

The background of the cover is an abstract painting. It features a prominent, thick, rainbow-colored ring in the upper left quadrant, with colors transitioning from yellow at the top to red, orange, and finally blue at the bottom. The rest of the image is filled with dense, swirling brushstrokes in various shades of blue, teal, and green, creating a sense of movement and depth. The overall effect is reminiscent of a tunnel or a vortex.

Abnormal Psychology
and Modern Life

5th edition

James C. Coleman

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Abnormal Psychology and Modern Life

5th edition

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Preface

During the past few years, it has become increasingly clear to scientists and world leaders alike that abnormal behavior has become a crucial social problem, involving not only the maladaptive behaviors of individuals and families but also of larger groups, including entire societies; it is also clear that such behavior is often the result of interactions between individuals or groups and aversive environments. The Fifth Edition of *Abnormal Psychology and Modern Life* is designed to clarify and elaborate on abnormal behavior from this broader perspective: to show the effects of social conditions and social change on the nature and incidence of maladaptive behaviors, and from this standpoint to help the reader better understand abnormal behavior both on a scientific level and on a compassionate, human level.

In our complex and rapidly changing world, human beings are confronted with three crucial problems, all interrelated and all having vitally important implications for our mental health both as individuals and as a society: first, there is *unfinished business*, including poverty, prejudice and discrimination, and the social stresses and maladaptive behaviors associated with them; second, *new business*, including the alarming rise in drug abuse and violent crime, energy and ecological crises, and accelerating and often uncontrolled social change; and third, *future business*, focusing on building a better world for all human beings.

Many people feel that these problems defy solution—that the human race is quite simply doomed. At the same time, however, new hope has been engendered by our changed perspective of the world resulting from the landing of human beings on the moon and from the possibility of an international community in outer space. From this new vantage point we have

come to see ourselves as “astronauts” on a spaceship hurtling through the universe; it has become obvious that all people must join together to “shape up our spaceship” if we are to survive. This new hope has been nurtured by the realization that we do have the resources for coping with our problems and that the kind of future world we as human beings will have depends on our own decisions and actions as well as on our dedication to the “human enterprise.”

All this is not to say that this revision pays less attention to the biological and psychological bases of maladaptive behavior or to individual mental disorders; rather, the Fifth Edition has been reorganized and extensively updated with respect to abnormal behavior on the part of both individuals and groups. Throughout, relevant new scientific findings, case materials, and summary charts have been introduced. A new illustration program has been designed to convey the reality of the many unusual forms of human experience and behavior being described. Overall, the attempt has been made to present in a clear and interesting manner the major concepts, issues, and trends in our contemporary views of abnormal behavior.

The general sequence of the Fifth Edition may be summarized as follows:

Part I sets the stage with an overview of abnormal behavior. It begins by defining the concept of *abnormal*, or *maladaptive*, behavior and describing the tremendous toll it exacts in human resources and suffering. A brief historical discussion traces the changing views of mental disorders from ancient to modern times, along with the development of contemporary medical, psychosocial, and sociocultural approaches. The differing emphases of these various viewpoints show the need for an interdisciplinary approach to un-

derstanding and dealing with abnormal behavior.

Completing Part I is a review of the basic principles of human development and adjustment, both normal and abnormal. Behavior is seen as a function of (a) our biological and psychological makeup; (b) the stress situations, both internal and external, with which we are confronted; and (c) the resources and limitations of our environments. The crucial roles of both learning and stress in the development and maintenance of abnormal behavior have been emphasized throughout. Within this general context, maladaptive behavior is viewed as involving not only individuals but the physical, interpersonal, and sociocultural environments in which they live.

Part II details the clinical pictures, causal factors, and treatment and outcomes of the major maladaptive patterns included in the DSM-II—the current classification of mental disorders worked out jointly by the American Psychiatric Association and the World Health Organization. Included here are transient situational disorders, neuroses, psychosomatic disorders, schizophrenia, depression, alcoholism and drug abuse, sociopathic disorders (including delinquency and crime), autism and other behavior disorders of childhood, and mental disorders associated with acute or chronic brain pathology.

Part III goes beyond the traditional and established classification syndromes to anticipate the shifting scene in maladaptive behaviors, specifically reflecting the changing attitudes and interest in the areas of sexual “deviations,” suicide, and maladaptive behavior of groups. In dealing with sexual deviations, the Fifth Edition distinguishes between those which are clearly maladaptive—and are included in the DSM-II—such as pedophilia and forcible rape, and those which represent dysfunctions or alternative patterns or life-styles, such as prostitution and homosexuality. In discussing the problem of suicide, this edition examines the motives and issues involved in taking one’s own life and investigates available resources for prevention. And in dealing with the maladaptive behavior of groups, it examines the crucial problems of war and violence, group discrimination, over-population, ecological violations, and

uncontrolled technological and social change.

