**Lap 2 – Abnormal Psychology**

**Review Guide**

**ESSENTIAL QUESTION**: What is “normal” in your world today? Why do you cope with stress the way you do?

**Directions**: If you are able to discuss, answer, or explain the following points below you will do quite well on the assessment.

1. What does it mean to be “normal” at IWA for senior with two months before graduation?
2. What is the psychological definition of “normal”?
3. How would you characterize someone as abnormal?
4. In psychological terms, what is abnormal?
5. Stress is all around us, especially for you all. How do we define stress? What are stressors?
6. List a few stressors in your life?
7. What is the difference between:
   1. Eustress
   2. Distress
8. What does conflict usually always involve?
9. In class over two or so days we discussed different conflict situations. Be able to describe each of the four below and provide me with an example of each.
   1. Approach – Approach
   2. Approach – Avoidance
   3. Avoidance – Avoidance
   4. Double Approach – Avoidance
10. What is coping?
11. Refer back to question number 7. How do you cope with these situations in your life? Are you coping positively? Negatively? How do you know?
12. There are four common signs and signals that someone is having a stress reaction. Define the four.
    1. Physical
    2. Mental
    3. Emotional
    4. Behavioral
13. Define the following Anxiety Disorders – most likely will be matching
    1. What is anxiety?
    2. Obsessive Compulsive Disorder (OCD)
    3. Panic Disorder
    4. Post – Traumatic Stress Disorder (PTSD)
    5. Generalized Anxiety Disorder (GAD)
    6. Phobias
14. Define the following Dissociative Disorders – most likely matching
    1. How do we define dissociative disorders?
    2. Dissociative Identity Disorder
    3. Dissociative fugue
    4. Dissociative amnesia
    5. Depersonalization disorder
15. Define what a Somatoform Disorder is.
16. What is schizophrenia?
17. What are symptoms that people suffering from schizophrenia often display?
18. I will also be providing you with several short descriptions of someone who is suffering from a psychological disorder. You will have to tell me what the disorder is that affecting the individual and how you came to your conclusion.