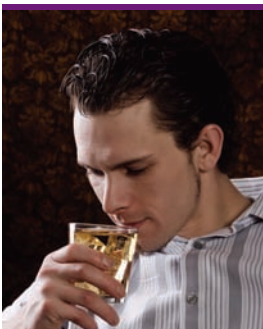
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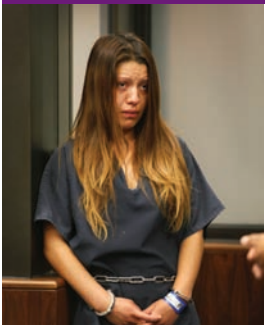
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PREFACE

We are all touched in one way or another by mental health issues, either directly through our own struggles with mental disorders or indirectly through friends or family. Thus, knowledge about the symptoms of, causes of, and treatments for mental disorders and about methods for maintaining optimal mental health is a highly relevant topic for all students. It is a privilege to write a textbook that summarizes information and research that is so meaningful to the lives of those who read the book.

The 11th edition of *Understanding Abnormal Behavior* has been extensively revised to accommodate the newest scientific, psychological, multicultural, and psychiatric research and is completely up-to-date with respect to the many changes and controversies surrounding the classification and diagnosis of mental disorders included in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition* (DSM-5). Because the 10th edition of *Understanding Abnormal Behavior* covered anticipated DSM-5 changes, you will find that most chapters in the 11th edition did not require extensive reorganization. However, we have included additional discussion of DSM-5 changes, as well as other key topics in the field of abnormal psychology. Although we have relied on the DSM-5 for much of our organizational framework and for the specific diagnostic characteristics of mental disorders, you will find that we do not follow the DSM in a mechanistic fashion. Instead, we remain committed to providing our readers with information from a variety of key organizations and from the multitude of medical and psychological publications that address mental health issues. Thus, you will find that our discussions of disorders, contemporary issues, controversies, and trends in the field rely on multiple sources of information from a variety of disciplines.

As authors of an abnormal psychology textbook, we feel a keen responsibility to keep our book fresh and to incorporate the burgeoning and immensely important research from the fields of neuroscience, psychology, and psychiatry that pertains to the study of abnormal psychology. In recent years, researchers from a variety of disciplines have made unprecedented contributions to our understanding of the causes of and most effective treatments for mental disorders. In addition to biological breakthroughs in treatment, there is excitement regarding how psychological forms of intervention can create lasting changes in brain functioning and improve the distressing emotional and behavioral symptoms associated with mental disorders. In keeping with our commitment to currency of information presented, you will find that we have included hundreds of new references in this edition of the text. Most important, consistent with our goal of a balanced presentation, the references come from a wide variety of journals and other resources. Further, we have made every attempt to determine which research is most critical to a comprehensive understanding of each mental disorder and to present that information in an understandable, nontechnical manner. Although we strive to avoid overwhelming students with extensive data or too much

theory, we are strong believers in sharing research-based information and evidence-based mental health practices. As with previous editions of *Understanding Abnormal Behavior*, our goal has been to include recent and cutting-edge research from a variety of resources, but in a manner that engages the reader.

We continue to receive very positive feedback about our use of the Multipath Model of Mental Disorders; the model is considered a highly effective visual and conceptual framework that helps students understand the multitude of factors that influence the development of various mental health conditions. In keeping with this model, we once again emphasize the importance of considering biological, psychological, social, and sociocultural factors and their interactions in the etiology of mental disorders. Our four-dimensional model ensures that instructors consistently consider sociocultural influences that are associated with specific disorders—a dimension often neglected by contemporary models of psychopathology. Although we continue to emphasize the importance of multicultural issues in abnormal psychology, a topic that is increasingly salient given the growing diversity of the population, readers will find that we take a very balanced approach when discussing the etiology of mental disorders—emphasizing multicultural issues within the context of interactions between these cultural factors and biological, psychological, and social factors. In other words, we strive to provide an evenhanded, balanced approach to the topics we address throughout the text.

