

## Exam One Study Guide

Concepts to know:

- Culture-specific disorders
- Epidemiology
- Treatment of abnormal behavior throughout the centuries
- Diathesis-stress model
- Protective factor
- Genes and their relation to mental disorders
- Different types of assessments and typical instruments used
- Reliability & validity
- How the DSM has changed over the years
- How anxiety disorders differ from each other
- Treatment for the disorders discussed in class (e.g., anxiety & mood disorders)
- Given a description of a person, be able to give a most likely diagnosis (e.g., the common symptoms of the disorders)
- Evolutionary preparedness
- Factors that protect against developing phobias
- Difference between anxiety and panic
- Agoraphobia
- Relationship of stressful events to the disorders covered in class
- Why people worry
- Obsessions vs. compulsions
- Behavioral and cognitive models for the various anxiety & mood disorders
- Cultural differences in disorders
- Recurrence of depression
- Negative cognitive triad
- Manic vs. hypomanic
- Drug treatments for bipolar
- Suicide completers and attempters

**PLEASE NOTE:** You must write an **SHORT ESSAY** on these topics. Not a list. Not one sentence. Not a couple of incomplete sentences. **A short essay.** Use sentences, in a logical order, and correct spelling and grammar.

Possible essay topics:

- Know the five axes of the DSM and what each one describes
- Know the various definitions of "mental disorder" described in your text
- Know the difficulties in attempting to define "mental disorder," why we still attempt to do so, and why it is important to do so
- Know the difference between fear and anxiety, and which anxiety disorders are associated with each

- Compare and contrast the comprehensive learning and cognitive theories of panic disorder
- Compare and contrast cyclothymia, bipolar I, and bipolar II disorder
- Discuss Beck's cognitive theory of depression and the types of treatments that are based on this model