Part IV deals with the areas of assessment, therapy, and prevention. The chapter on assessment not only describes modern techniques but also examines the major issues involved in assessing and “labeling” people. The chapter on therapy covers contemporary biological, psychosocial, and sociocultural approaches in some detail. In the final chapter of the text, “Action for Mental Health and a Better World,” attention is devoted to possibilities for preventing maladaptive behavior, to national and international efforts toward fulfilling the dream of comprehensive health, to the challenge of building a good future for human beings on our “spaceship,” and to the role that the individual can play in these crucial endeavors.

Finally, in the present edition, the Glossary has been refined in an effort to make it of maximal use to the reader. Not only does it include those possibly unfamiliar terms that appear in the text itself, but also some additional terms that the student may encounter in lectures or supplementary reading. Also, as in the previous edition, the back endsheets are printed with the currently accepted classification of mental disorders, although certain modifications have been made in the text presentation for purposes of instruction.

For simplicity of presentation, the words “he” and “his” are used when referring to patients or therapists where the individual’s sex is not specified. However, the author and editors are well aware of the sexual bias of the English language and have attempted to follow the “Guidelines for Nonsexist Use of Language,” established by the Task Force of the American Psychological Association (1975), whenever practicable.

While this text provides the reader with a comprehensive and coherent picture of the field of abnormal psychology, it is also designed to provide maximum flexibility in the use of content materials. For example, even though each chapter ties in with the others, all are relatively independent in their own right. Thus a particular combination of chapters can be used in accordance with the needs and goals of given students, classes, and instructors. In short, this text can be used effectively with classes which differ markedly in

student background, length of course, and educational objectives.

Several ancillary publications are available to provide additional flexibility and depth in the planning of the course in abnormal psychology: first, a student guide prepared by Dr. Joel D. West of Northern Michigan University which can be used to focus and extend the student's understanding of the material of each chapter through review, analysis, and personal involvement; second, two sets of tapes—the Six Diagnostic Interviews, prepared by Dr. Rudolph Novick of Forest Hospital, Des Plaines, Illinois, and Six Modern Therapies, prepared by Dr. Stewart Shapiro of the University of California at Santa Barbara; and, third, an instructor's resource book, including suggestions for organizing the course, possible lecture topics, activities for student involvement, provocative discussion questions, an up-to-date list of films in the mental health field, and multiple-choice and essay-type test items.

An author of a text such as this is greatly indebted to many pioneers in the study of human behavior—from Plato and Shakespeare to Sigmund Freud—and to his many colleagues in the biological and social sciences whose research is helping to conquer the frontier of “inner space” and of abnormal behavior. The author would like to express his particular appreciation to several of his contemporaries, including Dr. Albert Bandura of Stanford University, Dr. Karl Menninger of the Menninger Foundation in Topeka, Kansas, Dr. Carl Rogers of the Center for Studies of the Person, in La Jolla, California, and Dr. B. F. Skinner of Harvard University.

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At the close of his journeys Tennyson's Ulysses says, “I am a part of all that I have met.” It is the author's hope that the readers of this book, at the end of their journey through it, will see what they have learned as a meaningful part of their life experience—and that it will contribute to their understanding of and empathetic concern for those for whom the problems of living create severe stress and perhaps become too great.

James C. Coleman

Abnormal Psychology and Modern Life



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1



Abnormal Behavior in Our Times

Popular Views of Abnormal Behavior

Abnormal Behavior as the Scientist Sees It

The Orientation of This Book

The seventeenth century has been called the Age of Enlightenment; the eighteenth, the Age of Reason; the nineteenth, the Age of Progress; and the twentieth, the Age of Anxiety. Although the path to a meaningful and satisfying way of life has probably never been an easy one, it seems to have become increasingly difficult in modern times.

Wars have disrupted both personal and national life, leaving in their wake grief, destruction, and social unrest. Economic fluctuations and inflation have taken their toll in unemployment, dislocation, and poverty for millions of people. Racial prejudice, with its unreasoned feelings of superiority, hatred, and resentment, hurts both the individual and the community. Urban society, with its high mobility, disrupted friendships, and loss of extended family bonds, places increasing stress on the home. Unhappy marriages and homes broken by divorce bring hurt and disillusionment and leave emotional scars on parents and children alike. Excessive competition and impersonal bureaucracy tend to “dehumanize” the individual and lead to a loss of meaning in human existence. The human population explosion increases widespread hunger and starvation, canceling out the advances of the “green revolution” and creating difficult social problems and tensions. Grinding poverty and discrimination exist side by side with abundance and opportunity—leading to social pressures that periodically erupt in violence. The wasteful use of our natural resources, coupled with the pollution of air, water, and soil, threatens the life-support system of all who travel on the spaceship Earth. And the ever-present threat of global atomic war further aggravates our anxieties.

Ours is an age of tremendous growth of knowledge and of rapid social change. More scientific and technological advances have been made in the past fifty years than in all previous recorded time; for many people, the pace of change is simply too fast, resulting in what has been termed “future shock.” Modern science and technology affect all phases of our lives. Innovations in transportation and communication have broadened our horizons and shown the interdependence of peoples, so that