Readers will find that another signature feature of our text, Mental Disorders Charts, concisely describe symptoms and diagnostic criteria, prevalence, and gender data, as well as data on course and outcome for many of the disorders covered in the text. Students can easily compare and contrast the various disorders presented throughout the text by referring to these charts and the Multipath Model figures.

We are excited about the fresh focus and some of the innovative changes you will find in this newest edition of *Understanding Abnormal Behavior*, including our new Focus on Resilience feature that encompasses contributions from the field of positive psychology and highlights key information relevant to both prevention and recovery from the symptoms associated with various disorders. This emphasis is particularly important given all of the recent data on neuroplasticity and the changes that are possible with prevention efforts or with evidence-based therapy targeted toward ameliorating the distressing symptoms of many disorders.

Overall, we believe readers will find the text more engaging and captivating than ever before. We have made a consistent effort to align the information presented from chapter to chapter in order to enhance students' understanding of more complex topics. We also connect our discussions with current events whenever possible and with issues of particular importance to college-age populations. We have concentrated on providing students with information that is related not only to the field of abnormal psychology but also to their day-to-day lives—material students will find valuable both now and in the future. In fact, we view this text as a meaningful tool that students can refer to when they encounter questions regarding mental health issues in their personal lives or with co-workers or clientele within the workforce.

We have also prioritized putting a human face on the various disorders and issues we discuss throughout the text. When writing, we have considered the fact that many students have direct experience with mental disorders, either because they are personally affected or because their friends or family members are experiencing or have experienced the distressing symptoms of a mental disorder. Many of the case studies are presented from the perspective of individuals coping with various disorders to allow readers to better comprehend the struggles involved.

As illustrated by the new information added to each chapter, this edition of our book provides current and relevant information on a wide variety of topics in the field of abnormal psychology.

New and Updated Coverage of the Eleventh Edition

Our foremost objective in preparing this edition was to thoroughly update the contents of the text and present the latest trends in research and clinical thinking, with a particular emphasis on the new DSM-5. This has led to updated coverage of many topics throughout the text, including the following:

Chapter 1—Abnormal Behavior

- Updated discussion of the DSM-5 definition of mental disorders.
- New statistics on the prevalence of mental disorders.
- Discussion of new topics, including the recovery movement; overcoming stigma and stereotypes (including the difference between public stigma and self-stigma); the importance of considering each person's strengths and assets; and technological advances that affect mental health research and treatment.

Chapter 2—Understanding and Treating Mental Disorders

- Expanded multipath model coverage, including a significantly expanded discussion of biological factors with a focus on key concepts that underlie later biological discussions throughout the text.
- New discussion of genetics and epigenetics, the enteric nervous system, neurohormones, neuroplasticity, and sex differences in brain development.
- Updated discussion of the social and sociocultural etiological dimensions, including a focus on stress associated with immigration (acculturative stress).
- Updated discussion of treatment techniques associated with the various theoretical models.

Chapter 3—Assessment and Classification of Mental Disorders

- Updated material on assessment, differential diagnosis, and classification of mental disorders.
- Expanded discussion of neuropsychological assessment, including new tables comparing structural and functional imaging techniques.
- Expanded discussion of the DSM-5 and controversies regarding the new classification system.
- Expanded coverage on cultural considerations in assessment and diagnosis.

Chapter 4—Research Methods for Studying Mental Disorders

- Updated sections on scientific evidence, the scientific method, and research design.
- New discussions about trends in research, including evidence-based practice and reducing research bias.

Chapter 5—Anxiety and Obsessive-Compulsive and Related Disorders

- New case studies.
- Expanded discussion of hoarding disorder.
- Expanded discussion of treatment for anxiety and obsessive-compulsive disorders, including research trends involving cognitive-behavioral therapies.

Chapter 6—Trauma- and Stressor-Related Disorders

- New case studies.
- Expanded discussion about the physiological and psychological effects of trauma.
- New discussion of adjustment disorders.
- Expanded discussion of biological factors contributing to stress disorders.
- Expanded discussion regarding treatment for trauma disorders.

Chapter 7—Somatic and Dissociative Disorders

- New disorders chart reflecting reorganization of somatic disorders in DSM-5.
- New discussion of self-reported medically self-sabotaging behaviors.
- New discussion regarding possible ramifications of the changes in the DSM-5 diagnostic criteria involving somatic symptoms.

Chapter 8—Depressive and Bipolar Disorders

- New tables outlining symptoms of depressive, hypomanic, or manic episodes and new figure regarding range of mood symptoms.
- New discussion of depressive reactions to grief and persistent complex bereavement disorder.
- New case studies and expanded discussion of depressive and hypomanic/manic symptoms.
- New discussion of seasonal patterns, maladaptive thinking patterns, and memory bias in depression.
- Reorganized and updated discussion of biological factors influencing depression.

Chapter 9—Suicide

- New figures with data on the frequency of suicidal thoughts and suicide attempts and ethnic and gender differences in completed suicide.
- New discussions regarding preventing suicide, coping with a suicidal crisis, suicide in the military, suicide among baby boomers, suicide in men, psychotherapy for clients with suicidal ideation, and the effects of suicide on friends and family.

Chapter 10—Eating Disorders

- Updated research on the etiology and treatment of eating disorders and obesity, including a discussion of the influence of hormones and intestinal bacteria.
- New discussions on prevention of eating disorders and online resources to counteract Web sites that encourage disordered eating.

Chapter 11—Substance-Related and Other Addictive Disorders

- Updated statistics and figures illustrating the prevalence of substance use and abuse, with a particular focus on alcohol.
- Expanded discussion regarding the abuse of illicit and prescription drugs.
- New topics, including the marijuana debate, e-cigarettes, and designer drugs.
- New discussion of other addictions, including gambling and Internet gaming disorders.

Chapter 12—Schizophrenia Spectrum Disorders

- Updated research on schizophrenia and explanations of the DSM-5 diagnostic categories.

- Expanded discussion of symptoms associated with schizophrenia spectrum disorders and cultural issues associated with schizophrenia.
- Updated discussion on attenuated psychosis syndrome.
- New discussion about the recovery model and early intervention for individuals at risk for psychotic disorders.

Chapter 13—Neurocognitive and Sleep–Wake Disorders

- Presentation of new research on various neurocognitive disorders, particularly Alzheimer’s disease.
- Continued focus on neurocognitive disorders across the life span, with a strong emphasis on lifestyle changes that can help prevent the development of degenerative disorders such as dementia.
- Expanded discussion of traumatic brain injury and chronic traumatic encephalopathy.
- New discussion of normal sleep patterns and sleep–wake disorders, including the two major categories of sleep disorders included in DSM-5: dyssomnias and parasomnias.

Chapter 14—Sexual Dysfunctions, Gender Dysphoria, and Paraphilic Disorders

- Updated DSM-5 terminology related to sexual dysfunctions and paraphilic disorders.
- Updated application of the multipath model to sexual disorders.
- Discussion of new research on treatment for sexual dysfunctions and paraphilic disorders.

Chapter 15—Personality Psychopathology

- Chapter substantially reorganized to incorporate the 10 traditional personality disorders, as well as the DSM-5 alternative model for diagnosing personality psychopathology, including a new discussion of the dimensional and categorical assessment associated with the new alternative model.
- Expanded discussion of the 10 traditional personality categories, including updated research on etiology and treatment.
- Expanded discussion of the six personality types and five personality trait domains included in the DSM-5 alternative model for diagnosing a personality disorder.
- Critical discussion of the DSM-5 inclusion of two methods for diagnosing personality disorders and dimensional methods of personality assessment.
- Discussion of Dr. Marsha Linehan and her contributions to our understanding and treatment of borderline personality disorder.

Chapter 16—Disorders of Childhood and Adolescence

- Updated and expanded discussion of neurodevelopmental disorders, childhood anxiety, childhood post-traumatic stress disorder, reactive attachment disorder, tics and Tourette’s syndrome.
- Updated discussion of new diagnostic categories, including nonsuicidal self-injury (a category undergoing further study), disruptive mood dysregulation disorder, and disinhibited social engagement disorder.
- New discussion regarding early prevention of lifelong mental illness and methods for enhancing resilience.

Chapter 17—Law and Ethics in Abnormal Psychology

- New cases illustrating dilemmas posed by the interaction of psychology and the law.
- Expanded discussion of the therapeutic and legal implications of disclosure by clients in regard to violent behaviors.
- New discussion of individual rights and the legal implications of suicide and assisted suicide.

In writing and revising this book, we have sought to engage students in the exciting process of understanding abnormal behavior and the ways that mental health professionals study and attempt to treat various disorders. In pursuing this goal, we have been guided by three major objectives:

- to provide students with scholarship of the highest quality;
- to offer an evenhanded treatment of abnormal psychology as both a scientific and a clinical endeavor, giving students the opportunity to explore topics thoroughly and responsibly; and
- to make our book inviting and stimulating to a wide range of students by focusing on meaningful topics such as eating disorders, traumatic head injury in sports, and the abuse of alcohol and other substances frequently encountered by college populations.

Our Approach

We take an eclectic, evidence- and research-based, multicultural approach to understanding abnormal behavior, drawing on important contributions from various disciplines and theoretical perspectives. The text covers the major categories of disorders in the updated *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), but it is not a mechanistic reiteration of the DSM. We believe that different combinations of life experiences and constitutional factors influence mental disorders, and we project this view throughout the text. This combination of factors is demonstrated in our multipath model, which was introduced in our 9th edition. There are several elements to our multipath model. First, possible contributors to mental disorders are divided into four dimensions: biological, psychological, social, and sociocultural. Second, factors in the four dimensions can interact and influence each other in any direction. Third, different combinations and interactions within the four dimensions can cause abnormal behaviors. Fourth, many disorders appear to be heterogeneous in nature; therefore, there may be different versions of a disorder or a spectrum of the disorder. Finally, distinctly different disorders (such as anxiety and depression) can be caused by similar factors.

Sociocultural factors, including cultural norms, values, and expectations, are given special attention in our multipath model. We are convinced that cross-cultural comparisons of abnormal behavior and treatment methods can greatly enhance our understanding of disorders; cultural and gender influences are emphasized throughout the text. *Understanding Abnormal Behavior* was the first textbook on abnormal psychology to integrate and emphasize the role of multicultural factors. Although many texts have since followed our lead, the 11th edition continues to provide the most extensive coverage and integration of multicultural models, explanations, and concepts available. Not only do we discuss how changing demographics increase the importance of multicultural psychology, we also introduce multicultural models of psychopathology in the opening chapters and address multicultural issues throughout the text whenever research findings and theoretical formulations allow. Such an approach adds richness to students' understanding of mental disorders. As psychologists (and professors), we know that learning is enhanced whenever material is presented in a lively and engaging manner. We therefore provide case vignettes and clients' descriptions of their

experiences to complement and illustrate symptoms of various disorders and research-based explanations. Our goal is to encourage students to think critically rather than to merely assimilate a collection of facts and theories. As a result, we hope that students will develop an appreciation of the study of abnormal behavior.

Special Features

The 11th edition includes a number of new features, as well as features that were popularized in earlier editions and that, in some cases, have been revised and enhanced. These features are aimed at helping students to organize and integrate the material in each chapter.

As previously noted, our *Multipath Model of Mental Disorders* provides a framework through which students can understand the origins of mental disorders. The model is introduced in Chapter 2 and applied throughout the book, with multiple figures highlighting how biological, psychological, social, and sociocultural factors contribute to the development of various disorders.

Critical Thinking boxes provide factual evidence and thought-provoking questions that raise key issues in research, examine widely held assumptions about abnormal behavior, or challenge the student's own understanding of the text material.

Controversy boxes deal with controversial issues, particularly those with wide implications for our society. These boxes stimulate critical thinking, evoke alternative views, provoke discussion, and allow students to better explore the wider meaning of abnormal behavior in our society.

Contemporary Trends and Future Directions is a new feature with which we conclude most of the chapters, providing a final look at current trends in the field that are relevant to topics covered in each chapter.

Myth versus Reality discussions challenge the many myths and false beliefs that have surrounded the field of abnormal behavior and help students realize that beliefs, some of which may appear to be “common sense,” must be checked against scientific facts and knowledge.

Did You Know? boxes found throughout the book provide fascinating, at-a-glance research-based tidbits for students.

Chapter Outlines and **Focus Questions**, appearing in the first pages of every chapter, provide a framework and stimulate active learning.

Chapter Summaries provide students with a concise recap of the chapter's most important concepts via brief answers to the chapter's opening Focus Questions.

A wide variety of **Case Studies** allow issues of mental health and mental disorders to “come to life” for students and instructors. Many cases are taken from journal articles and actual clinical files.

Streamlined **Disorder Charts** provide snapshots of disorders in an easy-to-read format.

Key Terms are highlighted in the text and appear in the margins.

MindTap for Sue's Understanding Abnormal Behavior

MindTap for Sue's *Understanding Abnormal Behavior* engages and empowers students to produce their best work—consistently. By seamlessly integrating course material with videos, activities, apps, and much more, MindTap creates a unique learning path that fosters increased comprehension and efficiency.

For students:

- MindTap delivers real-world relevance with activities and assignments that help students build critical thinking and analytical skills that will transfer to other courses and their professional lives.

- MindTap helps students stay organized and efficient with a single destination that reflects what’s important to the instructor, along with the tools students need to master the content.
- MindTap empowers and motivates students with information that shows where they stand at all times—both individually and compared to the highest performers in their class.

Additionally, for instructors, MindTap allows you to:

- Control what content students see and when they see it with a learning path that can be used as is or aligned with your syllabus.
- Create a unique learning path of relevant readings and multimedia activities that move students up the learning taxonomy from basic knowledge and comprehension to analysis, application, and critical thinking.
- Integrate your own content into the MindTap Reader using your documents or pulling from sources such as RSS feeds, YouTube videos, Web sites, Googledocs, and more.
- Use powerful analytics and reports that provide a snapshot of class progress, time in course, engagement, and completion.

In addition to the benefits of the platform, MindTap for Sue’s *Understanding Abnormal Behavior* features:

- Videos from the Continuum Video Project.
- Case studies to help students humanize psychological disorders and connect content to the real world.

Supplements

Continuum Video Project

The Continuum Video Project provides holistic, three-dimensional portraits of individuals dealing with psychopathologies. Videos show clients living their daily lives, interacting with family and friends, and displaying—rather than just describing—their symptoms. Before each video segment, students are asked to make observations about the individual’s symptoms, emotions, and behaviors, and then rate them on the spectrum from normal to severe. The Continuum Video Project allows students to “see” the disorder and the person, humanly; the videos also illuminate student understanding that abnormal behavior can be viewed along a continuum.

Instructor’s Manual

The *Online Instructor’s Manual* contains chapter overviews, learning objectives, lecture outlines with discussion points, key terms, classroom activities, demonstrations, lecture topics, suggested supplemental reading material, handouts, video resources, and Internet resources. ISBN: 978-1-305-50449-3

Cognero

Cengage Learning Testing Powered by Cognero is a flexible, online system that allows you to author, edit, and manage test bank content from multiple Cengage Learning solutions, create multiple test versions in an instant, and deliver tests from your Learning Management System (LMS), your classroom, or wherever you want. ISBN: 978-1-305-50488-2

PowerPoint

The Online PowerPoint features lecture outlines, key images from the text, and relevant video clips. ISBN: 978-1-305-49302-5

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